Jacinto
This study explores the relationship of self-forgiveness and adaptive coping, religious/spiritual practices, social support, decreased grief, and mental well-being. 133 caregivers were surveyed. Bivariate analysis and stepwise regression models revealed that decreased grief, adaptive coping, and social support were significant in explaining the variation in self-forgiveness. This is one of the first studies to address self-forgiveness as part of the grieving process of Alzheimer's caregivers. Future directions are explored supporting inclusion of self-forgiveness as an aspect of grief and adaptive coping; which is further enhanced by the level of social support experienced by the caregiver.

Johnson
We examined how the behavioral inhibition system (BIS) and behavioral activation systems (BAS) predict vengefulness and forgiveness. Participants (N=159) completed measures of BIS, BAS, vengefulness, and forgiveness of self, others, and situations. Initial regression analyses indicated that both BIS and BAS predicted vengefulness. Based on this finding, we examined whether Anxiety and Fear—components of the BIS—and three BAS subscales—Reward Responsiveness, Drive, and Fun-seeking—predicted vengefulness. Only BAS-Drive demonstrated statistically significant ability to predict vengefulness. Higher levels of BIS also predicted lower levels of self- and situational-forgiveness while BAS was not predictive. BIS and BAS did not predict other-forgiveness. The importance of modeling vengefulness and forgiveness within the context of the BIS/BAS distinction is discussed.

Pronk
To establish what it takes to forgive, the present research focused on the cognitive underpinnings of the forgiveness process. We conducted four studies that examined and supported the prediction that executive functioning (a set of cognitive control processes) facilitates forgiveness. First, a correlational study revealed a positive relation between executive functioning and dispositional forgiveness (Study 1). Second, a longitudinal study demonstrated that executive functioning predicts the development of forgiveness over a period of 5 weeks after the offense (Study 2). Finally, two experiments examined when and why executive functioning facilitates forgiveness. Specifically, and in line with predictions, Studies 3 and 4 showed that executive functioning facilitates forgiveness only in the case of relatively severe (as compared with mild) offenses. Furthermore, Study 4 provided evidence for a psychological mechanism underlying the relation between executive functioning and forgiveness by demonstrating the mediating role of rumination about the offense. Implications of these findings for the literature on forgiveness and the role of executive functioning in interpersonal relationships more generally are discussed.