

**Table 1)** Learning process focused on self-compassion

<b>First Stage</b> Definition of the trauma and its types and the effects of the traumatic event of exposure to land mine, its psychological symptoms and the concept of self-compassion education
<b>Second Stage</b> Empathy Education: Learning to understand to follow things with an empathic attitude.
<b>Third Stage</b> Sympathy Education: Formulating and creating more and more emotions in relation to people's issues to increase their care and attention to their health.
<b>Fourth Stage</b> Forgiveness Education: Accepting mistakes and forgiving yourself for mistakes to speed up changes
<b>Fifth Stage</b> Acceptance education: Acceptance of future changes and tolerance of difficult and challenging situations, taking into account the variability of the process of life and the encounter of individuals with various challenges
<b>Sixth Stage</b> Educating the growth of supreme sentiments: Creating valuable emotions in their own to deal with the environment appropriately and efficiently
<b>Seventh Stage</b> Responsibility education: Based on this, the learners learn to criticize their thoughts so that their views can create new, more effective emotions
<b>Eighth Stage</b> Training and practicing skills: Review and practice the skills provided in past sessions to help the subjects to deal with different living conditions in different ways

**Table 2)** Comparison of the mean of cognitive flexibility and meanings of life with their subscales in amputees due to the exposure to land mine in two experimental and control groups (n=20 in each group)

<b>Variables</b>	<b>Experimental Group</b>	<b>Control Group</b>	<b>Meaningfulness</b>	<b>Effect Size</b>
<b>Pretest</b>				
<b>*Cognitive Flexibility</b>				
Control Perception	25.53±2.99	21.93±2.57	0.47	0.09
Understanding	30.33±2.96	34.66±3.01	0.09	0.11
Multiple Solution				
Conceptualization	7.06±5.53	7326±2.08	0.08	0.12
Overall Score	61.39±7.34	63.85±7.16	0.61	0.10
<b>* Meaning of Life</b>				
Current Meaning of Life	20.26±4.96	22.13±4.37	0.68	0.08
Searching for Meaning in Life	25.40±6.51	25.80±6.95	0.60	0.08
Overall Score	44.57±9.63	47.93±9.39	0.58	0.12
<b>Posttest</b>				
<b>*Cognitive Flexibility</b>				
Control Perception	41.93±2.52	28.93±1.79	0.001	0.36
Understanding	52.13±3.62	40.61±1.54	0.02	0.19
Multiple Solution				
Conceptualization	11.66±7.66	8.28±0.79	0.15	0.08
Overall Score	105.75±30.41	77.82±2.03	0.0003	0.31
<b>* Meaning of Life</b>				
Current Meaning of Life	27.93±3.61	24.20±5.34	0.05	0.17
Searching for Meaning in Life	32.66±2.79	23.86±5.71	0.001	0.45
Overall Score	60.5±6.14	48.06±10.59	0.001	0.35