

## Abstract

Given the emerging association between mindfulness and eudaimonic growth, mindfulness-based reflection practice has the potential to become one of the eudaimonic pathways to cultivate self-forgiveness. The current study experimentally investigated the effect of mindfulness, reappraisal, and mediating role of personal growth initiative on self-forgiveness. One hundred and eighty-one participants (59.1 % female; Mean age = 22.50) were randomized to mindful reappraisal condition (n=62), reappraisal-only condition (n=60), or place control condition (n=59). Results of repeated-measures ANCOVA showed that mindful reappraisal condition yielded significantly higher levels of personal growth initiatives, as compared to reappraisal-only and control. None of the conditions resulted in robust improvement of self-forgiveness throughout the experiment. Correlational analysis revealed strong correlations of personal growth initiative with state mindfulness, state reappraisal, and one of the facets in self-forgiveness, namely esteem restoration. Path analysis confirmed the mediating role of personal growth initiatives, suggesting that the mindful reappraisal condition, relative to the control condition, is strongly associated with higher levels of personal growth initiatives and esteem restoration. The effects of mindful reappraisal on personal growth initiatives and esteem restoration became negligible after controlling the effect of reappraisal-only condition as the baseline. The present study contributed to the literature on self-forgiveness by suggesting audio-guided mindful reappraisal as an alternative approach to existing self-help interventions. Future studies should investigate the applicability of mindfulness in the context of self-forgiveness by fostering growth-promoting self-appraisals and commitment to value-congruent living.