

Pillar: A Guided CBT App

Cognitive Behavioral Therapy (CBT) is one of the most popular and effective models for improving mental health. CBT makes good on the belief that affect, behavior, and cognition directly influence each other by empowering the individual to correct their self-defeating cognitive distortions; this is done by gathering evidence for and against their belief, then reassessing the belief based on these facts.

While easily executed in a therapist’s office, it’s more difficult to practice CBT in the moment, by oneself, while emotionally agitated. *Pillar* guides users through the process when they need it. Here’s how it works:

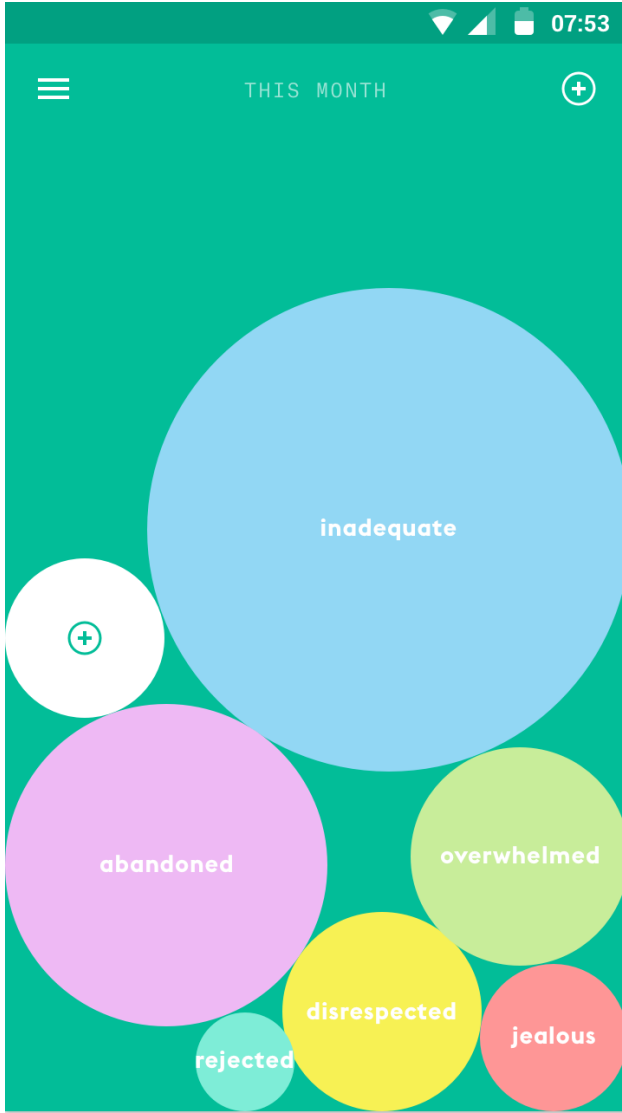


1 When something begins to bother you, select the feeling from, or add it to, the list.

2 Identify the root cause of the feeling and label it in a clearly articulated statement.

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. The contradictory evidence is uplifting, essentially serving as themed gratitude journals that prevent users from falling back into the same patterns.

3 Gather factual evidence that supports this belief.



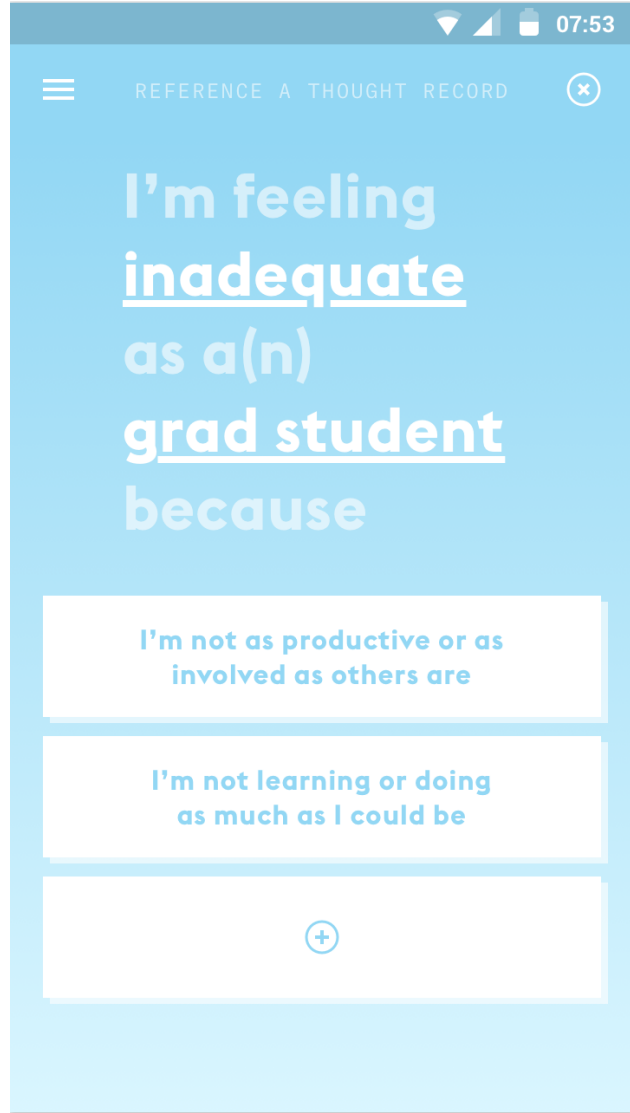
8 Over time, saved thought records can uncover emotional patterns.

4 Gather factual evidence that undermines this belief.



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

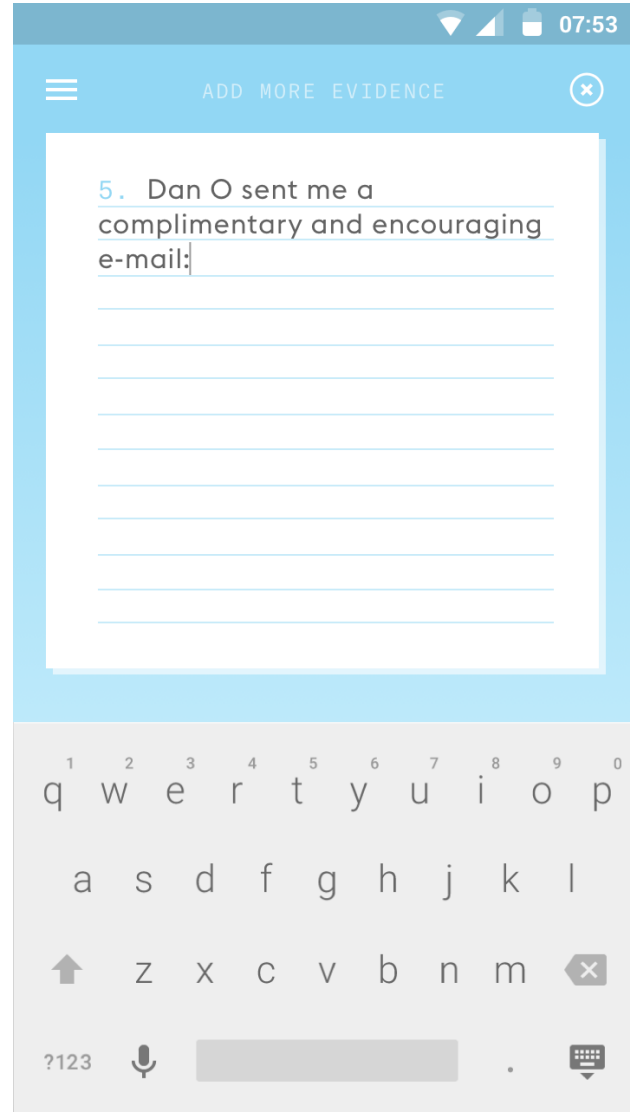
5 Correct the cognitive distortion.



6 Save your work to refer to as needed. Push notifications remind you of this neutral thought.



7 Push notifications remind you of this neutral thought.



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

**ENTRY**  
332-251303  
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**CONCEPT**  
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