

**Table 1)** Summary of training session protocols

<b>First Session:</b> Familiarity with the goals and schedules of the course and pretest implementation for both the experimental and control group
<b>Second Session:</b> Teaching skills for facing with the issue, detecting stress centers, exposing and bringing unpleasant feelings to the level of awareness
<b>Third session:</b> Looking with new approach: providing a new concept of forgiveness
<b>Fourth Session:</b> Internal smoothing: changing negative emotions, creating feelings, thoughts and positive behaviors
<b>Fifth Session-</b> Absorbing the anger: Training empathy skills with worried spouse
<b>Sixth Session:</b> Explaining the right and wrong forms of forgiveness
<b>Seventh Session:</b> Maintenance and contract: how to keep learned skills and use them in future situations
<b>Eighth Session:</b> An overview of previous sessions (for experimental group only), posttest run (for both groups)

**Table 2)** Comparison of mean scores of resiliency and perceived stress among the two experimental and control groups (20 in each group) in the pretest and posttest stages using univariate covariance analysis

<b>Variables</b>	<b>Pretest</b>	<b>Posttest</b>	<b>F</b>	<b>Effect Size</b>
<b>Resilience</b>				
Experimental Group	45.39±5.25	67.08±7.11	34.78	0.62
Control Group	47.41±6.56	43.82±7.52	20.83	
<b>Perceived Stress</b>				
Experimental Group	32.45±5.19	59.61±5.90	41.19	0.71
Control Group	333.81±5.43	29.87±6.56	16.17	

In all cases p=0.001