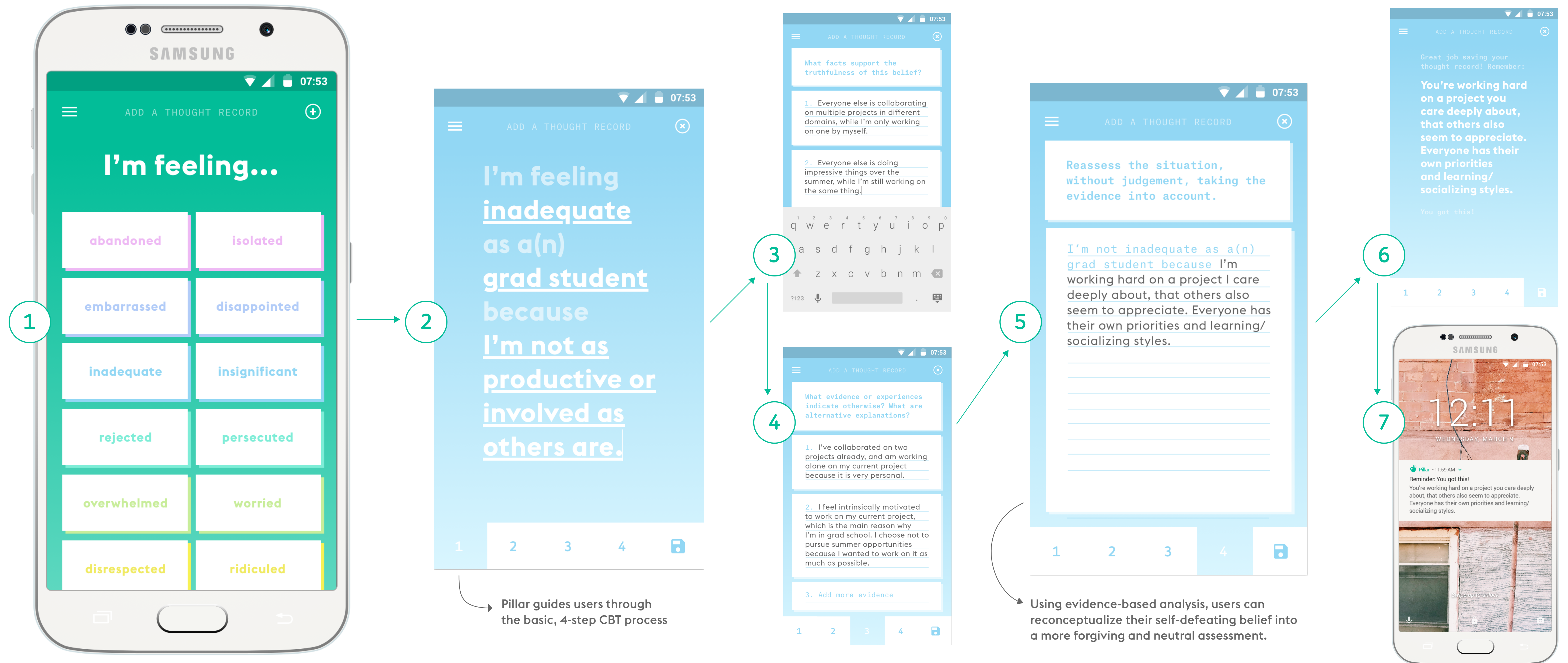# Pillar
## A GUIDED CBT APP (1/2)

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.

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.

3. Gather factual evidence that supports this belief.

4. Gather factual evidence that undermines this belief.

5. Correct the cognitive distortion by reassessing the belief based on the evidence.

6. Save your thought record to refer to as needed.

7. Push notifications remind you how to think of the trigger in a neutral way, and offer support throughout your life.



Pillar guides users through the basic, 4-step CBT process

Using evidence-based analysis, users can reconceptualize their self-defeating belief into a more forgiving and neutral assessment.

**ENTRY**

332-251303

Topics: mental health, emotion regulation, self-care, cognitive behavioral therapy

**CONCEPT**

Pillar: A Guided CBT App

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