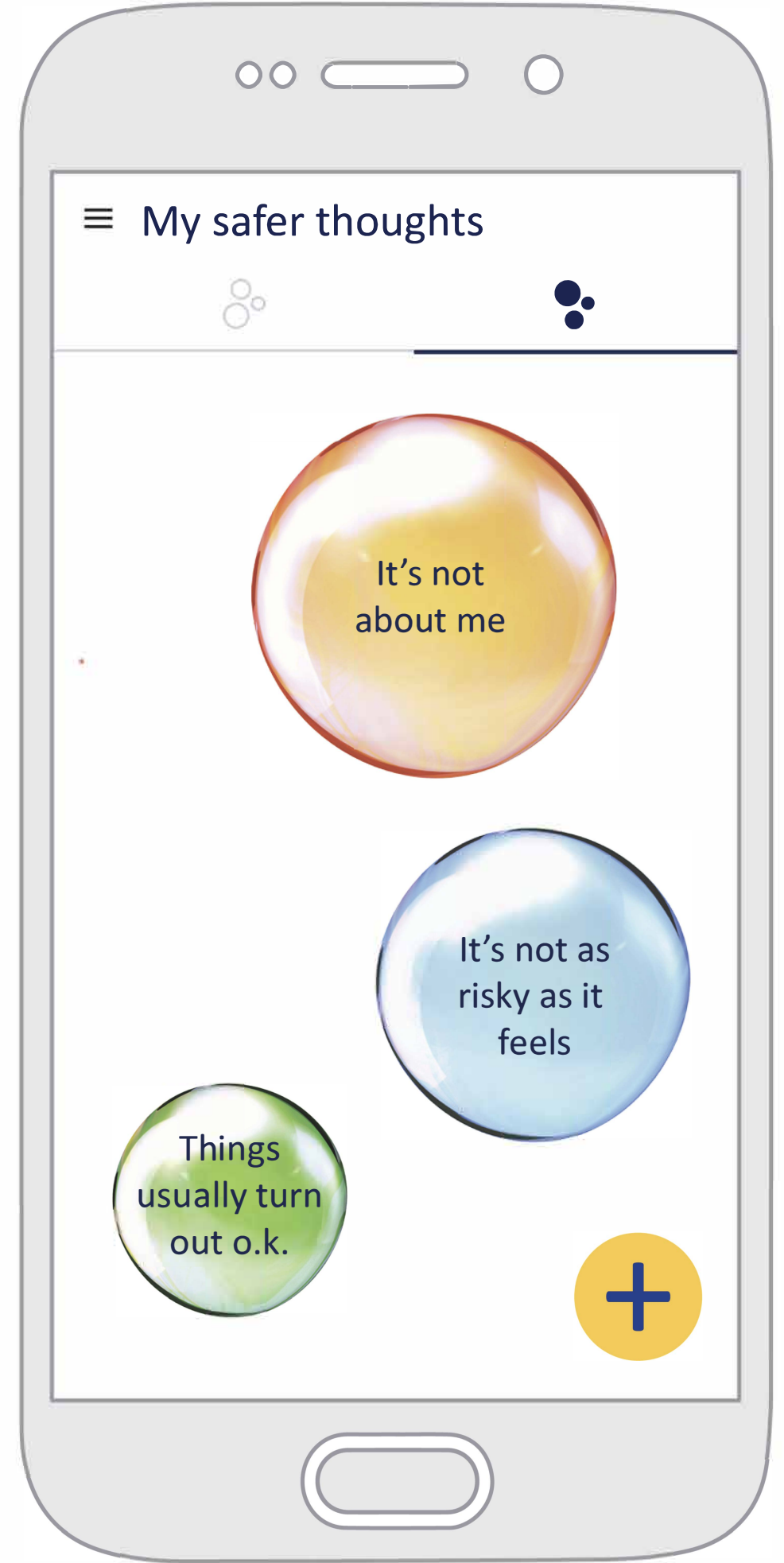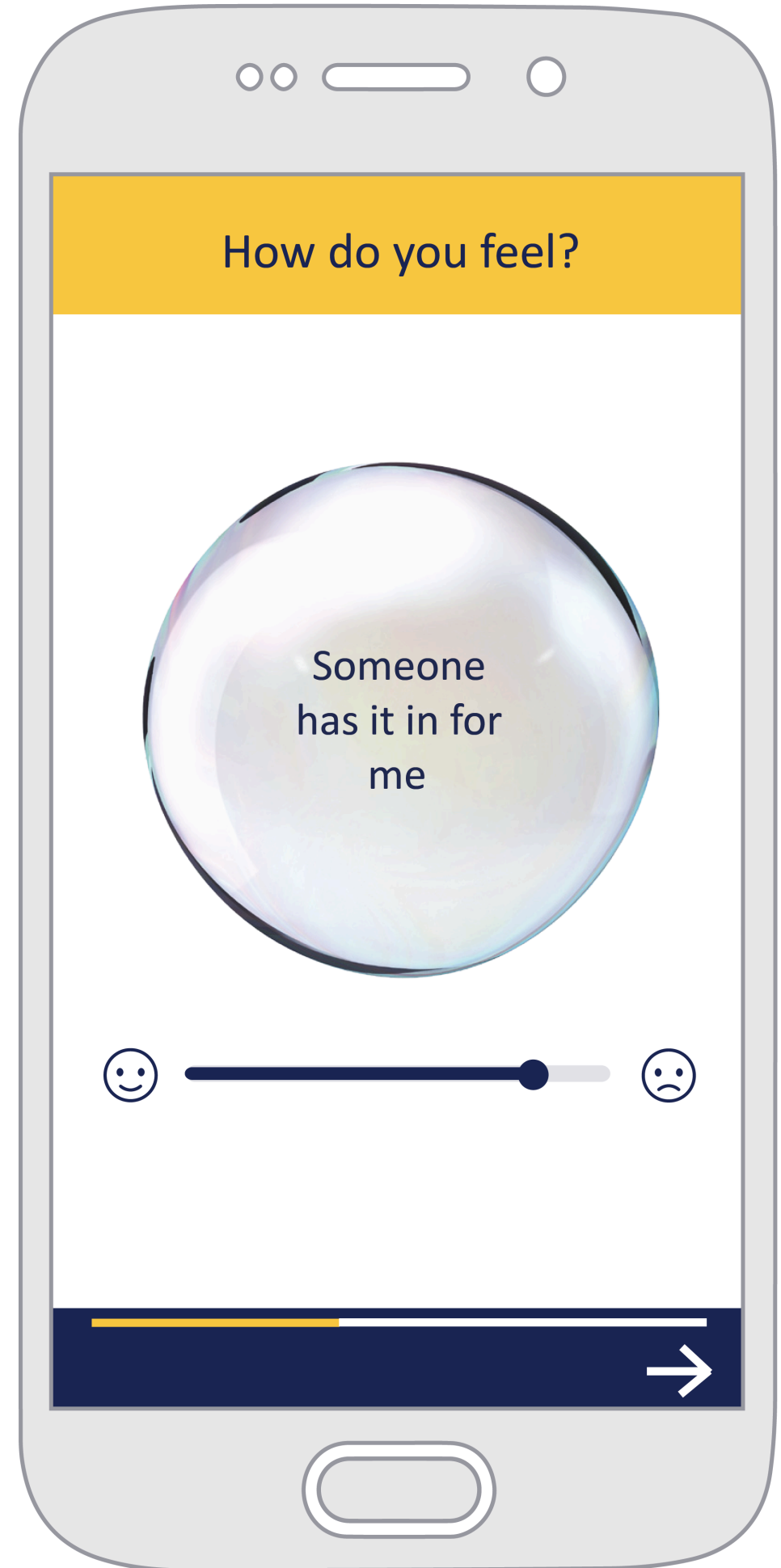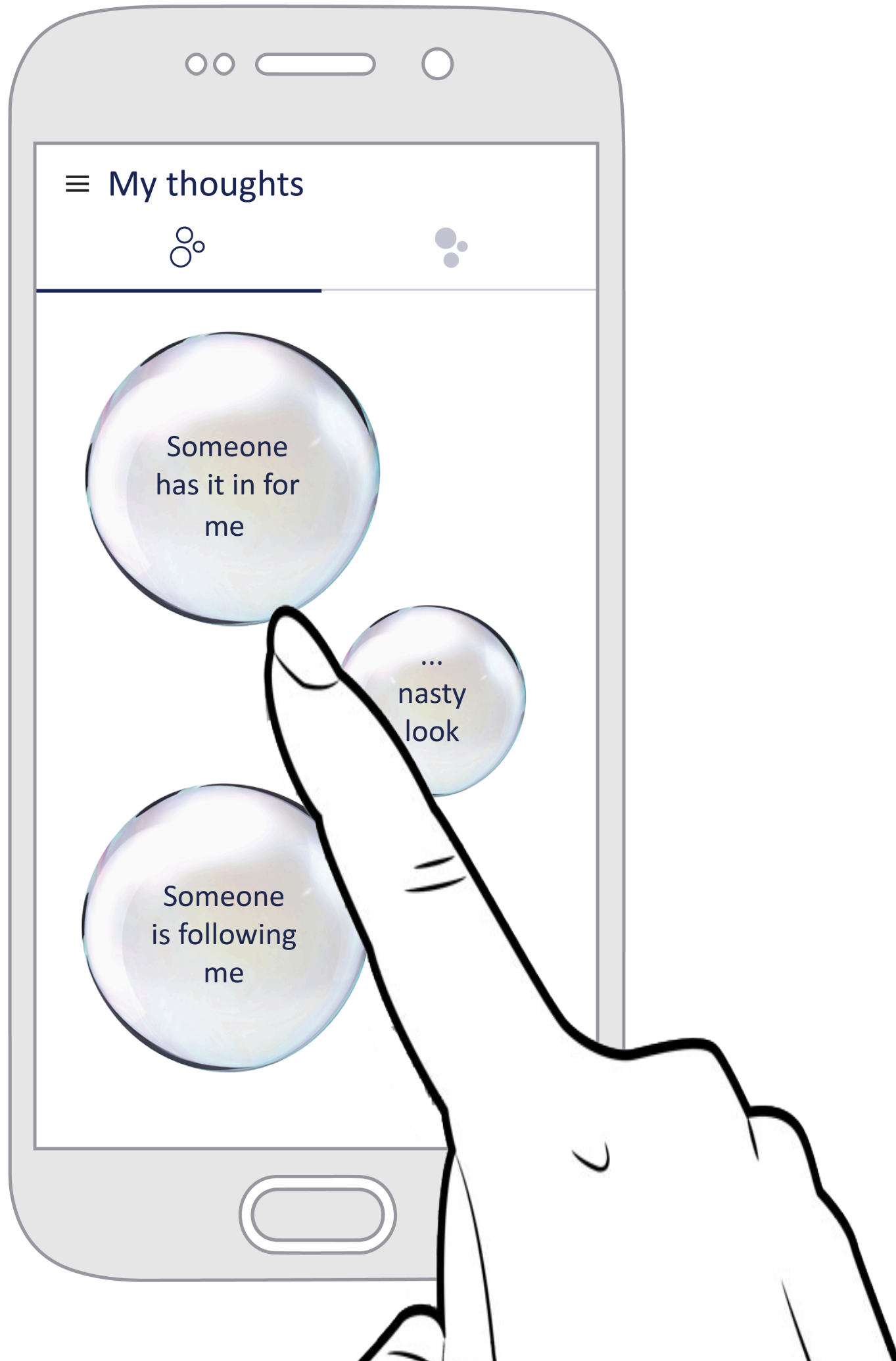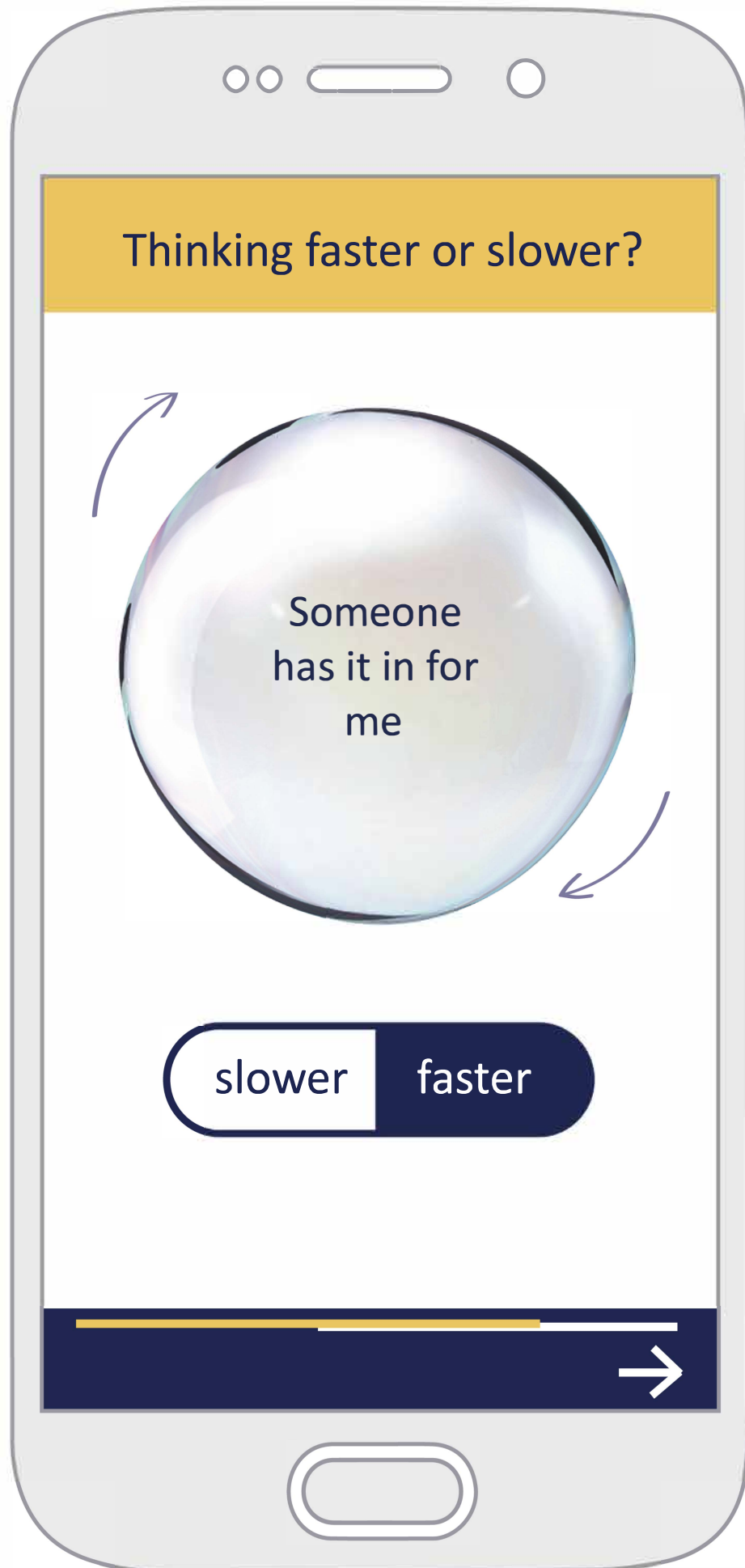SlowMo native app. Home screen has two viewings modes, the user swipes between their worries and their safer thoughts

Following session one, the user taps on a bubble when the worry occurs, then sizes it to record the associated distress.
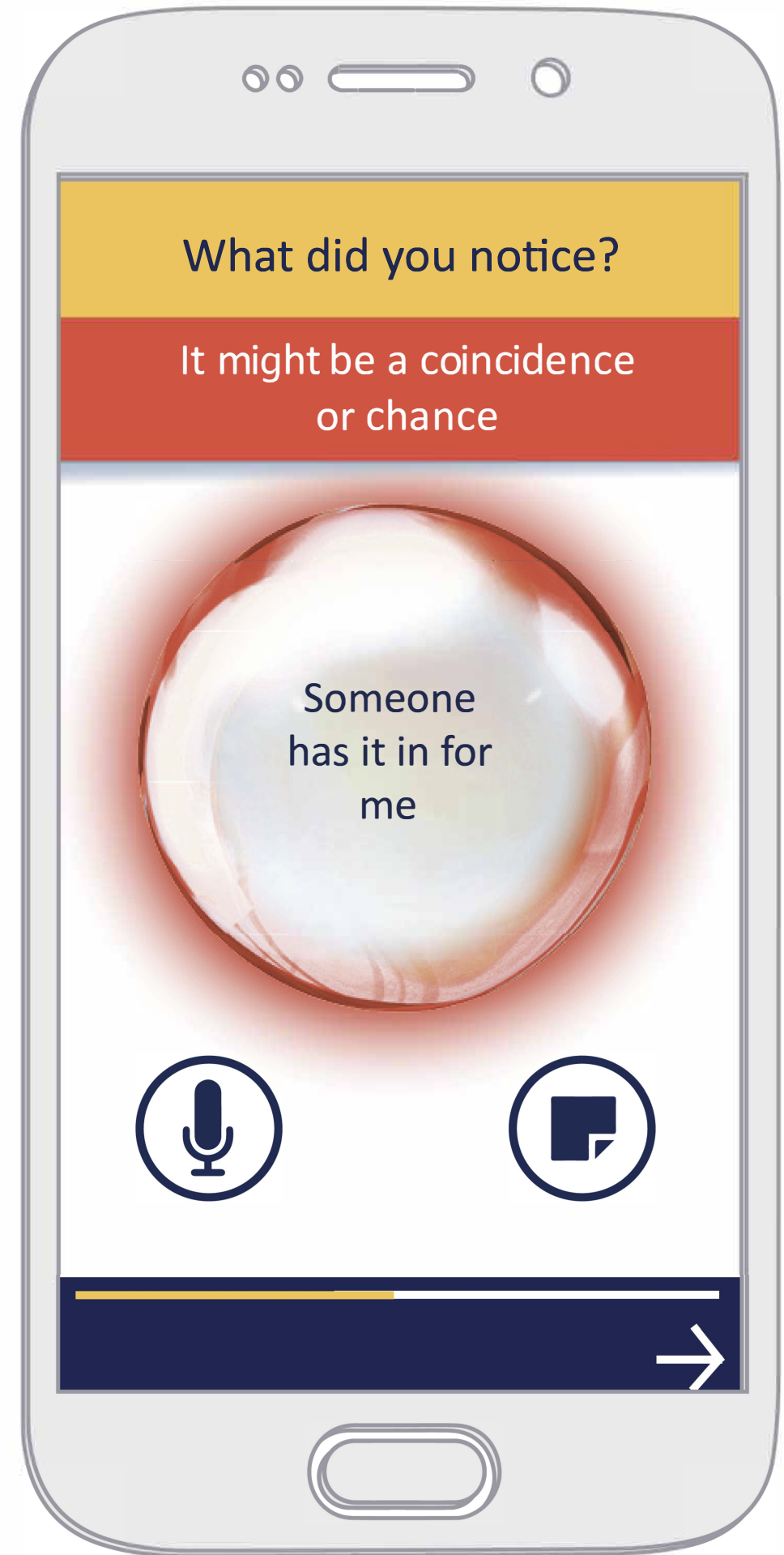
Following session two, users also record how fast or slow they are thinking in relation to the worry.

Following session three, users are encouraged to tap a spinning bubble to slow it down, to encourage reflective thinking.

Thinking faster or slower?

Someone has it in for me

slower   faster

Slow down...

Someone has it in for me
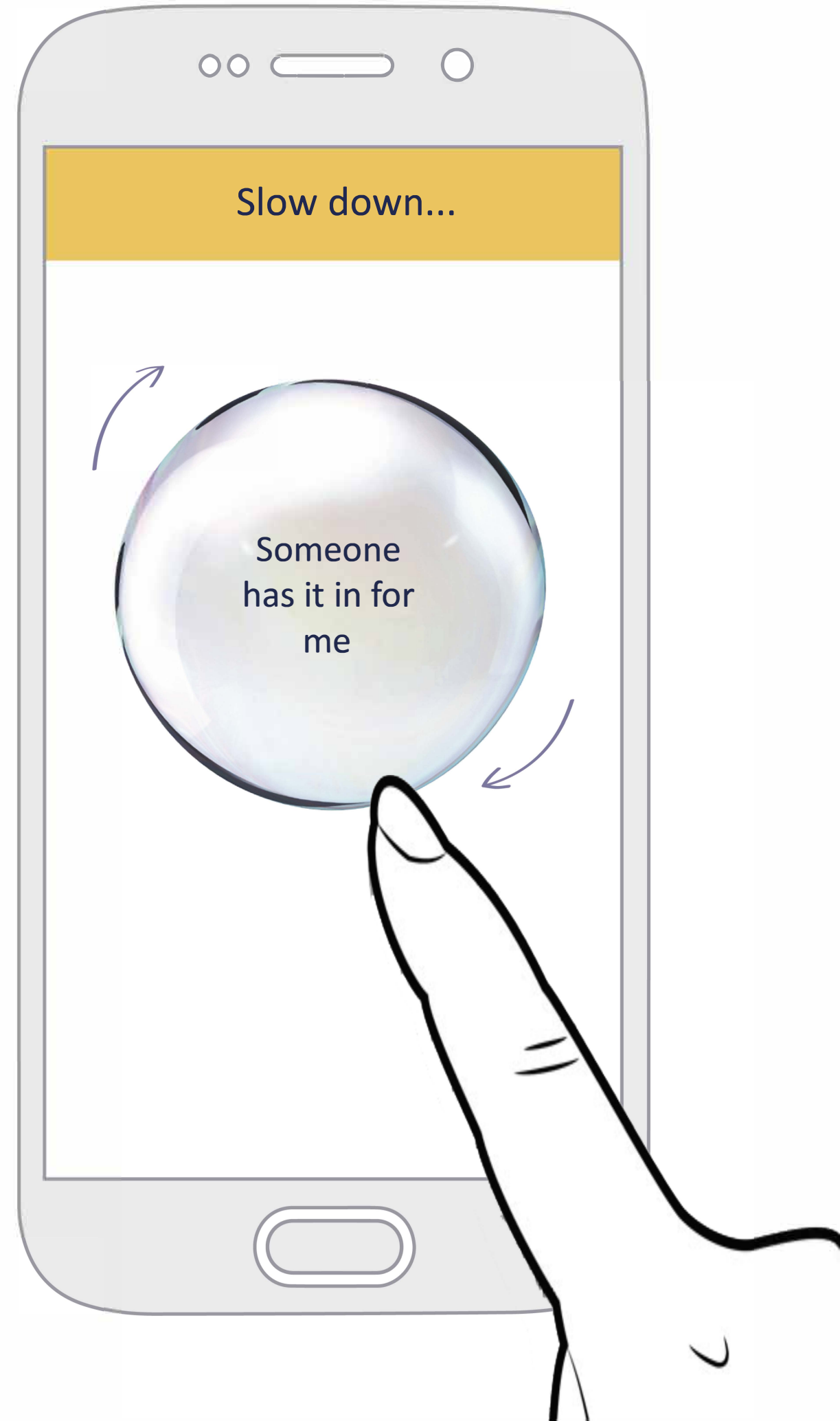
From session four onwards, tip cards are added, based on the learning in session, to support the user in slowing down, together with the option to audio or text record additional information.

Slow down...

Someone has it in for me

It might be a coincidence or chance

What did you notice?

It might be a coincidence or chance

Someone has it in for me
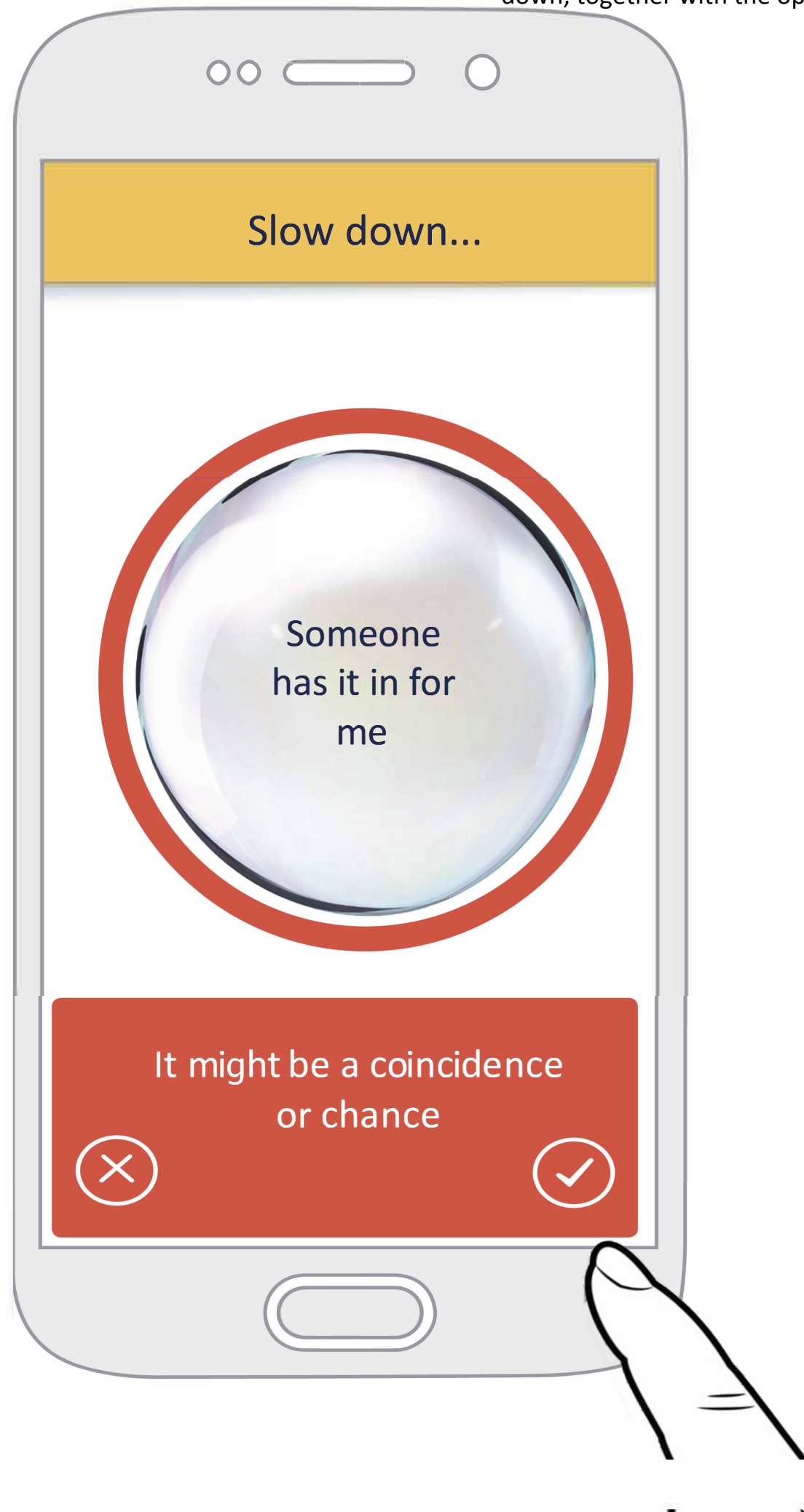
At the end of the slowing down process, the app supports the user to identify a safer thought and re-rate distress.

What's your safer thought?

It's not as risky as it feels

It's just a coincidence

...ot about me

...ally turn out o.k.

How do you feel now?

It's just a coincidence

Someone has it in for me
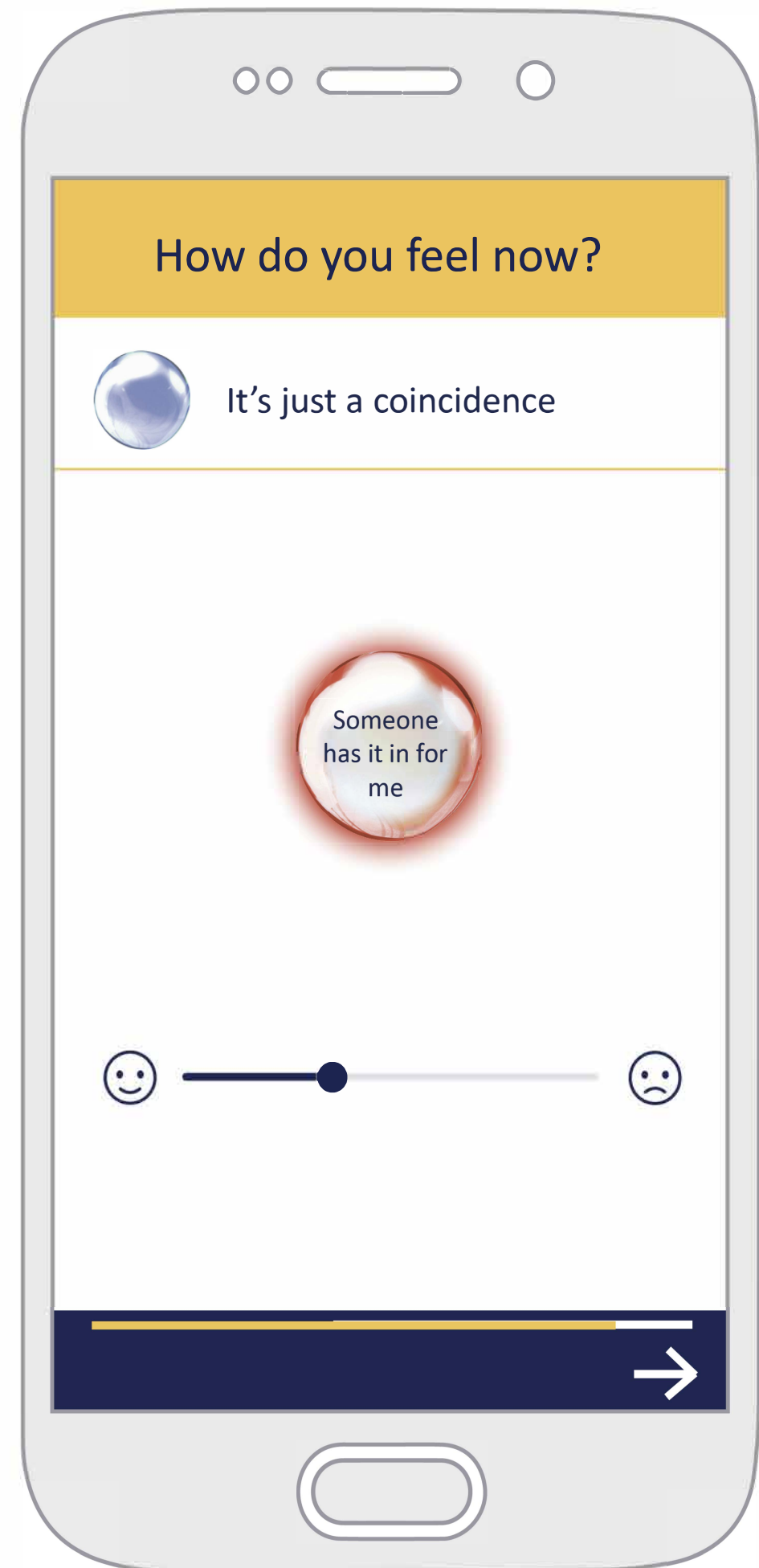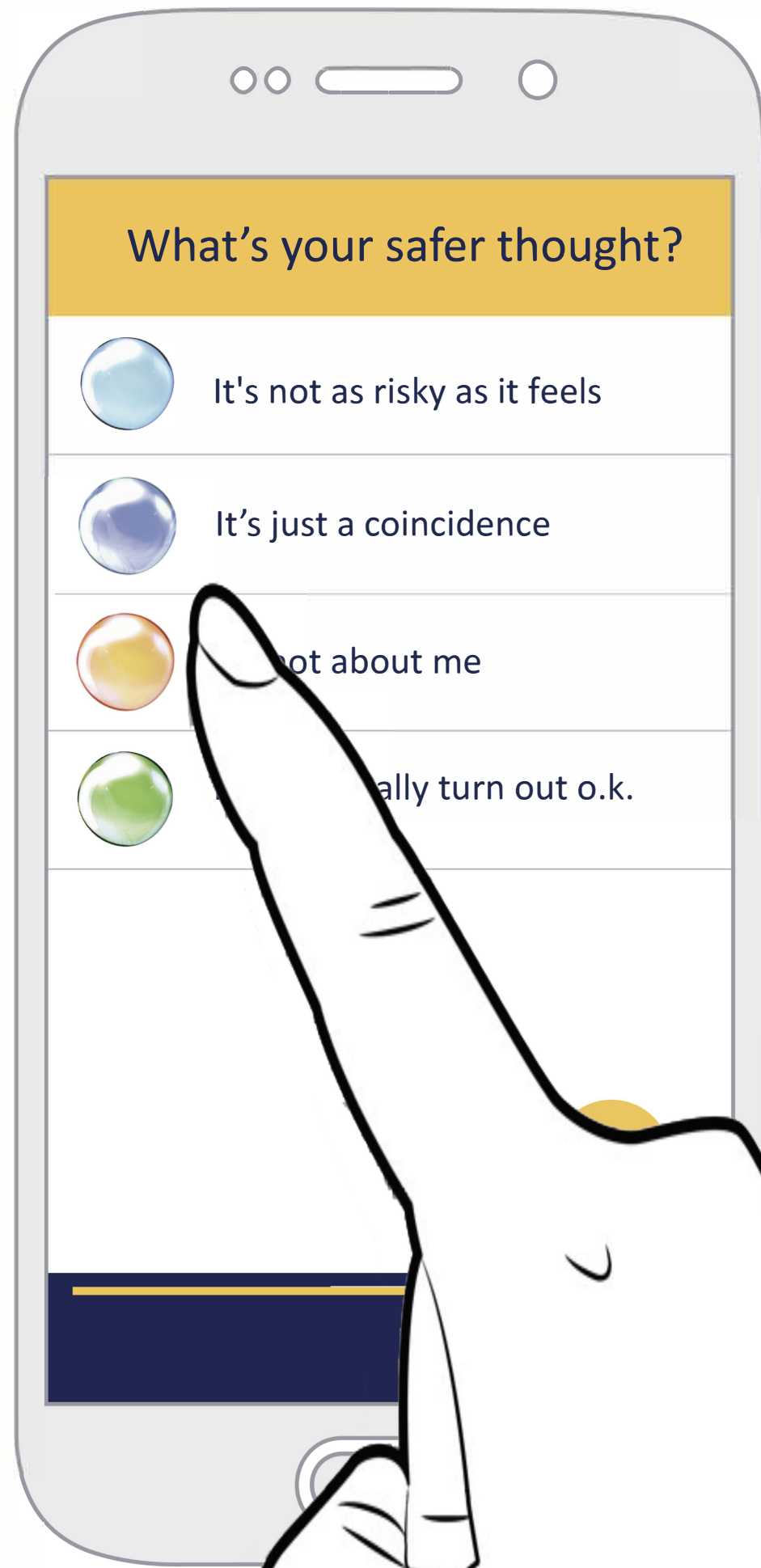
The home screen then updates, with the halo colour indicating the user has identified a helpful tip for the thought.
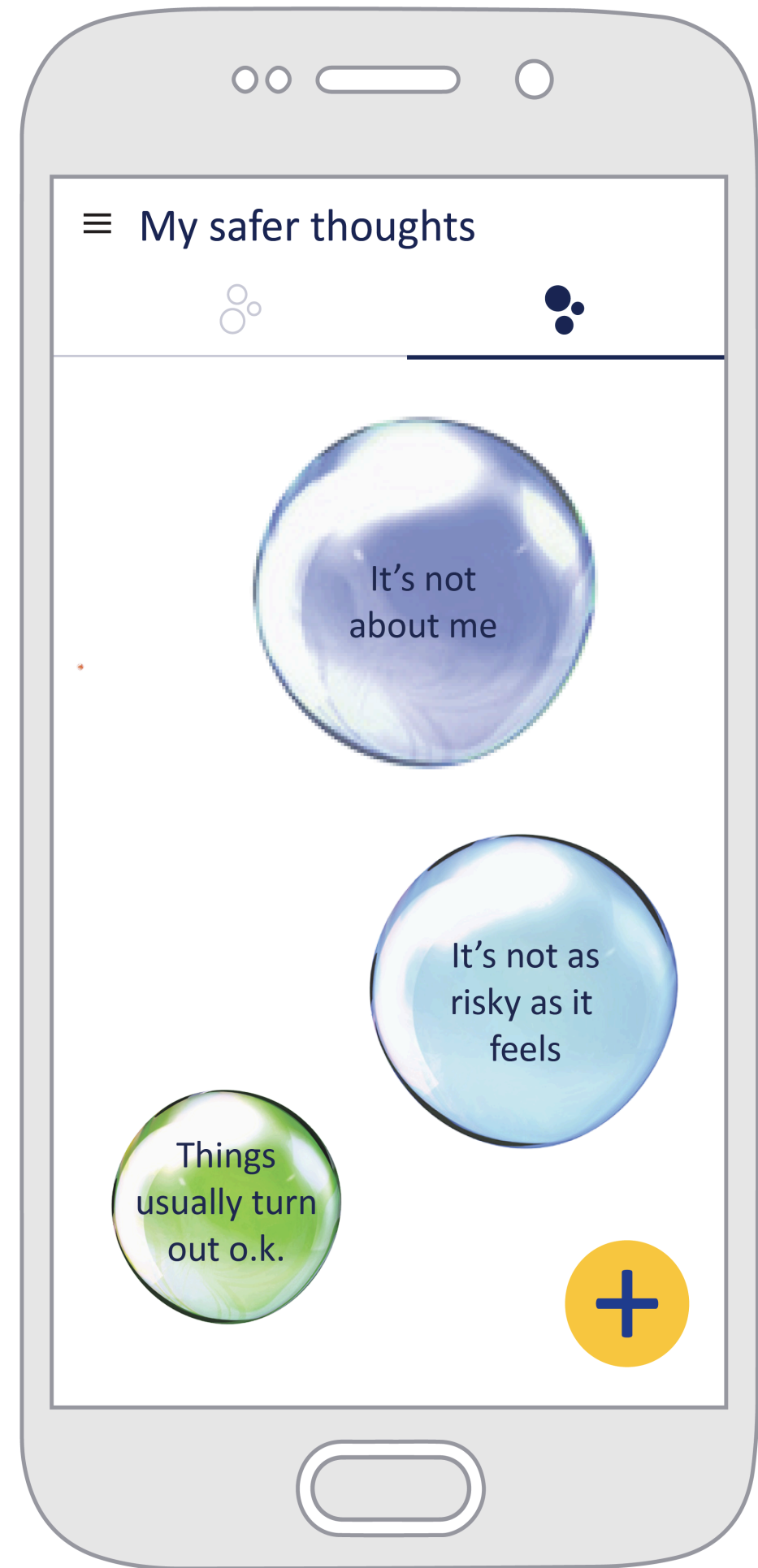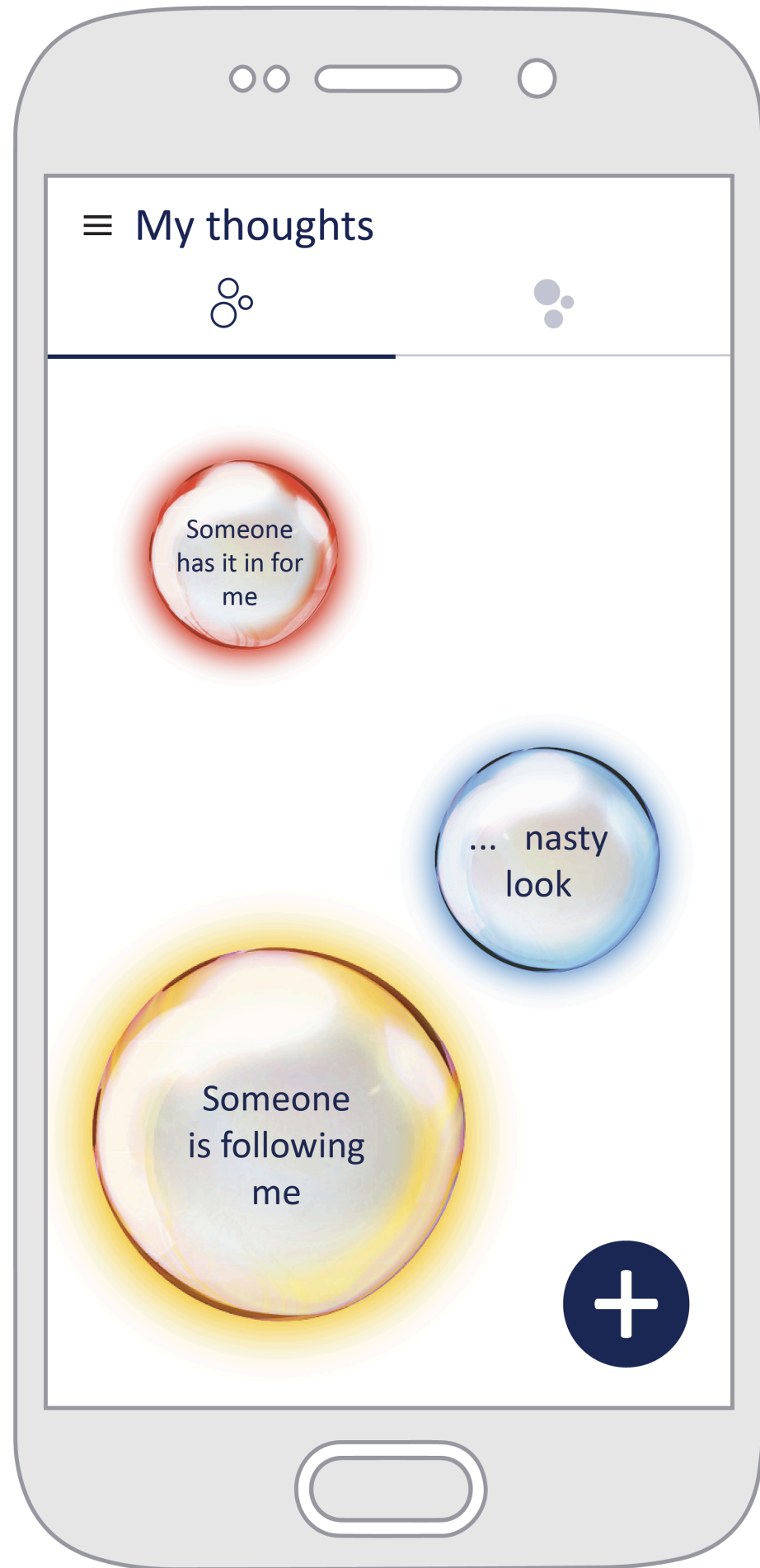
The thought profile screen records all previous instances of slowing down and the user's helpful tips for the worry.

← My thought

Someone has it in for me
+

My helpful tips

○ 23 Aug
○ 22 Aug
○ 21 Aug
○ 21 Aug

○

My helpful tips

MOOD
Could your feelings be affecting this thought? ✓

POSITIVE
How would you see things if you were in a better mood? ✓

CHANCE
It might be a coincidence or chance ✓

IT'S NOT ABOUT ME
Could it be about them, not you? ✓
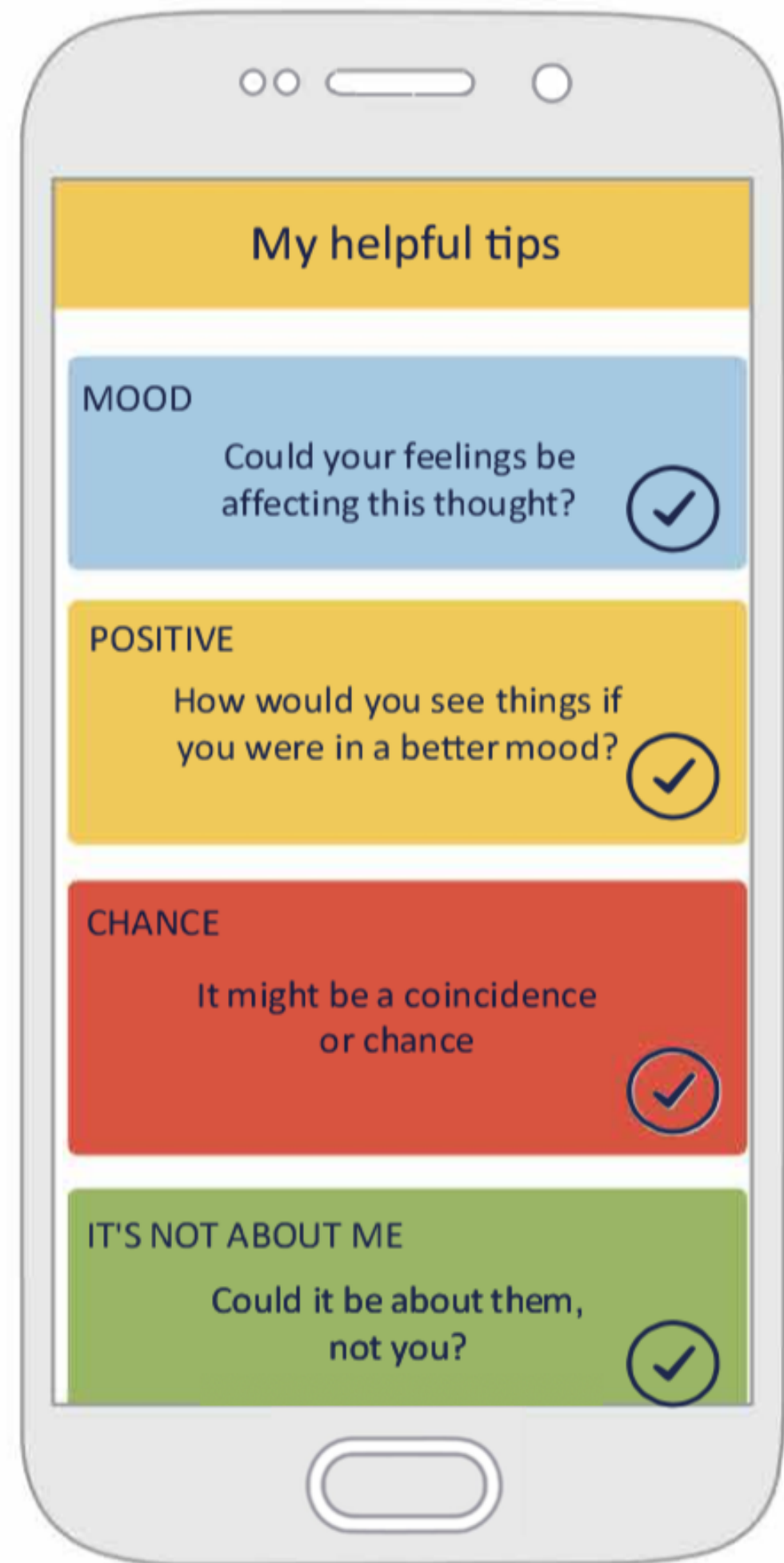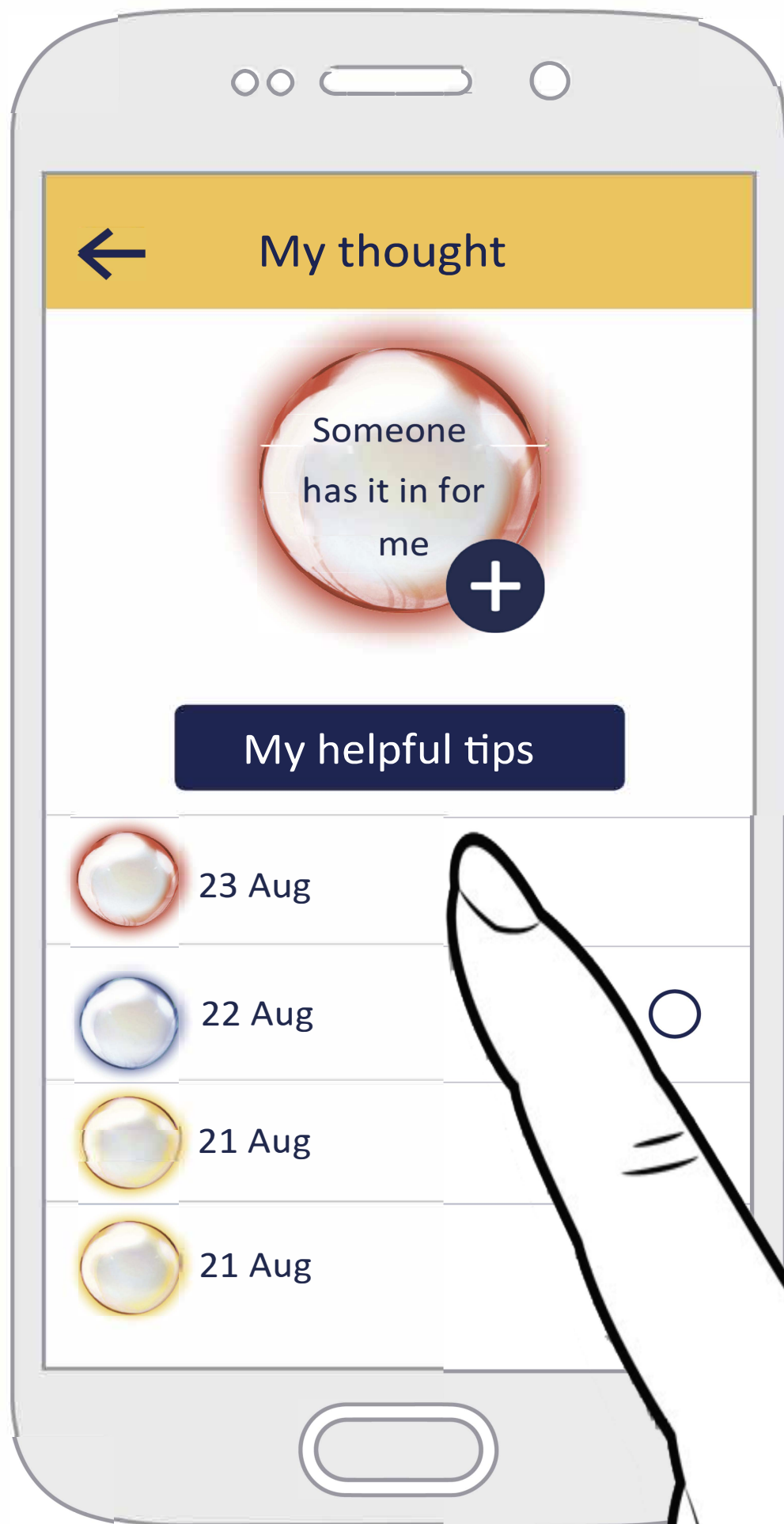
When the user taps on a previous instance of slowing down, a summary of what happened is displayed.

My thought

Someone has it in for me

+

My helpful tips

23 Aug

22 Aug

Aug

My thought

Someone has it in for me

DATE

23 Aug 17 12:05

TIP

PAST
How might this time be different?

SAFER THOUGHT

It's not about me

HOW UPSETTING
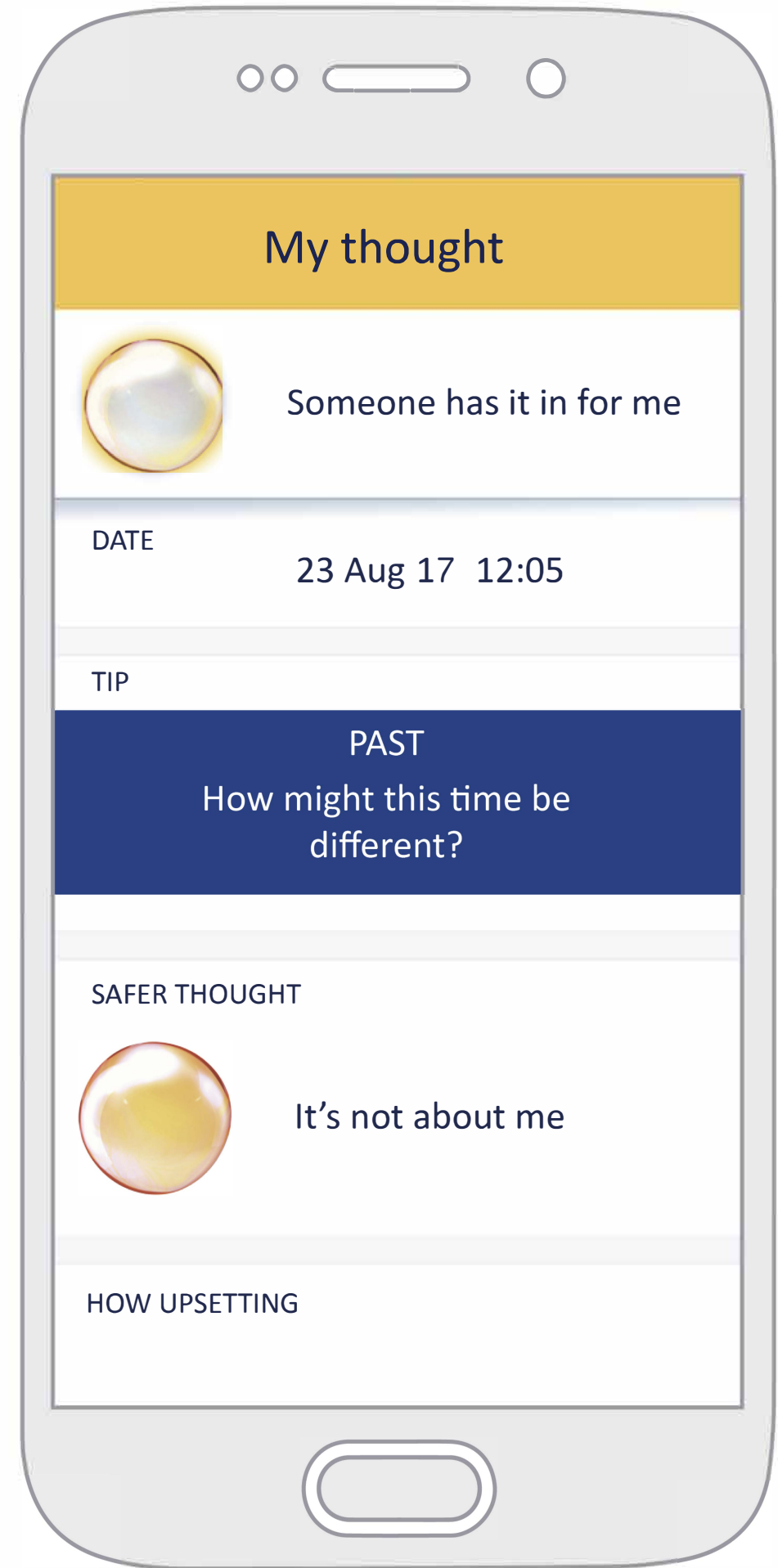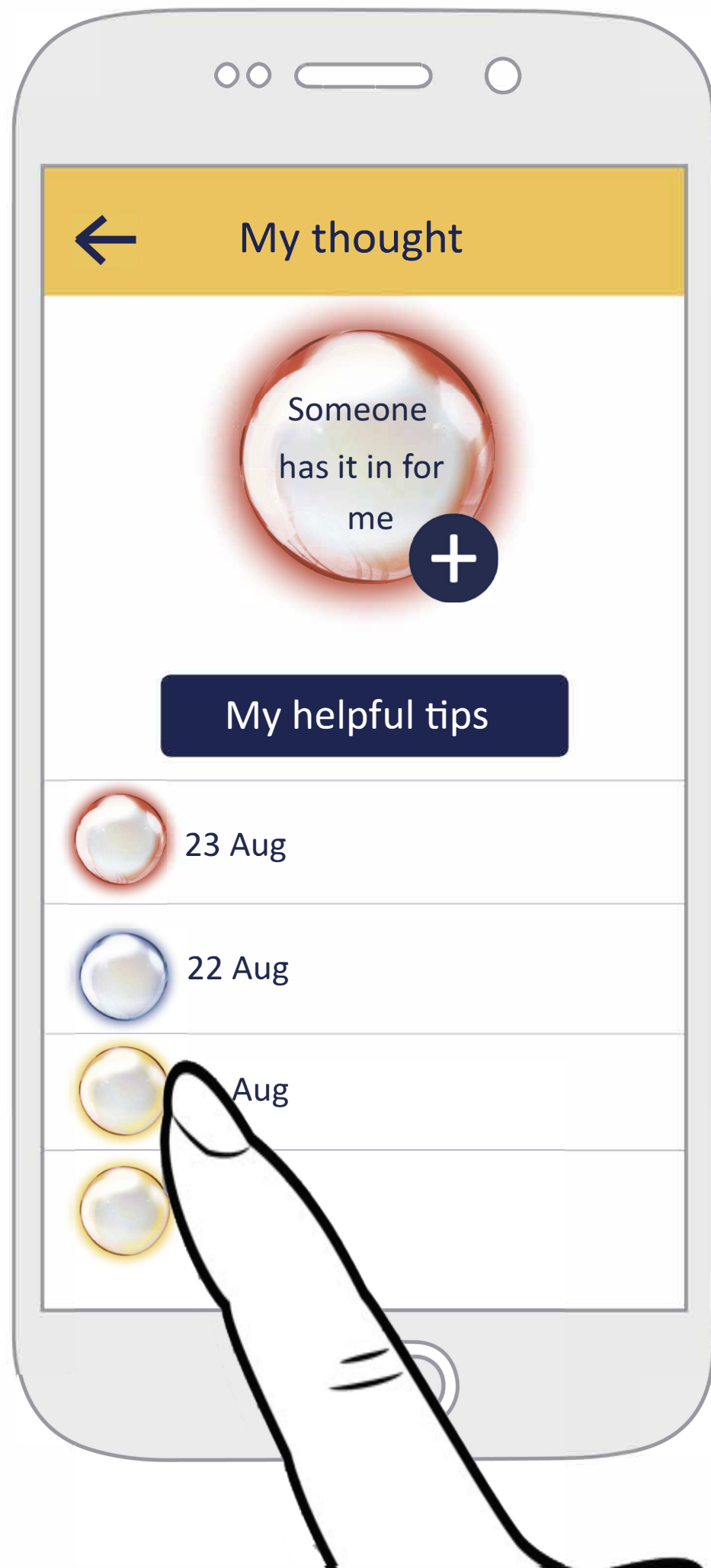
The burger menu opens to display settings, my journey session summaries, about SlowMo and my safety plan.

Phone 1 — My thoughts menu:
← My thoughts

My journey
Settings
About SlowMo
My safety plan

like me

＋

Phone 2 — My thoughts expanded menu:
← My thoughts

My journey
    Session 1
    Session 2
    Session 3
    Session 4
    Session 5
    Session 6
    Session 7
    Session 8
Settings
    Screen settings
        • Bubbles
        ≡ List
    Tip settings
    Update thoughts
About SlowMo

My safety plan

like me

＋

Phone 3 — Session 1:
Session 1

MY MESSAGE
▶

TIP
1
Notice
your thoughts

WHAT I'VE LEARNED TODAY
We all have upsetting thoughts,
it's not only me

MY WEEKLY RATING

☺ not at all ———— totally sure ☹

DATE
23 Aug '16 12:05