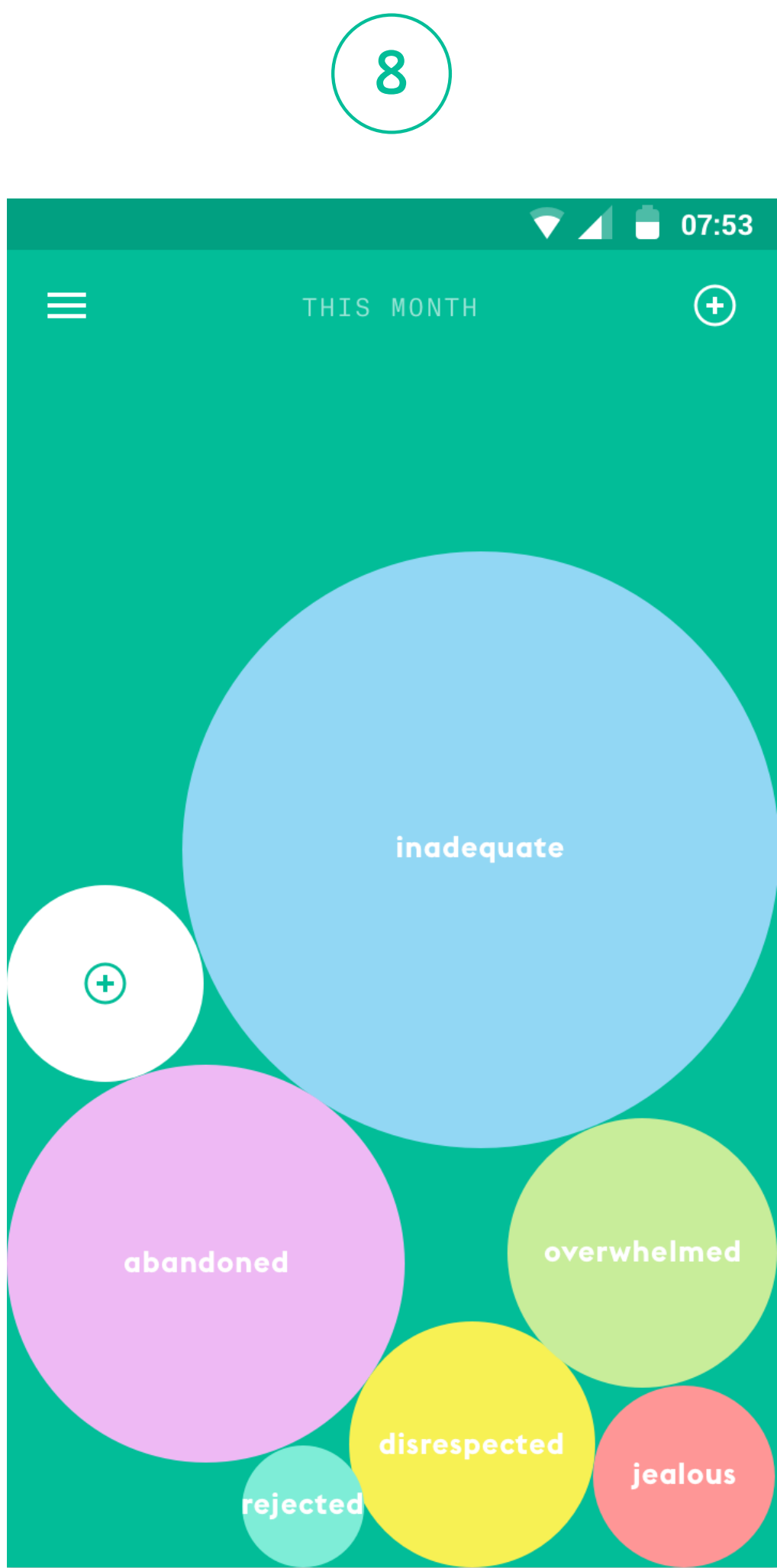# Pillar
A GUIDED CBT APP (2/2)

Because cognitive distortions are habitual patterns of thought, *Pillar* saves users' thought records to refer back to when they recur, or to append to as new evidence is uncovered. Reviewing the contradictory evidence is uplifting, which essentially serve as themed gratitude journals that prevent users from falling back into the same harmful thinking patterns.

8. Over time, saved thought records can uncover emotional and cognitive patterns.

9. The CBT work that the user has done on a trigger can be referred back to during a recurrence of that feeling. Reviewing a list of nonjudgemental, neutralized evidence that undermines the distortion is much easier than trying to generate them under duress.

10. The user can continue to add new evidence to assuage old worries.

8

THIS MONTH

inadequate

abandoned

overwhelmed

disrespected

rejected

jealous

Users can see patterns in their emotional lives, allowing them to be more mindful in the moment.

9

REFERENCE A THOUGHT RECORD

I'm feeling **inadequate** as a(n)

grad student	daughter
friend	girlfriend
+	

REFERENCE A THOUGHT RECORD

I'm feeling **inadequate** as a(n) **grad student** because

I'm not as productive or as involved as others are

I'm not learning or doing as much as I could be

+

REFERENCE A THOUGHT RECORD

I'm not inadequate as a grad student because I'm working hard on a project I care deeply about, that others also seem to appreciate. Everyone has their own priorities and learning/socializing styles.

I am good enough because:

1. I've collaborated on two projects already, and am working alone on my current project because it is very personal.

2. I feel intrinsically motivated to work on my current project, which was the main reason why I'm in grad school. I choose not to pursue summer opportunities because I wanted to work on it as much as possible.

3. Shiffman complimented me on my project several times, and wasn't disturbed by how messy my code was. Other instructors and classmates have seemed impressed as well.

4. Add more evidence

10

ADD MORE EVIDENCE

5. Dan O sent me a complimentary and encouraging e-mail:

Reviewing a list of nonjudgemental, neutralized evidence that undermines the distortion is much easier than trying to generate them under duress.