

Using the  
Psychology Forms  
Filler to fill out  
forms or  
assignments.

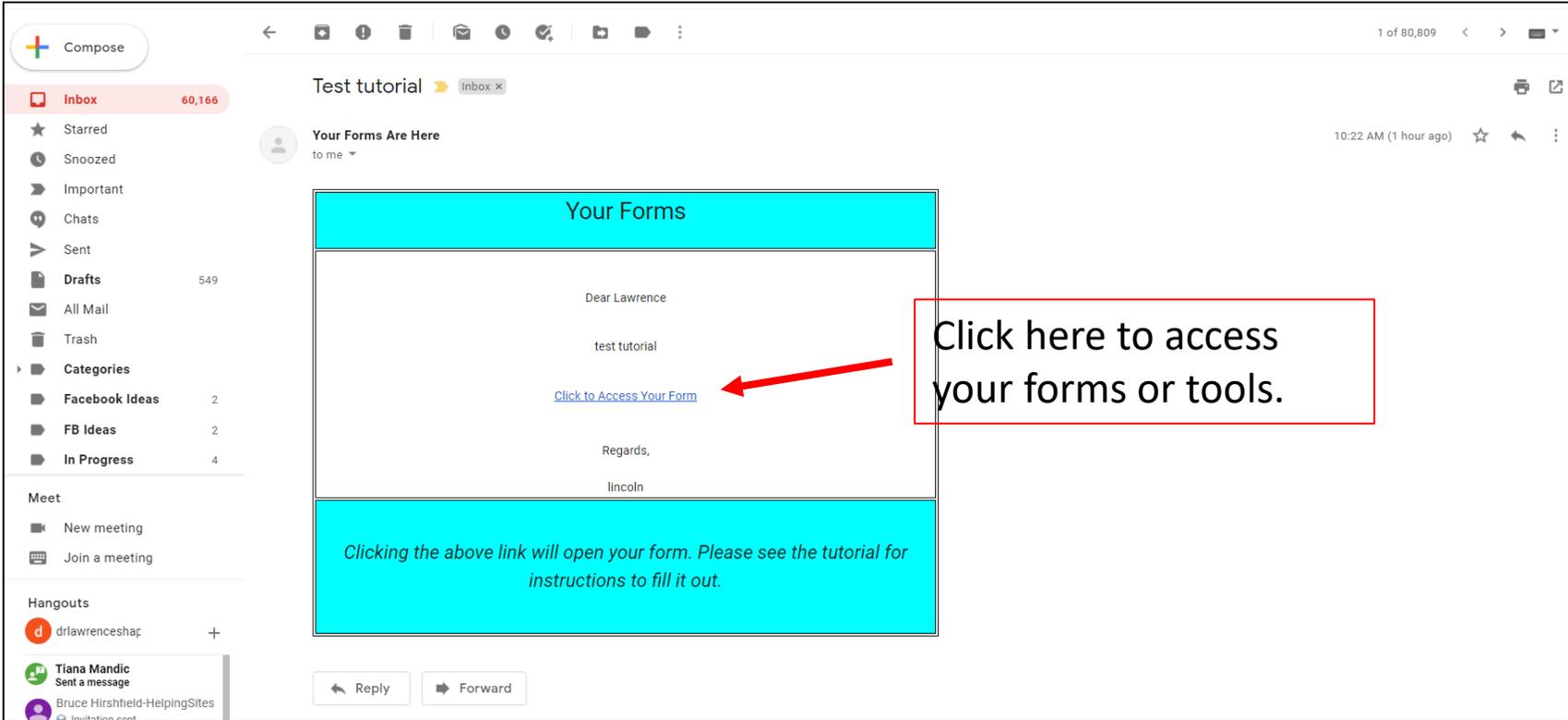
**PSYCHOLOGY**   
**FORMS FILLER**

# This is the email you get from the professional.

The screenshot shows an email client interface with a blue header bar. On the left is a sidebar with a 'Compose' button and folders for 'Inbox' (999+), 'Unread', 'Starred', and 'Drafts' (999+). The main area displays a list of emails under the heading 'Today'. At the top of the list are action icons: Archive, Move, Delete, Spam, and a menu icon. The first email is from Microsoft, with a red arrow pointing to its subject line. The subject line is 'Return to the workplace with confidence' and is marked as an advertisement. The email body text is partially visible: 'Learn how to monitor, track, and report on facility and employee safety using a Microsoft Power Pla...'. Below it are three other emails: 'Your Forms Are Here' (1:22 PM), 'Amazon.com Reviews' (1:11 PM), and 'Facebook' (12:18 PM).

Sender	Subject	Time
Microsoft	Return to the workplace with confidence <small>Ad</small>	
	Your Forms Are Here	1:22 PM
	Amazon.com Reviews	1:11 PM
	Facebook	12:18 PM

# This is what your email looks like.



# This opens the form or tool to edit.

The screenshot displays the Psychology Form Filler application. At the top, there is a navigation bar with buttons for "Select New PDF", "Send Form", "Received Forms", "Tutorial", and "Sign out". Below this is a menu bar with "File", "Edit", and "Tools". The "Tools" menu is open, showing options for "Text", "Image", "Link", "Whiteout", "Freehand", and "Form Field". A red arrow points to the "100%" zoom level in the "View" menu. A white text box with a red border contains the text "Change the size of the page here." The main workspace shows a document titled "Coping with Sadness Following Your Divorce" with an objective and a list of items to check. The document is displayed on a page that is 100% zoomed. The status bar at the bottom shows "1 of 5" pages.

PSYCHOLOGY FORM FILLER

Select New PDF Send Form Received Forms Tutorial Sign out

File Edit Tools View: Fit 50% 100% 200%

Insert Annotate Page

Text Whiteout Image Freehand Link Form Field More

Change the size of the page here.

Coping with Sadness Following Your Divorce

**Objective**

To reduce your feelings of sadness and sense of loss after your divorce.

**You Should Know**

The loss associated with divorce can be hard to overcome and can contribute to ongoing feelings of sadness or even depression. Denial of the loss is not a helpful long-term strategy. Psychologists believe that unacknowledged loss can interfere with long-term happiness.

If you are in the process of divorce, or you have recently divorced, it can be helpful to reflect on what you have lost. Remember, it is completely normal for you to feel sad following your divorce. Be compassionate with yourself.

Check the losses that are most important to you:

- Dreams of growing old with your partner.
- Someone there with you to face illness, financial problems, or other stressful events.
- A companion to attend parties, weddings, and family celebrations.
- A handyperson who knows how to unclog the sink.
- Creating memories and a family home.
- A sexual partner.
- Friendship with your partner.
- Consistent contact with your children (*if you share custody with your ex*).
- Rituals and holiday celebrations.
- Sharing inside jokes.
- Your ex's family and friends.
- Financial security.
- Friendships of people who related with you as a couple.
- Predictability and routine.
- Sense of personal competence.
- Faith you will love and be loved again.

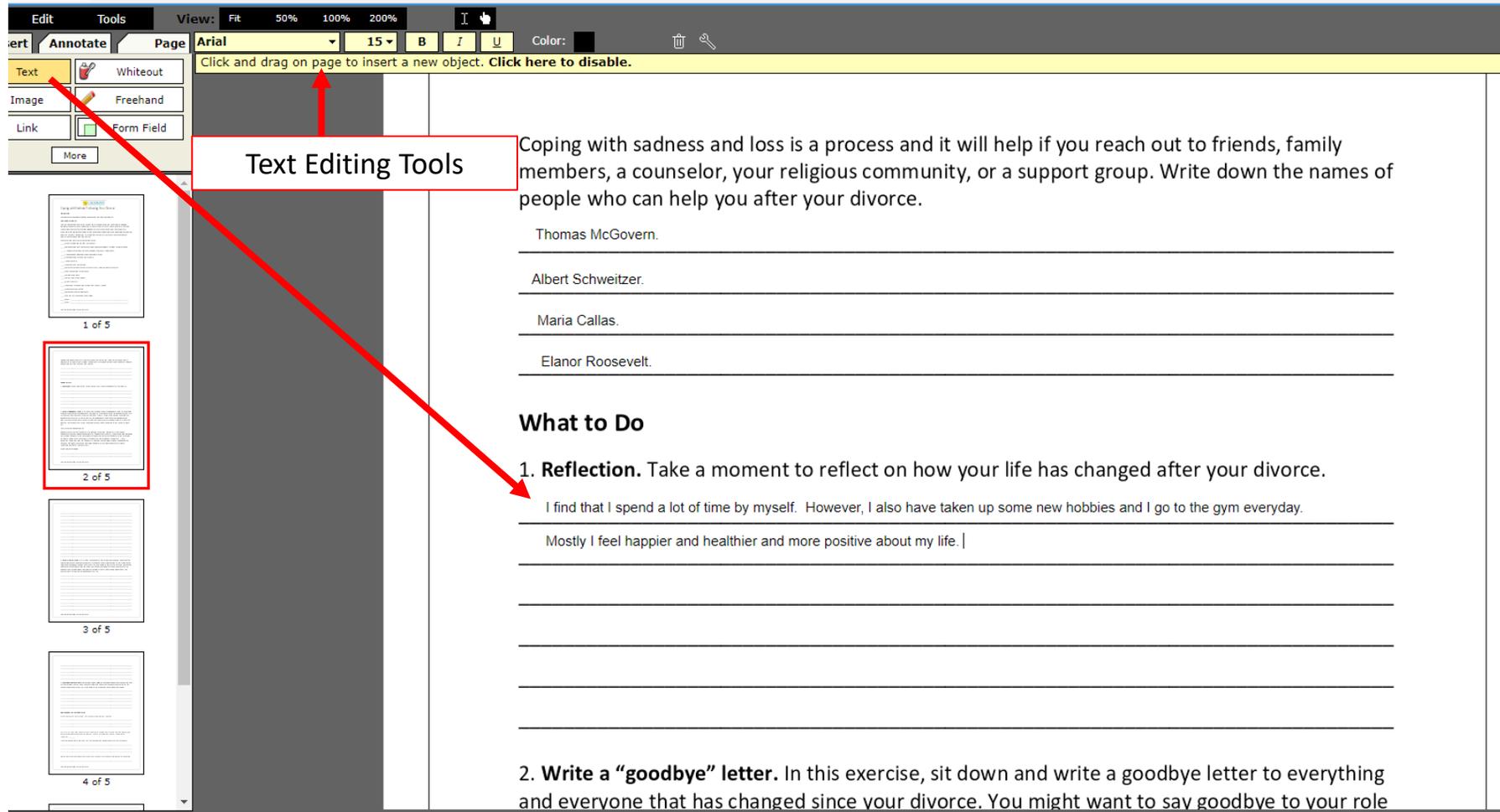
Other: \_\_\_\_\_

Other: \_\_\_\_\_

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1 of 5

Most of the time you will just use the text tool. Click the text button and then click anywhere in the document to type. Click the Text Editing tools to change the size of the text, make text bold, and so on. Click the yellow bar when you are done writing to use a different editing tool.



The screenshot displays a PDF editor interface. At the top, there is a toolbar with various tools. A yellow bar highlights the 'Text' tool and the 'Text Editing Tools' (Bold, Italic, Underline). A red box labeled 'Text Editing Tools' is positioned over the Bold, Italic, and Underline buttons. A red arrow points from this box to the 'Text' tool button. Another red arrow points from the 'Text' tool button to the text on the page. The document page shows a paragraph of text followed by four horizontal lines for input. Below this, there is a section titled 'What to Do' with two numbered tasks. The first task is 'Reflection' and the second is 'Write a "goodbye" letter'. The text on the page is as follows:

Coping with sadness and loss is a process and it will help if you reach out to friends, family members, a counselor, your religious community, or a support group. Write down the names of people who can help you after your divorce.

Thomas McGovern.

Albert Schweitzer.

Maria Callas.

Elanor Roosevelt.

### What to Do

- 1. Reflection.** Take a moment to reflect on how your life has changed after your divorce.  
I find that I spend a lot of time by myself. However, I also have taken up some new hobbies and I go to the gym everyday.  
Mostly I feel happier and healthier and more positive about my life. |
- 2. Write a "goodbye" letter.** In this exercise, sit down and write a goodbye letter to everything and everyone that has changed since your divorce. You might want to say goodbye to your role

Save your changes as you go. Download a copy for your own files. Then send the form or tool to your professional.

The screenshot displays the Psychology Form Filler software interface. At the top, a blue header contains the logo and navigation links: "Send To Professional", "Tutorial", and "Close Form". Below this is a menu bar with "File", "Edit", and "Tools". The main workspace is divided into a left sidebar, a central form area, and a right sidebar. The left sidebar shows a list of five form pages, with the first page selected. The central form area displays the "Coping with Sadness Following Your Divorce" form, which includes sections for "Objective", "You Should Know", and a checklist of losses. The right sidebar is currently empty. Three red arrows point to specific buttons: one to the "Send To Professional" button in the top header, one to the "Save" button in the left sidebar, and one to the "Download" button in the left sidebar.

**PSYCHOLOGY FORM FILLER**

Send To Professional Tutorial Close Form

File Edit Tools View: Fit 50% 100% 200%

Insert Annotate Page

Click and drag on page to insert a new object. Click here to disable.

Text Whiteout Image Freehand Link Form Field More

1 of 5

2 of 5

3 of 5

4 of 5

5 of 5

**CROSSROADS**  
COUNSELING CENTERS, INC.

### Coping with Sadness Following Your Divorce

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- Predictability and routine.
- Sense of personal competence.
- Faith you will love and be loved again.
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

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**Save**

**Download**

**Send to Professional**



If you have questions or concerns, please contact  
Between Sessions Resources by writing

[customerservice@BetweenSessions.com](mailto:customerservice@BetweenSessions.com)