

Table 1) A Summary of the Treatment Sessions based on Acceptance and Commitment

1st Session
Introducing the group members; explaining the type of the relationship therapy; conducting the posttest; an introduction on creative distress and the well metaphor; homework
2nd Session
A review on the reactions on the former session; a review on homework; creative distress (continuance); the tiger metaphor; homework
3rd Session
A review on the reactions on the former session; a review on homework; control expression as a problem; the polygraph metaphor; homework
4th Session
A review on the reactions on the former session; a review on homework; introducing the clean and unclean feelings; introducing intention/acceptance and an alternative intention for control and behavioral commitment; homework
5th Session
A review on intention and clean and unclean and behavioral commitment homework; introducing self as background; the bus and two scales metaphor; homework
6th Session
A review on the reactions on the former session; a review on homework; faulting and practicing behavioral commitment; homework
7th Session
A review on the reactions on the former session; a review on homework; introducing the maxims; the maxims homework; enhancing concentration on behavioral commitment; homework
8th Session
A review on the reactions on the former session; a review on homework; discussion and conclusion; posttest

Table 2) Mean Flexibility Scores of the Pretest, Posttest, and Follow-up Stages in Experimental and Control Groups

Investigating Stages	Statistical Mean Values
Experimental Group	
Pretest	38.00±13.41
Posttest	45.24±8.57
Follow-up	45.47±8.19
Control Group	
Pretest	34.71±10.44
Posttest	37.76±10.58
Follow-up	37.65±10.16