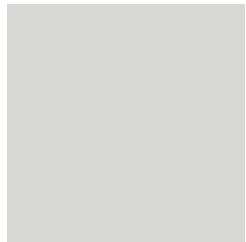


# Fearless

## COLOUR SCHEME



## FONT

Titillium

Roboto

# ABOUT FEARLESS

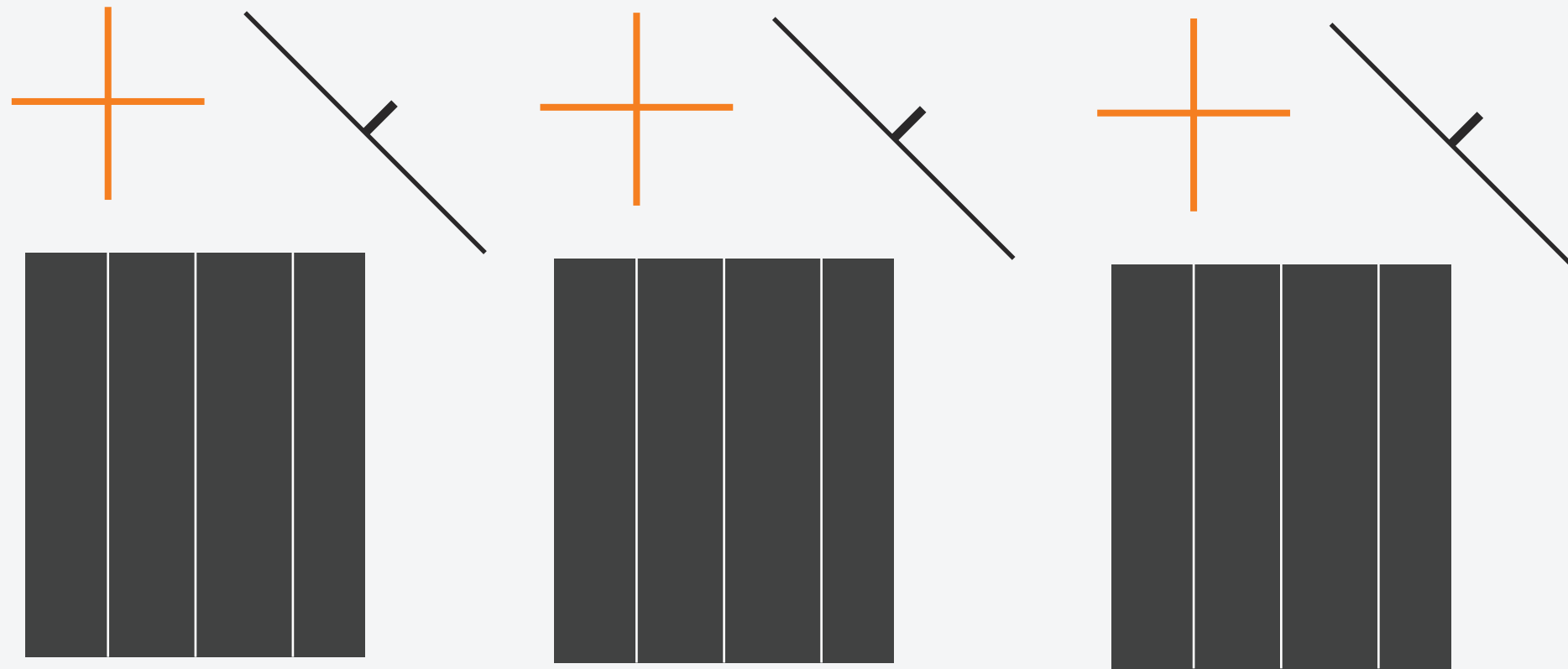


Fearless is a journal type app that lets you write down your thoughts and fears throughout the day, and record them as daily challenges.

# BACKGROUND



Based on cognitive behavioural therapy, Fearless helps you recognize your cognitive distortions, or more widely known as “thinking traps.”

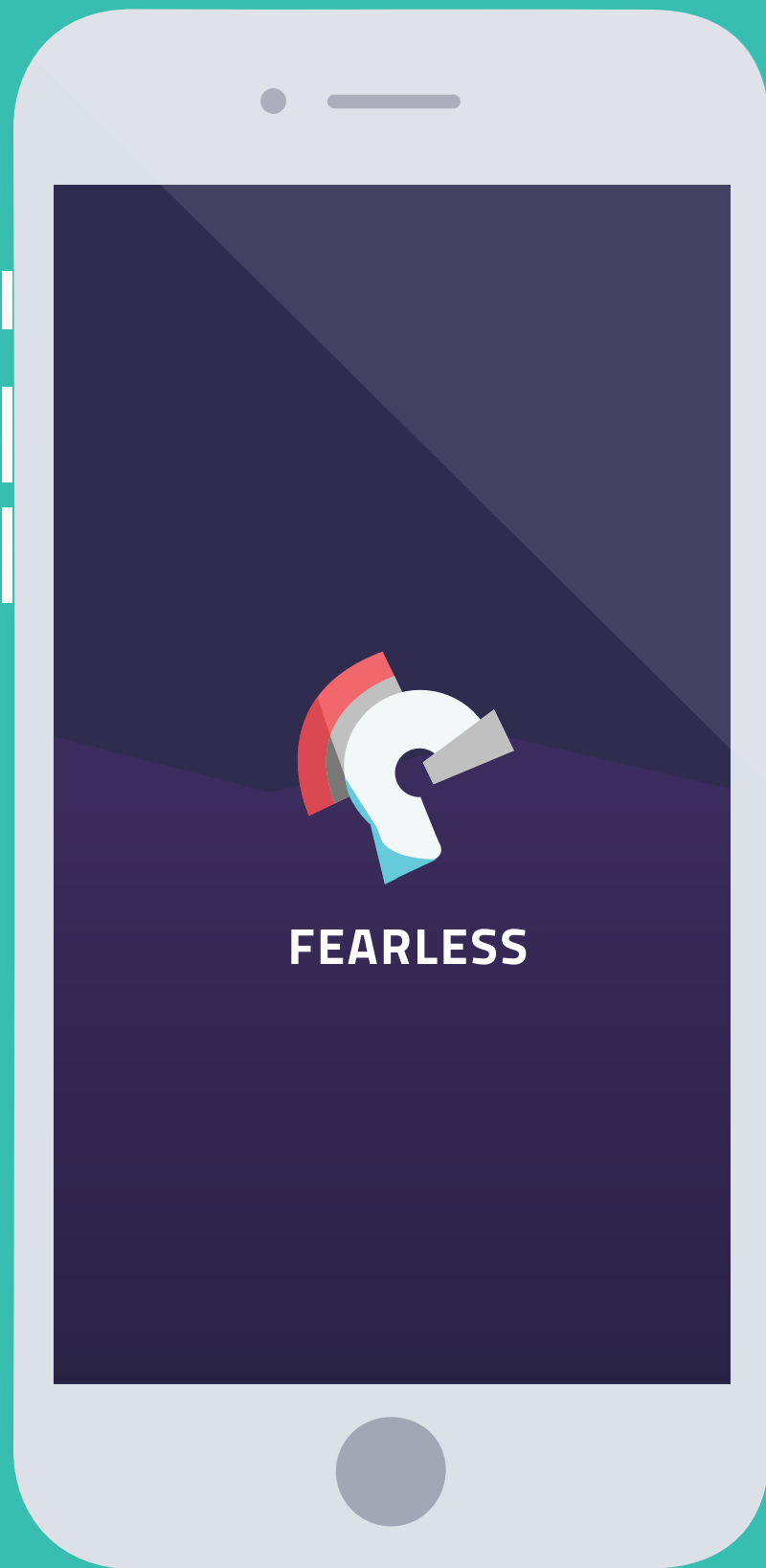


## THINKING TRAPS

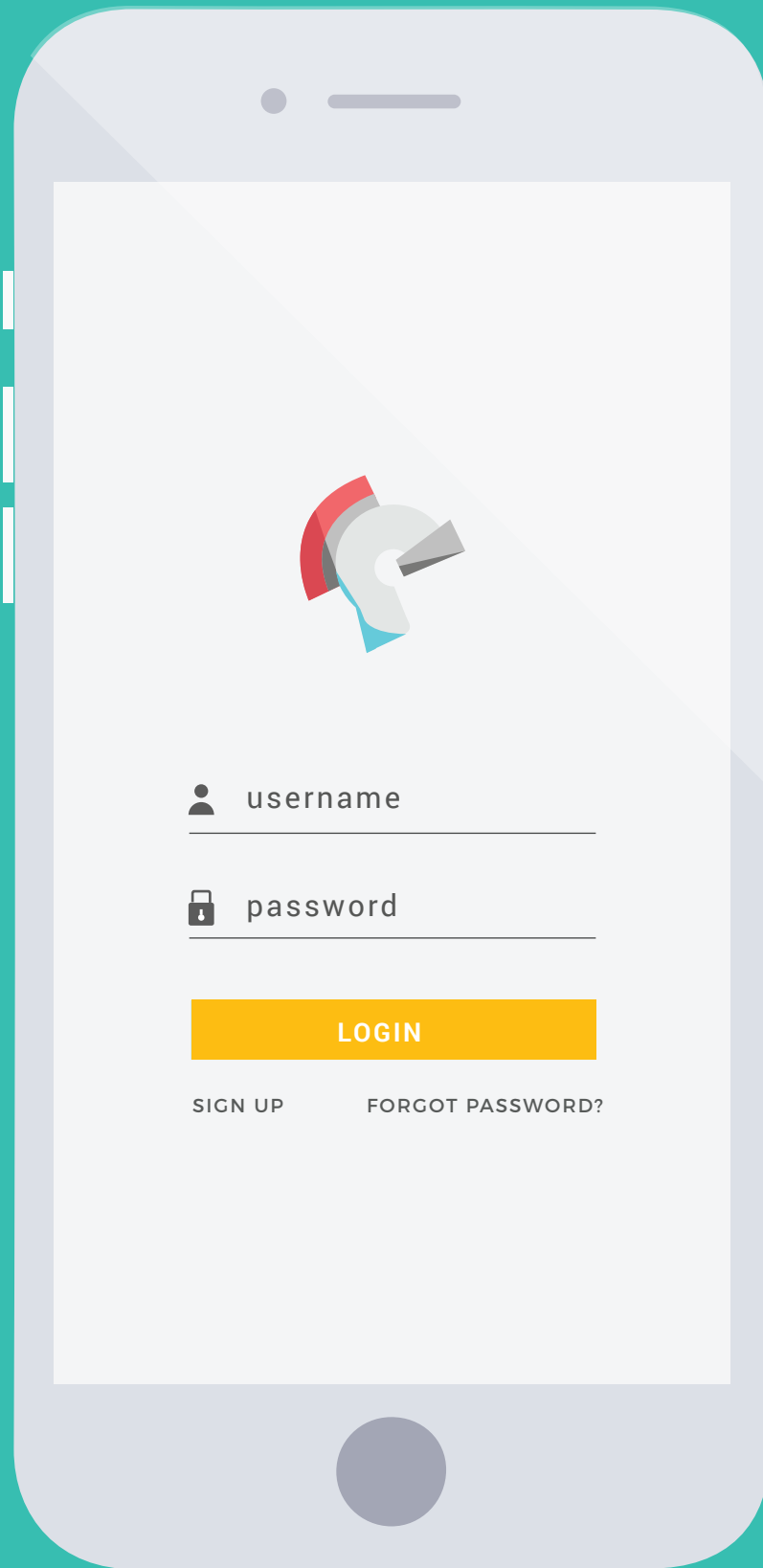
Thinking traps, simply put, are ways that our mind convinces us of something that isn't true, guiding us into constant negative thinking which fuels our anxiety.

## FEARLESS RANKING SYSTEM

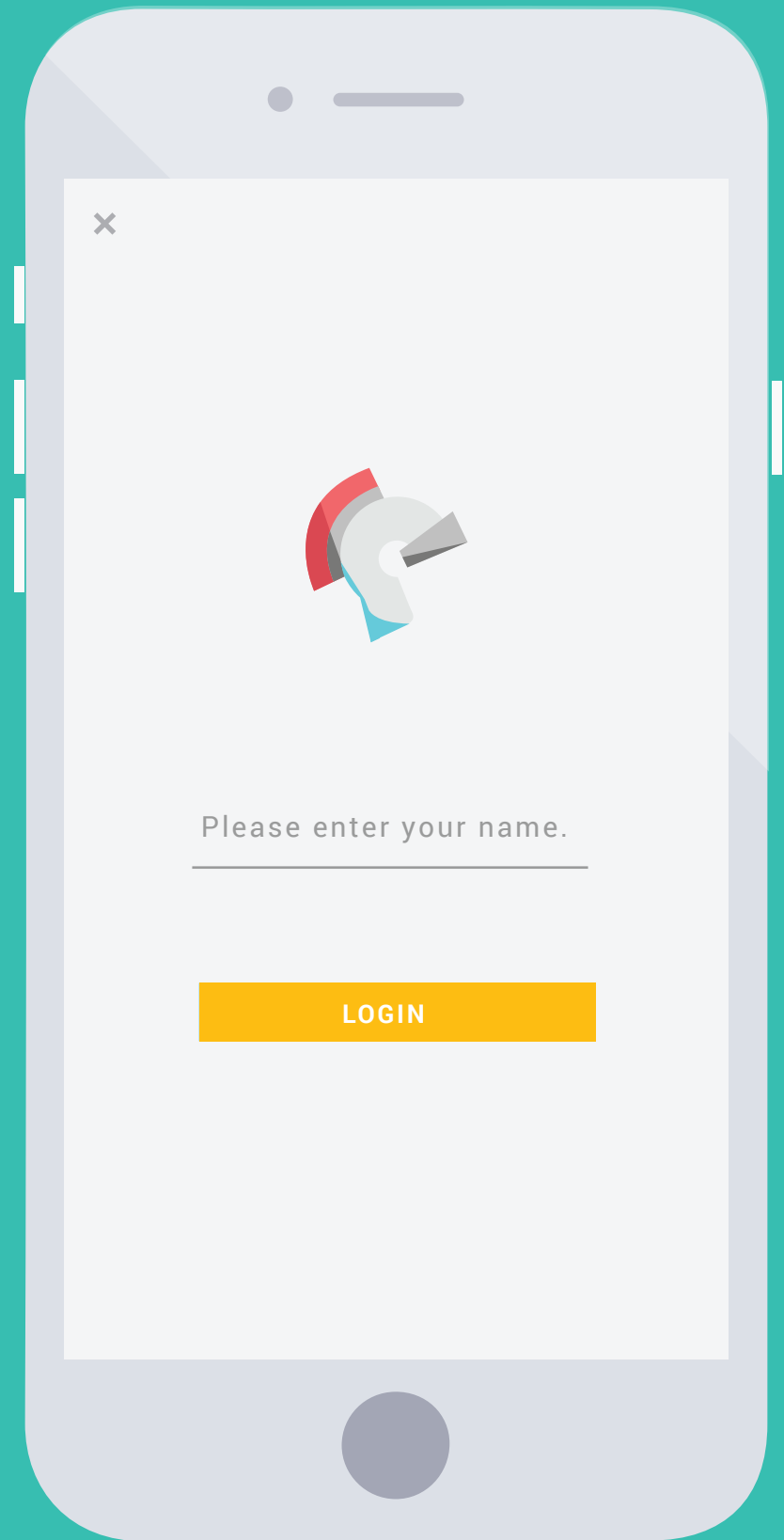
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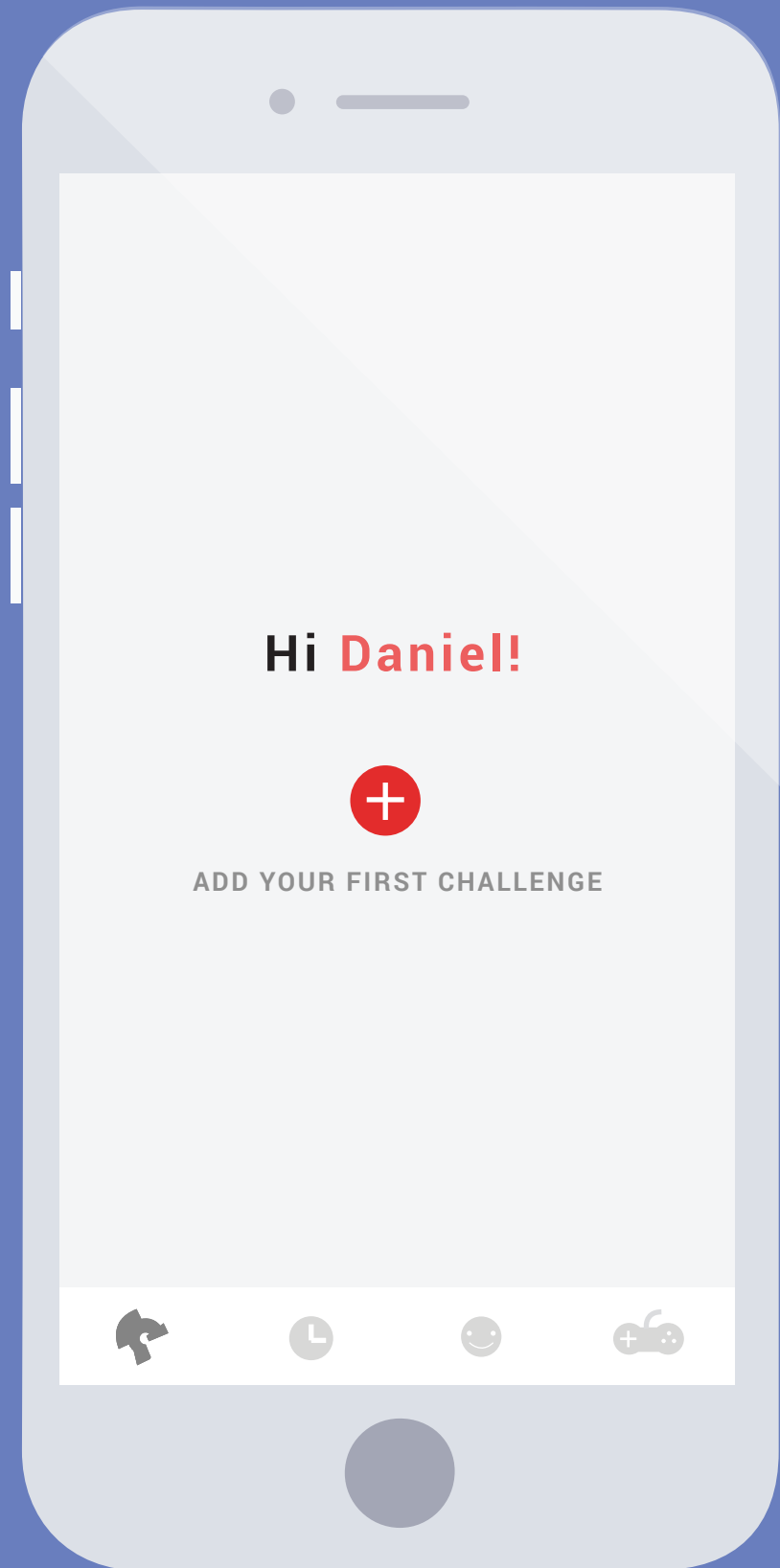
Load Page



Login/Sign Up



Enter Name



## The Navigation



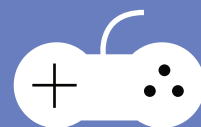
Challenges/Home



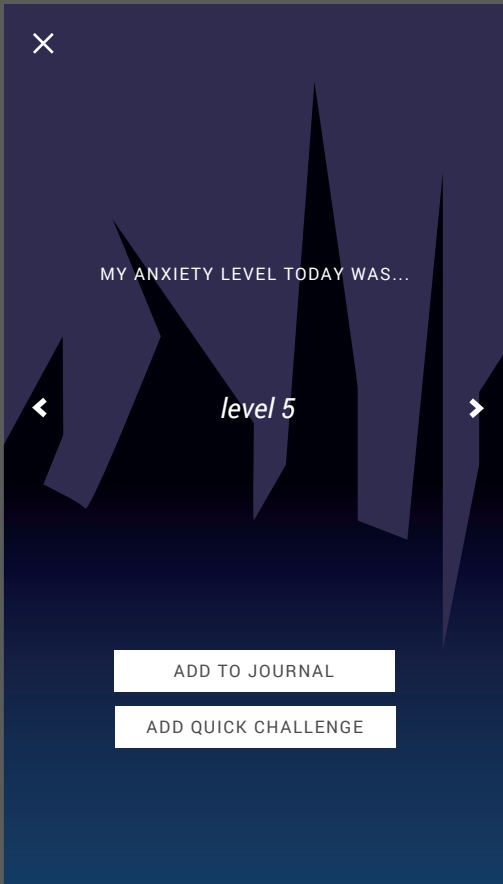
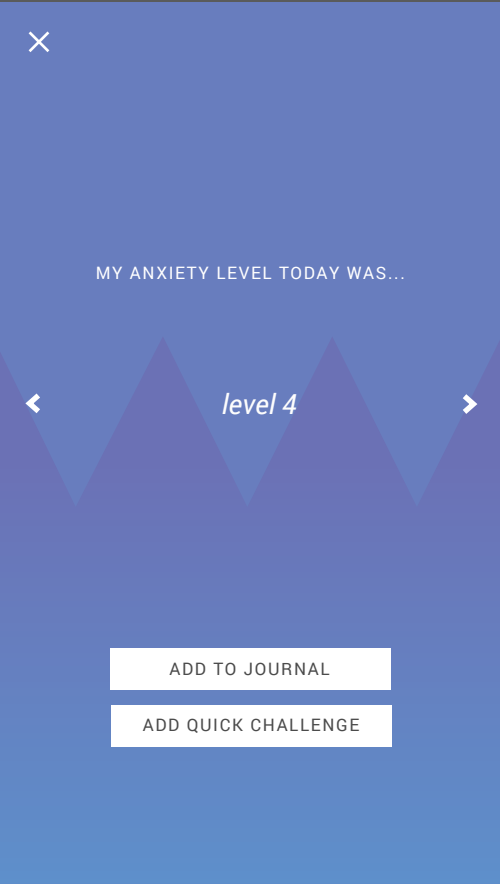
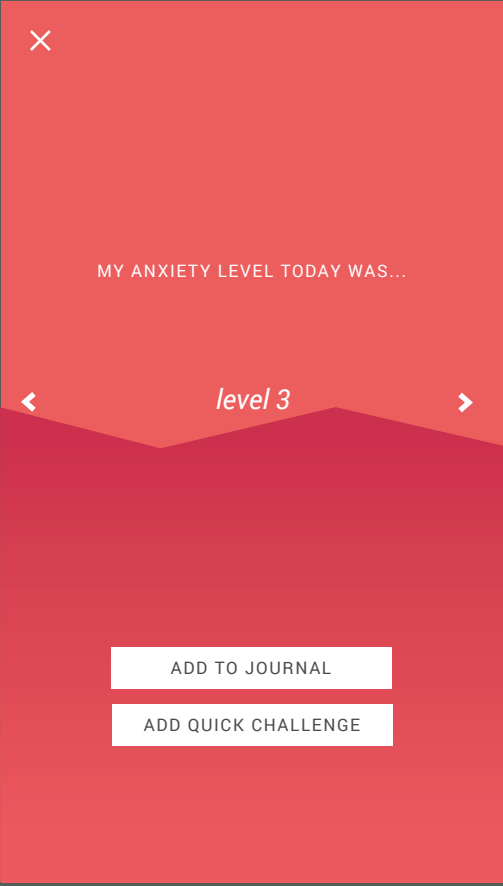
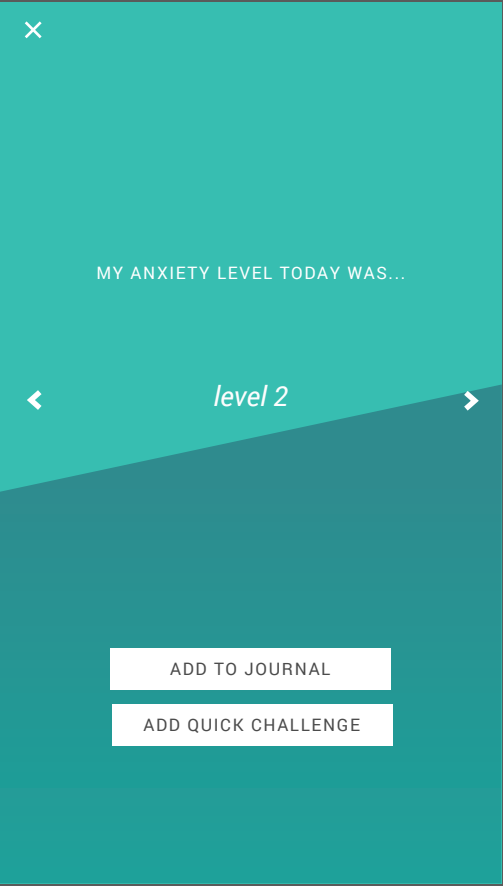
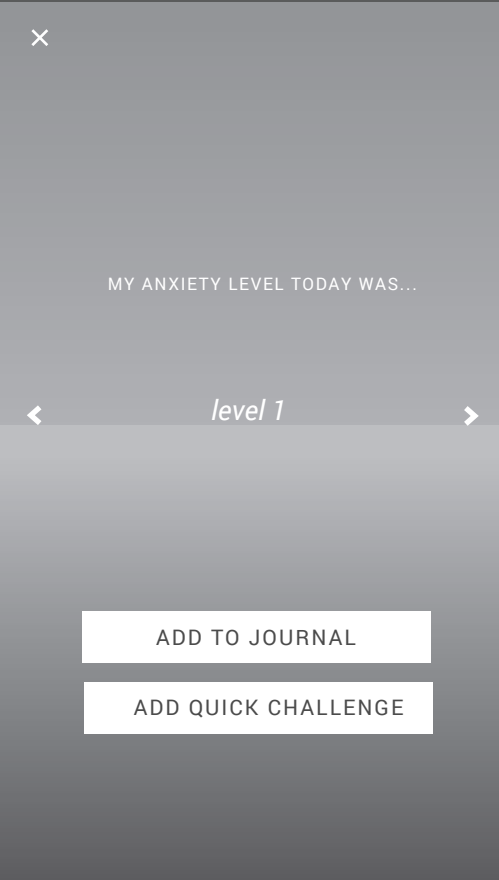
Progress/Data



Profile/Settings



Relaxing Games





×

Add Challenge

Situation

What Happened

What was your situation like? Why do you think you thought this way? What were your symptoms?

×

Add Challenge

Situation

What Happened

My marks are dropping, and I need to go to my professor for extra help. However, I'm too scared to talk to my professor privately.

×

Add Challenge

Thinking Traps

In your previous answer, you've used words like *think* and *wondering*.

Your thinking trap may be **mind reading**.

Not it? Then press the button below.

Review and Select Thinking Traps

×

Add Challenge

Reflection

My professor is a human being like me, and will be happy that a student is asking for extra help.

×

Add Challenge

Challenge

What is your goal for next time?

Not sure? Get inspired.

