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Learning to Unlearn while Retaining: Combating Gradient Conflicts in Machine Unlearning

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Abstract

Machine Unlearning has recently garnered significant attention, aiming to selectively remove knowledge associated with specific data while preserving the model's performance on the remaining data. A fundamental challenge in this process is balancing effective unlearning with knowledge retention, as naive optimization of these competing objectives can lead to conflicting gradients, hindering convergence and degrading overall performance. To address this issue, we propose Learning to Unlearn while Retaining, aimed to mitigate gradient conflicts between unlearning and retention objectives. Our approach strategically avoids conflicts through an implicit gradient regularization mechanism that emerges naturally within the proposed framework. This prevents conflicting gradients between unlearning and retention, leading to effective unlearning while preserving the model's utility. We validate our approach across both discriminative and generative tasks, demonstrating its effectiveness in achieving unlearning without compromising performance on remaining data. Our results highlight the advantages of avoiding such gradient conflicts, outperforming existing methods that fail to account for these interactions.

WARNING: This paper contains sexually explicit imagery and terminology, including other NSFW content. Reader discretion is advised.

1. Introduction

Machine Unlearning (MU) is the task of mitigating the influence of specific data points on a pre-trained machine learning model [65] that was introduced to prevent information leakage about private data and to comply with data protection regulations such as the *right to be forgotten* [62] in the General Data Protection Regulation (GDPR) [30].

In MU, the most precise way to remove the influence of specific data points is to completely *retrain* the machine learning model from scratch using only the remaining training data after excluding the data to be forgotten, called *exact* unlearning. This *exact* unlearning approach provides the optimal solution by ensuring that the model no longer consists of any information from the removed data. However, while retraining yields the *exact* unlearned model, it is also the most computationally intensive and often impractical for large-scale models and datasets. Therefore, the development of *approximate* but faster unlearning methods has become a major focus of research, aiming to efficiently negate the impact of certain data points without the need for complete retraining [5, 11, 13, 19–21, 30, 33, 39, 46, 68, 75].

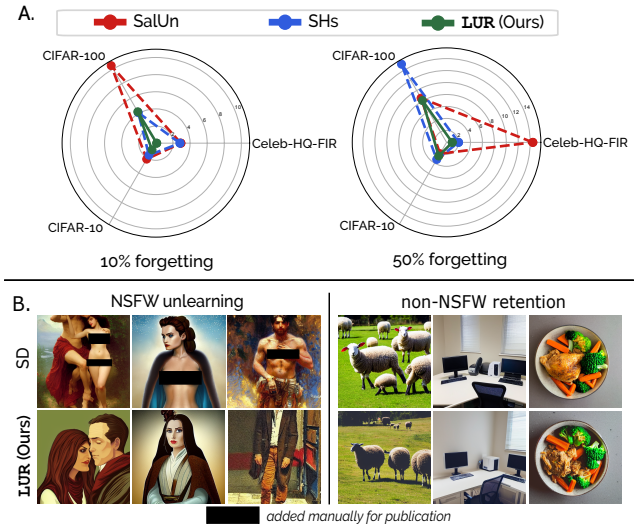


Figure 1. **A.** Illustrates the average discrepancy (lower values indicate better performance) between SalUn [13], SHs [77], and **LUR** (Ours) compared to the exact unlearning approach (refer to Section 5 for details). **B.** Demonstrates the generative outputs of **LUR** following the removal of the Not-Safe-For-Work (NSFW) concept from Stable Diffusion (SD) [61], while showcasing non-NSFW generations to highlight the model's retention capabilities.

Nevertheless, optimizing non-convex objectives, such as those encountered in MU with deep neural networks, presents significant challenges due to the interplay between the gradients of the *retain* and *forget* objectives/loss [13, 29, 36, 43, 58, 77]. Specifically, gradients from the *retain* set (samples the network should remember) and the *forget* set (samples the network is required to forget) often conflict across different mini-batches due to the inherently non-convex structure of the loss landscape [49, 58, 79].

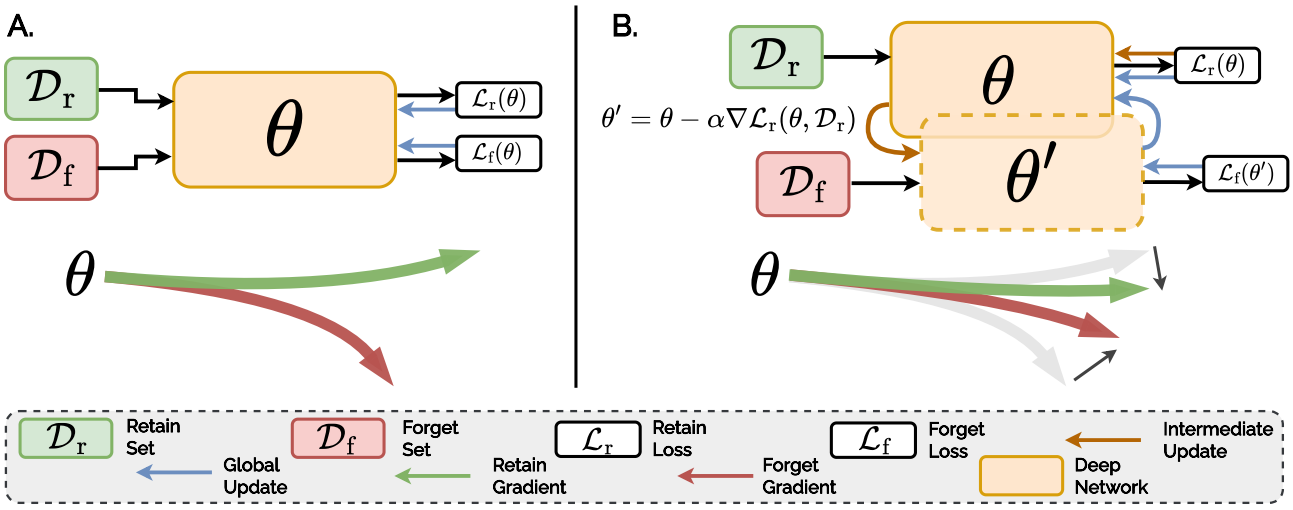


Figure 2. *An illustrative comparison of prior and proposed MU frameworks*. **A.** Typical MU framework where the *retain* loss ($\mathcal{L}_r$) and the *forget* loss ($\mathcal{L}_f$) are simultaneously optimized using the the *retain* set ($\mathcal{D}_r$) and the *forget* set ($\mathcal{D}_f$), respectively [13, 47, 77]. **B.** The proposed MU strategy (**LUR**), conducts an intermediate update on the current parameters (θ) to obtain θ' through $\mathcal{L}_r$ using $\mathcal{D}_r$ and then makes a final update on θ using $\mathcal{L}_r$ and $\mathcal{L}_f$ at θ' using D_r and D_f, respectively, and implicitly imposing gradient regularization (see Section 3.3).

These conflicting gradients can lead to parameter updates that fail to effectively minimize the combined loss. Opposing gradients may cancel each other's effect; for example, if the *retain* and *forget* loss have opposing gradient components, the *retain* loss may re-learn knowledge that the *forget* objective seeks to unlearn, or vice versa, resulting in suboptimal solutions [14, 18]. Therefore, mitigating such gradient conflicts and ensuring that the model effectively retains the desired knowledge while unlearning specific information are crucial for improving the efficacy of MU [12, 53, 59, 63, 66, 73].

To address this issue, we propose a method that updates the model parameters based on the *forget* loss while being cognizant of its performance on the *retain* set via the retain loss, aspiring toward ***Learning to Unlearn while Retaining*** (**LUR**). That is, we seek to unlearn the knowledge associated with a selected set of data samples from the model parameters while preserving its performance (utility) on the remaining data samples (*retain* set). This is achieved by analyzing how the retain loss behaves in response to the parameter updates induced by the forget loss. In doing so, the optimization process inherently adjusts the parameters to favor directions that lead to greater reductions in the overall MU objective in subsequent updates.

Furthermore, as we will discuss in Section 3.3, our analysis reveals an *implicit* gradient regularization mechanism that maximizes the inner product between the gradients of the retain and forget losses. This suggests that **LUR** optimizes gradient directions for both the retain and forget losses in a way that minimizes conflicts, guiding the model toward a conflict-free parameter space. Consequently, the proposed method not only minimizes the MU objective, but also aligns the gradients of the retain and forget losses, promoting a gradient-conflict-free optimization trajectory.

Moreover, **LUR** is broadly generalizable across different unlearning tasks, extending to standard classification and generative modeling paradigms, including the denoising diffusion probabilistic model (DDPM) [28] with classifier-free guidance [27] and stable diffusion (SD) based on the latent diffusion model [61]. Since the maximization of the gradient product is implicit and does not impose any task-specific assumptions, our approach naturally adapts to diverse learning objectives. In the case of classification, it ensures the selective forgetting of specific data points while preserving performance on the retained set. In generative models, our method enables targeted unlearning by selectively modifying the model's learned distribution while maintaining overall generative fidelity. In Figure 1, we summarize **LUR**'s performance and discuss it in detail in Section 5. We summarize the contributions of this work as follows:

- We propose **LUR**, a new framework that unifies the competing goals of forgetting and retaining by implicitly promoting gradient alignment between the corresponding losses, offering a more principled and robust approach to approximate unlearning.
- Our theoretical analysis reveals that **LUR** implicitly maximizes the inner product of retain and forget gradients, effectively suppressing gradient conflicts. This analysis helps explain why **LUR** outperforms traditional approaches that simply combine the two objectives.
- We validate **LUR** across a range of tasks, including both classification and generative modeling. The results consistently show superior unlearning efficacy and preservation of model utility, with reduced performance gaps relative to exact retraining.

2. Related Works

Over the past few years, machine unlearning (MU) has progressed from a theoretical concept to a vital practice in privacy-focused machine learning [47, 65, 74]. This shift is largely driven by strict regulations (*e.g.*, the European Unions's GDPR [30]) and rising public concern over data misuse. MU's primary goal is to ensure that models can fully *forget* particular data, thus removing any trace of that data from their predictions.

Such data removal is relevant in diverse applications, including classification [2, 5, 13, 19, 20, 46, 77], regression [51, 69], generative models [13, 16, 17, 24, 36, 42, 77, 80], and distributed learning [22, 45, 48, 72, 76, 84]. MU techniques are also critical in specialized architectures, such as graph neural networks [4, 10], as well as large-scale language models [34, 47, 52, 78] and vision-language models [9, 50]. In these settings, the ability to selectively remove training data is essential for meeting ethical and legal standards. Recognizing the need for rigorous evaluation, researchers have developed benchmarks [3, 52, 83] to assess the effectiveness of unlearning methodologies under controlled conditions.

Although retraining a model from scratch, after removing all data to be *forgotten*, offers the most accurate form of unlearning, it is usually impractical due to high computational costs. Therefore, approximate unlearning methods [5, 13, 19–21, 30, 33, 36, 39, 46, 75] have emerged as efficient alternatives. These techniques often involve selective parameter updates, modular architecture choices, or post-training adjustments to model parameters. However, ensuring that these approximate methods remain both provably secure and scalable is still a major research challenge [11]. As the demand for reliable data removal increases, MU continues to evolve, guided by the intersecting goals of privacy, regulatory compliance, and computational feasibility.

Recently, Liu et al. [47] proposed a generalized objective for approximate MU based on large language models (LLMs), which we identify as to also applicable to recent MU methods for both discriminative and generative models [6, 13, 77]. Their formulation unifies MU under two key objectives: (1) effectively forgetting the targeted knowledge and (2) preserving the utility of the model for the remaining tasks, as shown in Figure 2A. This broader perspective offers a more structured approach to MU; therefore, we adopt this viewpoint as the foundation for our exploration.

Also, our analysis focuses on Saliency Unlearning (SalUn) [13] and Scissor Hands (SHs) [77], which represent two contrasting optimization paradigms. SalUn treats retention and forgetting as a weighted sum, often causing gradient conflicts and degraded performance. In contrast, SHs frames the problem as multi-objective optimization and mitigates conflicts via explicit gradient projection.

3. Methodology

We optimize the MU objective by aiming to achieve conflict-free parameter updates. Section 3.1 formalizes the MU problem and its standard objective. Section 3.2 introduces our method, **LUR**, which implicitly regularizes toward conflict-free forgetting and retention for improved performance, unlike conventional methods that treat them independently. Section 3.3 provides a theoretical analysis, deriving expressions that demonstrate how **LUR** imposes implicit regularization on the gradients, leading to more effective MU. Figure 2 compares our approach with the conventional MU process.

3.1. Preliminary

Machine Unlearning (MU) aims to eliminate the influence of certain training data subsets (*forget* set) from a pre-trained model while preserving its performance on the remaining data (*retain* set). Formally, let $\mathcal{D} = \{s_i\}_{i=1}^{N}$ be a dataset where each sample s_i includes the image $\mathbf{x}_i$ and possibly labels y_i or its corresponding text description (prompt) c_i. The *forget* set $\mathcal{D}_\mathrm{f} \subset \mathcal{D}$ consists of data to be unlearned, and the *retain* set $\mathcal{D}_\mathrm{r} = \mathcal{D} \setminus \mathcal{D}_\mathrm{f}$ consists of sample on which the model is required to preserve its performance. An initial model θ_0 is trained on the complete dataset $\mathcal{D}$. The exact but computationally intensive method to completely eliminate the knowledge of $\mathcal{D}_\mathrm{f}$ in θ_0, known as *Retrain*, involves retraining another model from scratch using only $\mathcal{D}_\mathrm{r}$. However, due to its high cost, *approximate unlearning* methods [5, 13, 37, 46, 68, 71, 75, 77] have been developed to efficiently produce an unlearned model θ_u by leveraging θ_0 and information about $\mathcal{D}_\mathrm{f}$ and/or $\mathcal{D}_\mathrm{r}$. Following the generalized framework of Liu et al. [47], the unlearned model θ_u is obtained by optimizing the following objective:

$$\theta_u = \arg\min_\theta \mathcal{L}_{\mathrm{MU}}(\theta) = \arg\min_\theta [\underbrace{\mathcal{L}_\mathrm{r}(\theta; \mathcal{D}_\mathrm{r})}_{\text{Retain}} + \lambda \underbrace{\mathcal{L}_\mathrm{f}(\theta; \mathcal{D}_\mathrm{f})}_{\text{Forget}}], \tag{1}$$

where $\mathcal{L}_\mathrm{r}$ and $\mathcal{L}_\mathrm{f}$ are the retain and forget losses, respectively, and $\lambda \geq 0$ is a regularization parameter. The specific choices of $\mathcal{L}_\mathrm{r}$, $\mathcal{L}_\mathrm{f}$, and λ vary among different MU methods.

3.2. Learning to Unlearn while Retaining (LUR)

We introduce an alternate strategy to optimize the MU objective (1) that leverages the inherent duality between unlearning and retention objectives [13, 47, 77]. Typically treated as independent tasks [13, 47, 77], we align these objectives to demonstrate that they can be synergistically optimized to simultaneously achieve selective forgetting and retention. Our method employs a bi-level optimization framework inspired by MAML [15] to effectively optimize both the retain and forget objectives. Specifically, we formulate the unlearning task (*i.e.*, forgetting knowledge in $\mathcal{D}_\mathrm{f}$) as the higher-level objective and the retention task (*i.e.*,

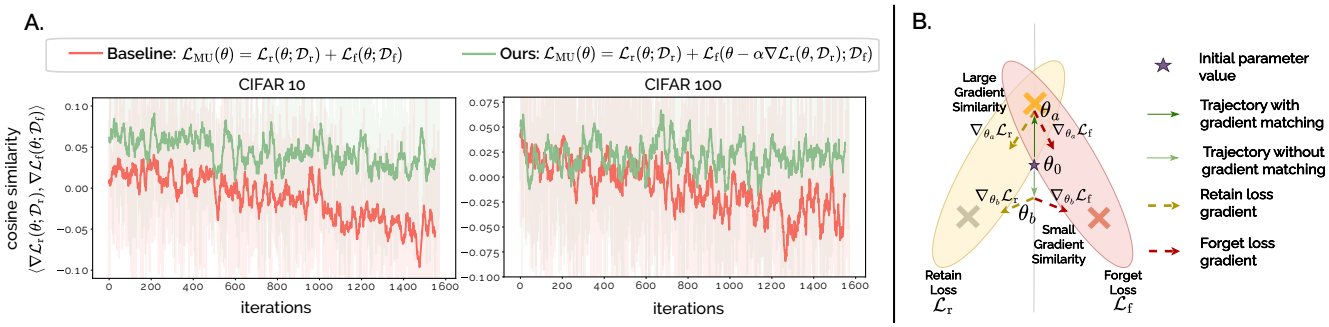


Figure 3. **A.** The plots compare the cosine similarity between the gradients of the retain loss and the forget loss during the unlearning of random samples from the CIFAR-10 [38] and CIFAR-100 [38] dataset, with the conventional MU objective (in Red) and the proposed objective (2) (in Green). We observe relatively better gradient similarity preservation throughout the learning (unlearning) evolution with the proposed objective, indicating less conflicting gradients during the course of unlearning. *Higher value* ↑ indicates greater similarity. **B.** A visual representation of the proposed optimization driving the parameters toward regions of the parameter space (θ_a) where the gradients of $\mathcal{L}_{\text{r}}$ and $\mathcal{L}_{\text{f}}$ are closely aligned.

maintaining performance on $\mathcal{D}_{\text{r}}$) as the lower-level objective. This formulation enables us to update the model parameters based on the forget loss while accounting for its impact on performance on the retain set. The conventional MU process simultaneously optimizes $\mathcal{L}_{\text{r}}$ and $\mathcal{L}_{\text{f}}$ [13, 39], potentially causing them to interfere with each other.

Let $\nabla\mathcal{L}_{\text{r}}$ and $\nabla\mathcal{L}_{\text{f}}$ denote the gradients of the retain and forget losses, respectively. If these gradients are aligned (*i.e.*, $\langle \nabla\mathcal{L}_{\text{r}}, \nabla\mathcal{L}_{\text{f}} \rangle \geq 0$, where $\langle\cdot\rangle$ denotes the cosine similarity), a gradient step in either direction improves both unlearning and retention simultaneously. In contrast, if they have components pointing in opposite directions (*i.e.*, $\langle \nabla\mathcal{L}_{\text{r}}, \nabla\mathcal{L}_{\text{f}} \rangle < 0$), the resulting optimized parameters may not be optimal. In other words, their effects may cancel each other out; for example, the retain loss may re-learn the knowledge that the forget loss is trying to remove or has already eliminated. Thus, by aligning the gradient directions, we aim to regularize the training trajectory so that it is optimal for both $\mathcal{L}_{\text{r}}$ and $\mathcal{L}_{\text{f}}$ without interfering with one another [12, 35, 79].

We perform a single gradient descent step on the retain loss starting from parameters θ to obtain $\theta' = \theta - \alpha\nabla\mathcal{L}_{\text{r}}(\theta; \mathcal{D}_{\text{r}})$, where α is a small scalar learning step value, and $\nabla\mathcal{L}_{\text{r}}(\theta; \mathcal{D}_{\text{r}})$ denotes the gradient of $\mathcal{L}_{\text{r}}$ evaluated at θ. We then optimize $\mathcal{L}_{\text{f}}$ using the parameters θ' and subsequently update θ. Formally, the overall optimization objective is defined as:

$$\min_{\theta}[\mathcal{L}_{\text{r}}(\theta; \mathcal{D}_{\text{r}}) + \mathcal{L}_{\text{f}}(\theta'; \mathcal{D}_{\text{f}})] = \min_{\theta}[\mathcal{L}_{\text{r}}(\theta; \mathcal{D}_{\text{r}}) + \mathcal{L}_{\text{f}}(\theta - \alpha\nabla\mathcal{L}_{\text{r}}(\theta; \mathcal{D}_{\text{r}}); \mathcal{D}_{\text{f}})]. \quad (2)$$

This approach ensures that model updates account for performance on $\mathcal{D}_{\text{r}}$, in terms of the retain loss, while unlearning $\mathcal{D}_{\text{f}}$. By incorporating an intermediate update step, the algorithm anticipates the effect of unlearning on retention, leading to more effective parameter adjustments. However, the advantage of the proposed objective in (2) over the conventional MU formulation (1) remains unclear. In the following subsection (Section 3.3), we provide a detailed analysis to understand how our approach implicitly promotes alignment between retain loss and forget loss, mitigating potential conflicts between the two objectives.

3.3. Implicit Gradient Product Regularization

In this subsection, we analyze the proposed objective (2) to understand how it results in the desired alignment between the retention and forgetting objectives. We utilize Taylor expansion [70] to express the gradient of $\mathcal{L}_{\text{f}}$ at a point θ displaced by δ, as described in Lemma 1 and then define Theorem 1 as follows:

Lemma 1. *Let $\mathcal{L}_{\text{f}}(\theta)$ be a twice-differentiable function with a Lipschitz continuous Hessian, meaning that there exists a constant $\rho > 0$ such that for all θ_1, θ_2 $\|\nabla^2\mathcal{L}_{\text{f}}(\theta_1) - \nabla^2\mathcal{L}_{\text{f}}(\theta_2)\| \leq \rho\|\theta_1 - \theta_2\|$. Then, for any small perturbation δ, the gradient of $\mathcal{L}_{\text{f}}$ at $\theta + \delta$ can be approximated using the first-order Taylor expansion:*

$$\nabla\mathcal{L}_{\text{f}}(\theta + \delta) = \nabla\mathcal{L}_{\text{f}}(\theta) + \nabla^2\mathcal{L}_{\text{f}}(\theta)\delta + \mathcal{O}(\|\delta\|^2). \quad (3)$$

For instance, when $\delta = -\alpha\nabla\mathcal{L}_{\text{r}}(\theta)$, we have:

$$\nabla\mathcal{L}_{\text{f}}(\theta - \alpha\nabla\mathcal{L}_{\text{r}}(\theta)) = \nabla\mathcal{L}_{\text{f}}(\theta) - \alpha\nabla^2\mathcal{L}_{\text{f}}(\theta)\nabla\mathcal{L}_{\text{r}}(\theta) + \mathcal{O}(\alpha^2). \quad (4)$$

Proof. Please refer to the Appendix A.

Theorem 1. *Let $\theta' = \theta - \alpha\nabla\mathcal{L}_{\text{r}}(\theta)$ denote a single gradient descent step on θ with respect to the retention objective $\mathcal{L}_{\text{r}}$, where $\alpha > 0$ is a scalar learning rate. Then, invoking the properties used in Lemma 1, the gradient of $\mathcal{L}_{\text{f}}$ w.r.t. θ at the updated parameter θ' satisfies:*

$$\frac{\partial\mathcal{L}_{\text{f}}(\theta')}{\partial\theta} = \nabla\mathcal{L}_{\text{f}}(\theta) - \alpha(\nabla^2\mathcal{L}_{\text{f}}(\theta)\nabla\mathcal{L}_{\text{r}}(\theta) + \nabla^2\mathcal{L}_{\text{r}}(\theta)\nabla\mathcal{L}_{\text{f}}(\theta)) + \mathcal{O}(\alpha^2). \quad (5)$$

Proof. Please refer to the Appendix A.

Table 1. Performance comparison of different MU methods for image classification under 10% (*left*) and 50% (*right*) *random data forgetting* scenarios on CIFAR-10 [38] (*top*) and CIFAR-100 [38] (*bottom*) using ResNet-18 [23]. Results are reported in the format $a \pm b$, where a denotes the mean and b represents the standard deviation over 10 independent trials. A smaller performance gap relative to Retrain indicates better MU method performance. The metric **Avg. Gap** quantifies this gap by computing the average absolute performance differences across the considered evaluation metrics (see Section 5). Best results highlighted in **Maroon** and second best in **Navy**.

Method	Random Data Forgetting (10%)					Random Data Forgetting (50%)				
	UA (↑)	TA (↑)	RA (↑)	MIA (↑)	Avg. Gap (↓)	UA (↑)	TA (↑)	RA (↑)	MIA (↑)	Avg. Gap (↓)
CIFAR 10										
Retrain	5.19 ± 0.53	94.26 ± 0.14	100.00 ± 0.00	13.05 ± 0.64	0	7.83 ± 0.26	91.71 ± 0.30	100.00 ± 0.00	19.13 ± 0.55	0
FT [75]	0.85 ± 0.46	93.83 ± 0.45	99.84 ± 0.11	3.01 ± 0.93	3.74	0.50 ± 0.33	94.32 ± 0.07	99.96 ± 0.03	2.31 ± 1.08	6.70
GA [71]	0.34 ± 0.23	94.57 ± 0.01	99.62 ± 0.25	0.91 ± 0.29	4.42	0.40 ± 0.27	94.55 ± 0.06	99.62 ± 0.26	0.96 ± 0.40	7.20
IU [37]	1.92 ± 2.10	91.91 ± 2.73	98.01 ± 2.26	4.01 ± 3.44	4.16	2.46 ± 1.99	91.10 ± 5.25	97.62 ± 1.98	5.25 ± 3.01	5.56
BE [5]	0.59 ± 0.38	93.79 ± 0.15	99.41 ± 0.38	16.16 ± 0.78	2.19	0.43 ± 0.28	94.28 ± 0.04	99.59 ± 0.28	10.82 ± 0.89	4.67
BS [5]	0.40 ± 0.25	94.24 ± 0.07	99.56 ± 0.54	4.46 ± 0.33	3.46	0.42 ± 0.28	94.44 ± 0.03	99.60 ± 0.27	1.99 ± 0.08	6.92
ℓ_1-sparse [46]	5.83 ± 0.49	90.64 ± 0.52	96.64 ± 0.54	11.87 ± 0.61	2.20	2.58 ± 0.60	92.10 ± 0.24	98.89 ± 0.15	6.59 ± 0.80	4.82
SalUn [13]	1.93 ± 0.42	93.92 ± 0.25	99.89 ± 0.07	17.93 ± 0.37	2.15	7.85 ± 1.18	88.15 ± 0.90	95.02 ± 0.98	19.30 ± 2.81	**2.18**
SHs [77]	4.60 ± 1.48	92.92 ± 0.48	98.93 ± 0.57	9.56 ± 2.13	**1.62**	7.98 ± 5.31	88.32 ± 4.24	94.00 ± 4.87	15.52 ± 6.43	3.29
LUR (Ours)	5.52 ± 2.16	92.95 ± 0.29	99.21 ± 0.27	11.93 ± 1.01	**0.89**	6.79 ± 0.81	90.23 ± 0.63	97.19 ± 0.72	13.98 ± 0.63	**2.62**
CIFAR 100										
Retrain	24.87 ± 0.85	74.69 ± 0.08	99.98 ± 0.01	50.22 ± 0.62	0	32.83 ± 0.14	67.27 ± 0.45	99.99 ± 0.01	60.76 ± 0.21	0
FT [75]	2.02 ± 1.36	75.28 ± 0.12	99.95 ± 0.02	9.64 ± 3.60	16.01	1.83 ± 1.20	75.36 ± 0.36	99.97 ± 0.01	9.26 ± 2.84	22.65
GA [71]	2.00 ± 1.34	75.59 ± 0.11	98.24 ± 1.16	5.00 ± 2.25	17.68	1.85 ± 1.23	75.50 ± 0.10	98.22 ± 1.17	4.94 ± 1.96	24.2
IU [37]	4.33 ± 4.82	72.13 ± 4.58	96.14 ± 4.51	9.43 ± 5.98	16.93	3.14 ± 2.19	72.08 ± 2.41	97.17 ± 2.00	8.20 ± 4.10	22.47
BE [5]	2.06 ± 1.38	74.16 ± 0.09	98.12 ± 1.24	7.60 ± 3.05	16.96	2.65 ± 1.60	67.84 ± 0.58	97.27 ± 1.62	8.62 ± 2.19	21.40
BS [5]	2.35 ± 1.48	73.20 ± 0.18	97.93 ± 1.30	8.24 ± 3.23	17.01	4.69 ± 1.47	68.12 ± 0.18	95.41 ± 1.46	10.07 ± 1.99	21.07
ℓ_1-sparse [46]	3.65 ± 0.67	70.06 ± 0.46	96.35 ± 0.67	21.33 ± 1.95	14.59	9.83 ± 2.43	69.73 ± 1.27	97.35 ± 0.89	21.72 ± 1.44	16.79
SalUn [13]	11.44 ± 1.18	71.34 ± 0.48	99.40 ± 0.35	74.66 ± 2.48	10.45	15.19 ± 0.91	64.94 ± 0.48	98.89 ± 0.48	73.86 ± 1.98	**8.54**
SHs [77]	31.24 ± 1.81	73.17 ± 0.24	99.24 ± 0.30	42.42 ± 2.06	**4.11**	20.27 ± 2.28	67.58 ± 1.76	84.64 ± 2.79	28.68 ± 2.53	15.08
LUR (Ours)	29.57 ± 0.26	73.02 ± 0.18	99.29 ± 0.06	41.44 ± 0.10	**3.96**	32.68 ± 1.75	63.02 ± 0.90	87.18 ± 0.74	45.69 ± 2.79	**8.07**

Remark 1. *While optimizing the objective defined in (2) using stochastic gradient descent, we need to compute the gradient of $\mathcal{L}_\mathrm{f}(\theta')$ with respect to θ. Utilizing Theorem 1, we express this gradient as:*

$$\frac{\partial \mathcal{L}_\mathrm{f}(\theta')}{\partial \theta} = \nabla \mathcal{L}_\mathrm{f}(\theta) - \alpha \nabla^2 \mathcal{L}_\mathrm{f}(\theta) \nabla \mathcal{L}_\mathrm{r}(\theta) - \alpha \nabla^2 \mathcal{L}_\mathrm{r}(\theta) \nabla \mathcal{L}_\mathrm{f}(\theta) + \mathcal{O}(\alpha^2). \quad (6)$$

Using the product rule $\nabla(a \cdot b) = (\nabla a) \cdot b + a \cdot (\nabla b)$, we rewrite the RHS of the expression as:

$$\frac{\partial \mathcal{L}_\mathrm{f}(\theta')}{\partial \theta} = \nabla \mathcal{L}_\mathrm{f}(\theta) - \alpha \nabla \underbrace{(\nabla \mathcal{L}_\mathrm{f}(\theta) \cdot \nabla \mathcal{L}_\mathrm{r}(\theta))}_{\text{Gradient Product}} + \mathcal{O}(\alpha^2). \quad (7)$$

From Remark 1, we observe that, after simplifying the expression from Theorem 1 the gradient of $\mathcal{L}_\mathrm{f}(\theta')$ with respect to θ on the RHS of (7) includes a term involving the gradient of the inner product of $\nabla \mathcal{L}_\mathrm{f}(\theta)$ and $\nabla \mathcal{L}_\mathrm{r}(\theta)$. This suggests that minimizing $\mathcal{L}_\mathrm{f}(\theta')$ promotes the maximization the inner-product between the gradients of the forget and the retain loss, $\nabla \mathcal{L}_\mathrm{f}(\theta)$ and $\nabla \mathcal{L}_\mathrm{r}(\theta)$, respectively. Concretely, the optimization in (2) can be assumed to an approximation as:

$$\min_\theta \mathcal{L}_\mathrm{r}(\theta; \mathcal{D}_\mathrm{r}) + \mathcal{L}_\mathrm{f}(\theta - \alpha \nabla \mathcal{L}_\mathrm{r}(\theta; \mathcal{D}_\mathrm{r}); \mathcal{D}_\mathrm{f}) \quad (8)$$
$$\approx \min_\theta \underbrace{\mathcal{L}_\mathrm{r}(\theta; \mathcal{D}_\mathrm{r})}_{\text{Retain}} + \underbrace{\mathcal{L}_\mathrm{f}(\theta; \mathcal{D}_\mathrm{r})}_{\text{Forget}} - \alpha \underbrace{(\nabla \mathcal{L}_\mathrm{f}(\theta) \cdot \nabla \mathcal{L}_\mathrm{r}(\theta))}_{\text{Regularization (implicit)}}.$$

Therefore, optimizing (2) enforces updates that not only minimize $\mathcal{L}_\mathrm{r}(\theta)$ and $\mathcal{L}_\mathrm{f}(\theta)$ but also promote the gradient alignment between the forgetting and retention objectives. Consequently, during unlearning, **LUR** encourages exploration of the parameter space where the gradients of the retain and forget losses are more likely to align throughout optimization. In Figure 3A, we empirically validate the gradient similarity of the proposed method during unlearning on CIFAR-10 and CIFAR-100 [38] by plotting the gradient similarity of the penultimate (convolutional) layer of ResNet-18 [23]. We observe that our method guides the parameter updates toward regions where gradients are less likely to be conflicting (see Figure 3B). Moreover, as we will discuss in Section 5, we also observe improvements in downstream unlearning performance. Moreover, unlike the methods proposed by Wu and Harandi [77] (SHs), Hoang et al. [29], Lin et al. [43], and Ko et al. [36], which explicitly enforce gradient alignment (*e.g.*, by manually projecting gradients to prevent conflicts), **LUR** implicitly imposes this regularization. As a result, it enables faster and more memory-efficient unlearning; see Appendix B.6 for details.

4. MU in Image Classification and Generation

Unlearning in image classification. In MU for image classification [13, 46, 77], the forget set $\mathcal{D}_\mathrm{f}$ defines the forgetting type, categorized as *random data forgetting* or *class-wise forgetting*. The former removes the influence of randomly selected samples from the initial model pretrained model θ_0, while the latter eliminates the impact of all samples from a specific class. Prior work has explored alternative loss formulations, such as random label reassignment [13], in our case the negative cross-entropy was effective. Hence, the unlearning objective is defined as the negative

Table 2. Performance comparison of different MU methods for image classification under *class-wise data forgetting* on Celeb-HQ-FIR [40, 57] using ResNet-34 [23]. The content follows the same format of Table 1. Best results highlighted in **Maroon** and second best in **Navy**.

Method	Random Class (Identity) Forgetting (10%)					Random Class (Identity) Forgetting (50%)				
	UA (↑)	TA (↑)	RA (↑)	MIA (↑)	Avg. Gap (↓)	UA (↑)	TA (↑)	RA (↑)	MIA (↑)	Avg. Gap (↓)
Retrain	100.00 ± 0.00	87.02 ± 0.80	99.96 ± 0.01	100.00 ± 0.00	0	100.00 ± 0.00	88.09 ± 1.37	99.98 ± 0.03	100.00 ± 0.00	0
FT [75]	0.06 ± 0.12	88.59 ± 0.59	99.97 ± 7.02	5.28 ± 2.03	49.06	0.02 ± 0.03	90.71 ± 1.27	99.98 ± 0.03	3.08 ± 0.24	49.46
GA [71]	12.4 ± 8.71	81.22 ± 2.11	99.74 ± 0.26	51.37 ± 5.96	35.56	0.04 ± 0.02	88.41 ± 0.40	99.98 ± 0.03	2.44 ± 0.43	49.46
IU [37]	11.08 ± 10.25	70.24 ± 11.77	95.27 ± 5.07	29.59 ± 18.59	45.20	9.63 ± 8.78	68.40 ± 7.91	94.80 ± 6.61	30.10 ± 9.65	46.29
BE [5]	30.93 ± 2.73	44.11 ± 2.08	95.58 ± 1.23	46.24 ± 5.90	42.53	0.06 ± 0.02	83.12 ± 1.68	99.97 ± 0.02	3.62 ± 0.52	50.33
BS [5]	1.82 ± 1.92	81.92 ± 0.27	99.86 ± 0.03	45.93 ± 5.11	39.36	0.02 ± 0.03	87.80 ± 0.95	99.98 ± 0.03	2.76 ± 0.35	49.38
ℓ_1-sparse [46]	1.19 ± 0.72	89.37 ± 0.70	99.97 ± 0.00	76.78 ± 5.66	31.10	23.86 ± 3.63	90.29 ± 1.05	99.92 ± 0.10	99.86 ± 0.19	19.64
SalUn [13]	100.00 ± 0.00	78.36 ± 1.34	96.90 ± 1.11	100.00 ± 0.00	2.93	45.10 ± 2.60	90.92 ± 1.66	99.98 ± 0.03	99.95 ± 0.00	14.45
SHs [77]	98.48 ± 2.73	80.18 ± 6.60	97.20 ± 3.81	99.83 ± 0.35	**2.82**	99.24 ± 0.52	81.64 ± 3.75	99.14 ± 0.95	100.00 ± 0.00	**2.01**
LUR (Ours)	100.00 ± 0.00	86.61 ± 1.01	99.97 ± 0.00	100.00 ± 0.00	**0.10**	99.75 ± 0.20	91.64 ± 0.74	99.97 ± 0.02	100.00 ± 0.00	**0.95**

cross-entropy loss on $\mathcal{D}_\mathrm{f}$, promoting forgetting [39]. The retention objective, formulated via the cross-entropy loss ℓ_{CE} on the retain set $\mathcal{D}_\mathrm{r}$, ensures essential information is preserved. The respective loss functions are defined as follows:

$$\mathcal{L}_\mathrm{r}(\theta; \mathcal{D}_\mathrm{r}) = \mathbb{E}_{(\mathbf{x},y)\sim\mathcal{D}_\mathrm{r}}\left[\ell_{\mathrm{CE}}(\theta; (\mathbf{x}, y))\right], \tag{9}$$

$$\mathcal{L}_\mathrm{f}(\theta; \mathcal{D}_\mathrm{f}) = \mathbb{E}_{(\mathbf{x},y)\sim\mathcal{D}_\mathrm{f}}\left[-\ell_{\mathrm{CE}}(\theta; (\mathbf{x}, y))\right]. \tag{10}$$

Unlearning in diffusion models. Following Fan et al. [13], we study unlearning in DDPM [28] with classifier-free guidance [27] and SD [61]. In these models, the noise predictor, parameterized by θ, is conditioned on a prompt c (*e.g.*, an image class in DDPM or a text description in SD) to estimate the underlying noise [13, 27, 28, 61]. The denoising process at step t follows:

$$\hat{\epsilon}_\theta(\mathbf{x}_t \mid c) = (1 - w)\epsilon_\theta(\mathbf{x}_t \mid \emptyset) + w\epsilon_\theta(\mathbf{x}_t \mid c), \tag{11}$$

where $\epsilon_\theta(\mathbf{x}_t \mid \emptyset)$ is the unconditional noise estimate, and $w \in [0, 1]$ is the guidance weight [27]. Starting from Gaussian noise $z_T \sim \mathcal{N}(0, 1)$, the model iteratively denoises it to reconstruct $\mathbf{x}_0$. The initial diffusion model (DM) is trained with the mean squared error (MSE) loss [13, 28]:

$$\mathcal{L}_{\mathrm{MSE}}(\theta; \mathcal{D}) = \mathbb{E}_{(\mathbf{x},c)\sim\mathcal{D},t,\epsilon\sim\mathcal{N}(0,1)}\left[\|\epsilon - \epsilon_\theta(\mathbf{x}_t \mid c)\|_2^2\right]. \tag{12}$$

We adopt the unlearning objectives of Fan et al. [13] and Wu and Harandi [77]. The forget loss associates the forgetting concept, defined by prompt c, with a misaligned image $\mathbf{x}'$ that does not belong to c:

$$\mathcal{L}_\mathrm{f}(\theta; \mathcal{D}_\mathrm{f}) = \tag{13}$$
$$\mathbb{E}_{(\mathbf{x},c)\sim\mathcal{D}_\mathrm{f},t,\epsilon\sim\mathcal{N}(0,1),c'\neq c}\left[\|\epsilon_\theta(\mathbf{x}_t \mid c') - \epsilon_\theta(\mathbf{x}_t \mid c)\|_2^2\right],$$

where $c' \neq c$ ensures the concept c' differs from c.

To preserve generative performance, the retain loss applies $\mathcal{L}_{\mathrm{MSE}}$ on the retain set $\mathcal{D}_\mathrm{r}$:

$$\mathcal{L}_\mathrm{r}(\theta; \mathcal{D}_\mathrm{r}) = \mathcal{L}_{\mathrm{MSE}}(\theta; \mathcal{D}_\mathrm{r}). \tag{14}$$

Unlearning for both classification and DMs begins with pre-trained weights θ_0 and follows the optimization in (2) to obtain unlearned weights θ_u.

5. Experiments and Analysis

5.1. Image Classification Unlearning

Experimental and evaluation setup. In image classification unlearning task, we investigate two primary forgetting scenarios: (1) *random data forgetting*, where we assess performance on the CIFAR-10 [38] and CIFAR-100 [38] datasets, and *class-wise forgetting*, where we evaluate the effectiveness of unlearning on a real-world facial identity recognition dataset, Celeb-HQ Face Identity Recognition (Celeb-HQ-FIR) [57] consisting of 307 identities, which is derived from CelebAMask-HQ [40]. The latter setup more closely resembles practical applications in privacy-sensitive domains [77]. We assess the effectiveness of our method, **LUR**, using common MU metrics [46]: unlearning accuracy (UA), defined as $1-$ the accuracy of the unlearned model θ_u on the forgotten dataset $\mathcal{D}_\mathrm{f}$; membership inference attack (MIA) on $\mathcal{D}_\mathrm{f}$, quantifying privacy risk; remaining accuracy (RA), measuring retention of performance on the retained training data $\mathcal{D}_\mathrm{r}$; and testing accuracy (TA), evaluating generalization. It is crucial to interpret these metrics in the context of approximate unlearning, better performance of any method should reflect reduced deviation from the gold-standard retrained model (*Retrain*) rather than simply achieving the best absolute values in individual metrics [46]. Furthermore, the details related to the unlearning-training process are described Appendix B.1.

Comparison with prior arts. In Table 1, we compare **LUR** with state-of-the-art classification unlearning methods under the random data sample forgetting setting. Our method demonstrates a consistently lower average gap relative to *Retrain*, indicating superior alignment with the exact unlearning baseline. Similarly, Table 2 presents *class-wise forgetting* evaluations, showcasing the robustness of **LUR** across different settings. Notably, under the challenging 50% forgetting scenario, both in random sample and class-wise forgetting, **LUR** consistently achieves the lowest average absolute gap (Avg. Gap), reinforcing its effectiveness in preserving overall learning performance while ensuring effective unlearning.

5.2. Image Generation Unlearning

Evaluation setup and metrics. We investigate two distinct unlearning scenarios in generative models: *class-wise*

Table 3. Class-wise forgetting performance on CIFAR-10 [31] using DDPM [61] with classifier-free guidance [27]. Best results highlighted in **Maroon** and second best in **Navy**.

Method	Retrain	ESD [16]	SA [24]	SalUn [13]	**LUR** (Ours)
UA (↑)	**100.00**	**91.21**	85.80	**100.00**	**100.00**
FID (↓)	11.69	12.68	**9.08**	11.25	**9.76**

forgetting using a DDPM [28] with classifier-free guidance [27] and *concept-wise forgetting* using Stable Diffusion (SD) [61]. *Class-wise forgetting* aims to prevent DDPM from generating images belonging to a specific object class by leveraging the class name as diffusion guidance [27]. To evaluate this, we conduct unlearning experiments on CIFAR-10 [38], where DDPM sampling is performed over 1000 diffusion time steps, and extend the setting to SD using the Imagenette dataset [31], unlearning image generation from textual prompts of the form "`an image of [class name]`", with SD sampling executed over 100 time steps unless stated otherwise. Beyond class-wise forgetting, we explore *concept-wise forgetting* in SD to suppress the generation of Not Safe For Work (NSFW) nudity content, examining the model's ability to erase broader semantic concepts rather than discrete class labels. To assess unlearning effectiveness, we employ an external classifier to measure UA (Unlearning Accuracy), ensuring that the generated images do not contain features associated with the forgotten class or concept. Specifically, we use a ResNet-34 [23] trained on CIFAR-10 [38] and a pre-trained ResNet-50 [23] on ImageNet to evaluate UA on CIFAR-10 and Imagenette [31], respectively. Additionally, we compute the Fréchet Inception Distance (FID) [26] to quantify the perceptual quality of generated images corresponding to non-forgotten classes or prompts. For *concept-wise forgetting* in the NSFW setting, we generate images using the unlearned SD model conditioned on inappropriate prompts from the I2P benchmark proposed by Schramowski et al. [64]. The resulting images are then classified into various categories of nude body parts using the NudeNet detector [1], providing a quantitative assessment of concept forgetting. Furthermore, the details related to the unlearning-training process are described in Appendix B.1.

Class-wise forgetting in image generation. Table 3 presents a comparative analysis of unlearning accuracy (UA) and Fréchet Inception Distance (FID) [26] across various unlearning methods applied to DDPMs using classifier-free guidance. An effective unlearning method should achieve high UA to ensure complete removal of the target class while maintaining low FID to preserve the generative quality of retained classes. Our proposed method, **LUR** , achieves 100% UA, aligning with *Retrain* and Saliency Unlearn (SalUn) [13], while demonstrating improved sample fidelity with a lower FID (9.76) compared to Retrain (11.69) and SalUn (11.25). While Selective Amnesia (SA) [24] achieves the lowest FID (9.08), it does not fully unlearn the target class (UA = 85.80), suggesting **LUR** striking the best balance between forgetting effectiveness and generative quality. Similarly, Table 4 evaluates unlearning performance on SD [61], further demonstrating the effectiveness of **LUR**. Our approach achieves the highest UA (99.96) while maintaining the lowest FID (0.98) on average, indicating a strong balance between unlearning performance and generative quality. SalUn (UA = 99.82, FID = 1.22) also performs well in terms of UA, though with a slightly higher FID. ESD achieves a comparable UA (99.40) but with a higher FID (1.50), suggesting a potential impact on sample fidelity. Forget-Me-Not (FMN) [80], while achieving lower UA (42.54), presents an alternative approach that may be more suited to scenarios with different unlearning constraints. Overall, these results highlight the strengths of **LUR** in achieving *high unlearning accuracy* while maintaining *strong generative quality*, demonstrating its effectiveness as well balanced compared to existing methods [13, 77]. Furthermore, images generated for the classes mentioned in Table 4 after unlearning with **LUR** can be found in Appendix B.3.

Table 4. Class-wise forgetting performance on Imagenette [31] using SD [61]. Best results highlighted in **Maroon** and second best in **Navy**.

Forget Class	ESD [16]		FMN [80]		SalUn [13]		**LUR** (Ours)	
	UA (↑)	FID (↓)	UA (↑)	FID (↓)	UA (↑)	FID (↓)	UA (↑)	FID (↓)
Tench	99.40	1.22	42.40	1.63	100.00	2.53	100.00	0.74
English Springer	100.00	1.02	27.20	1.75	100.00	0.79	100.00	0.97
Cassette Player	100.00	1.84	93.80	0.80	99.80	0.91	99.80	0.99
Chain Saw	96.80	1.48	48.40	0.94	100.00	1.58	100.00	1.30
Church	98.60	1.91	23.80	1.32	99.60	0.90	100.00	1.04
French Horn	99.80	1.08	45.00	0.99	100.00	0.94	100.00	0.75
Garbage Truck	100.00	2.71	41.40	0.92	100.00	0.91	100.00	0.94
Gas Pump	100.00	1.99	53.60	1.30	100.00	1.05	100.00	0.88
Golf Ball	99.60	0.80	15.40	1.05	98.80	1.45	100.00	0.88
Parachute	99.80	0.91	34.40	2.33	100.00	1.16	99.80	1.29
Average	99.40	1.50	42.54	1.30	**99.82**	**1.22**	**99.96**	**0.98**

Forgetting *nudity*. We also apply **LUR** to remove SD's ability to generate nudity-related content. In Figure 4, we provide both quantitative and qualitative evaluations, showing that **LUR** completely prevents the generation of nudity-related images, except for the "Feet" category, when using inappropriate prompts from the I2P benchmark [64]. To assess fidelity, we measure CLIP scores [25] and FID values on COCO-10k [81], which is derived from the COCO-30k dataset [44] and does not involve nudity, reported in Appendix Table F. Appendix Figure C presents additional generated examples from unlearned SD using different methods on both the I2P [64] and COCO-10k [81] prompts.

5.3. Additional Results and Analysis

Benefit of LUR. In addition to comparing **LUR** to prior works, we analyze the effect of the proposed objective (2). To further assess its impact, we conduct an additional baseline experiment in Appendix B.2, which we call **LUR-b** where unlearning is performed simply by combining the forget and retain losses as described in (1). Moreover, we also conduct ablations to identify the isolated effect of our proposed unlearning strategy, in Appendix B.4. These ex-



Figure 4. *Quantitative and qualitative evaluation on I2P [64] benchmark.* **A.** Evaluation of the amount of nudity content detected by the NudeNet classifier [1] for each unlearning method. The bars represent the percentage decrease in the number of images from each nudity class compared to SD [61]. **B.** Generated images from SD with and without MU. Unlearning methods: SalUn [13], SHs [77], and **LUR** (Ours). Each column shows images from different MU methods using the same prompt (P_i) and seed. Prompt details in Appendix Table A.

periments reveal that **LUR** offers a distinct advantage; thus reinforcing the benefits of the implicit regularization that **LUR** induces.

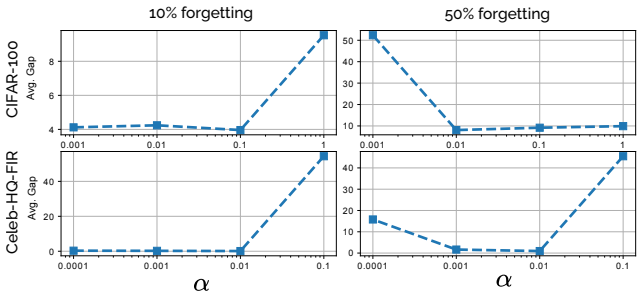


Figure 5. Ave. Gap vs. α (inner learning step). Lower values indicated better alignment to the gold-standard (*Retrain*) baseline.

Analyzing the effect of α. Figure 5 visualizes the variation in the absolute average gap of **LUR** relative to the gold-standard (*Retrain*) baseline as a function of α (see (2)). The hyperparameter α controls the strength of regularization on the implicit gradient product term, as derived in (7). We observe that there exists an optimal $\alpha = 0.01$ value at which the discrepancy from the baseline is minimized. When α is too large, the unlearning process becomes unstable, whereas for excessively small values, it resembles conventional unlearning, where the retention and forget losses jointly optimize the parameters as formulated in (1), or results in sub-optimal performance.

Time and memory overhead. In Appendix B.6, we analyze the memory and time overhead of **LUR** in comparison with recent methods such as Saliency Unlearn (SalUn) [13] and Scissor Hands (SHs) [77]. Unlike SHs, which explicitly enforces gradient alignment through a projection operation to reconcile retain and forget loss gradients, **LUR** incurs lower memory and time overhead, **LUR**'s optimization implicitly aligns gradients without the need for an explicit projection step [29, 43, 77].

6. Conclusion

In this work, we presented **LUR**, an alternate MU framework that tackles the challenge of aligning the conflicting objectives of forgetting designated data while retaining performance on the remaining data. Unlike conventional methods that naively combine the retain and forget losses, often causing their gradients to negate or overpower each other, **LUR** adopts a strategy to synchronize the retention and unlearning process. This design implicitly maximizes the inner product between retain and forget loss gradients, thereby mitigating gradient conflicts by steering the training trajectory toward a parameter space favorable to both unlearning and retention.

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