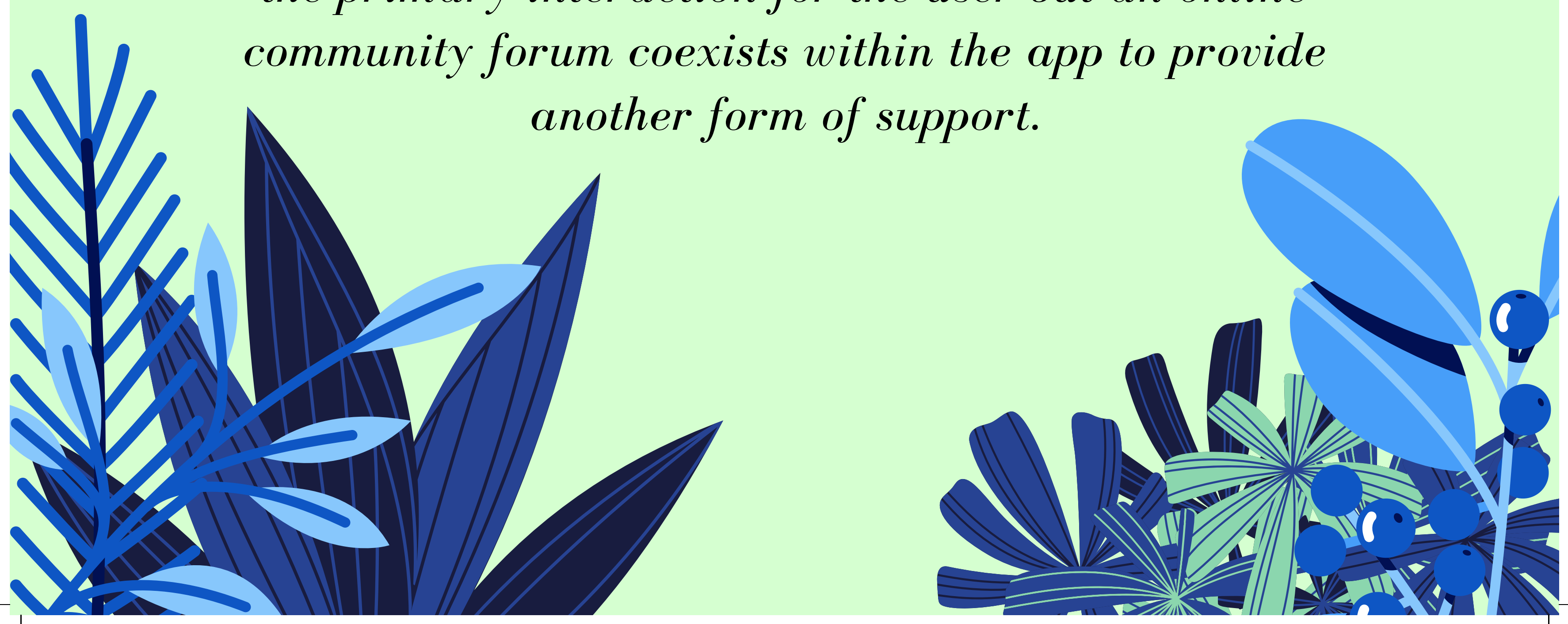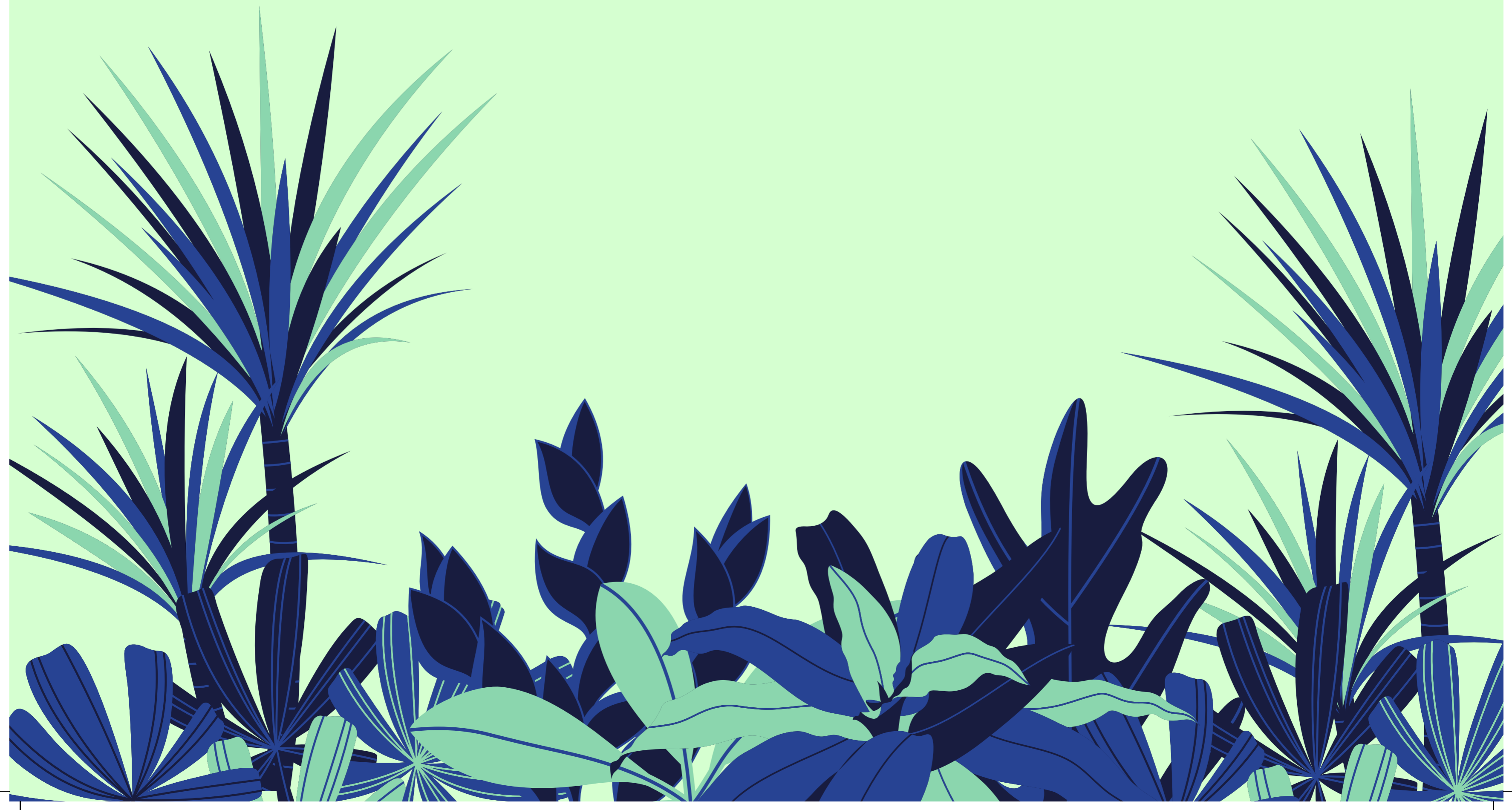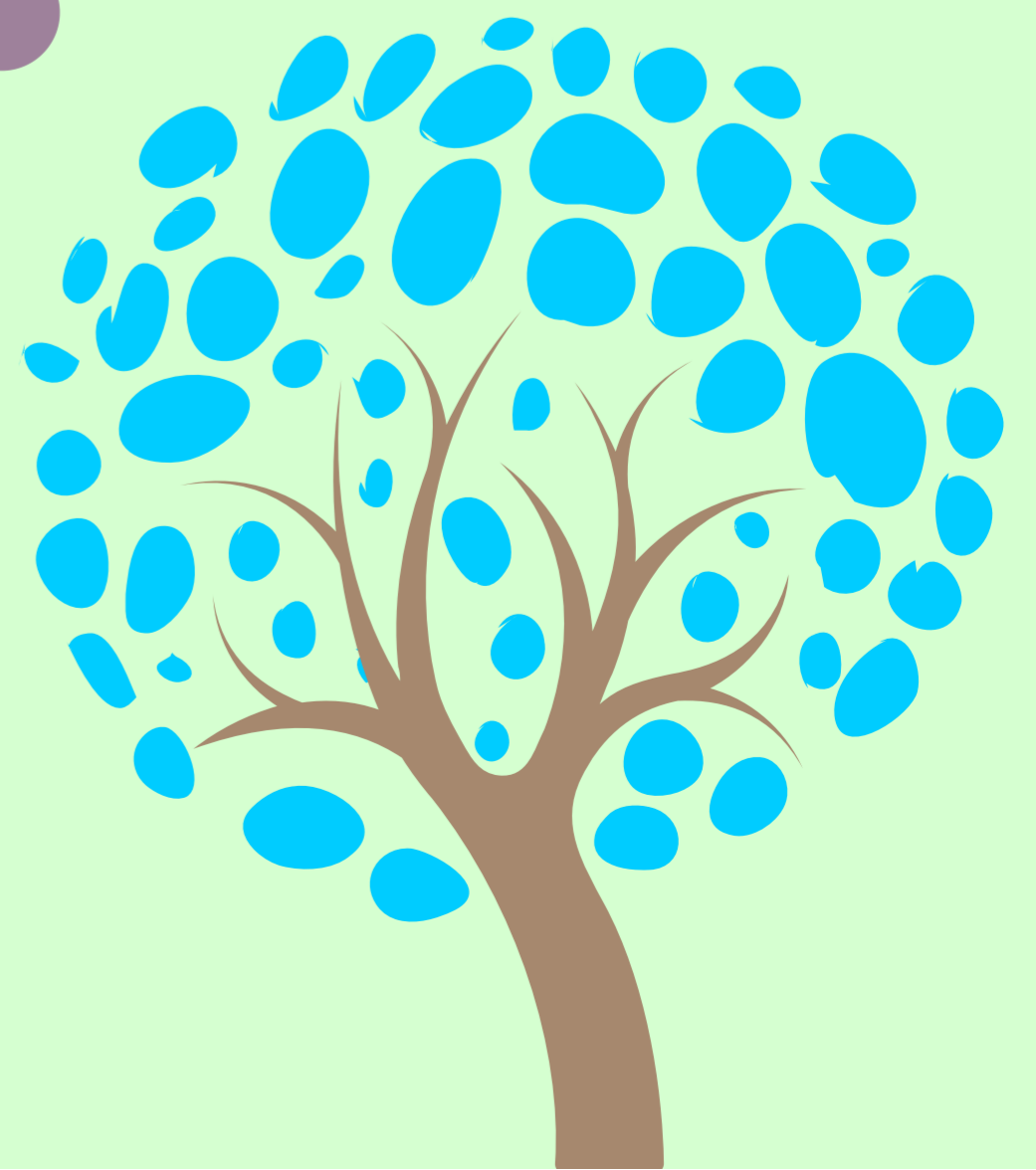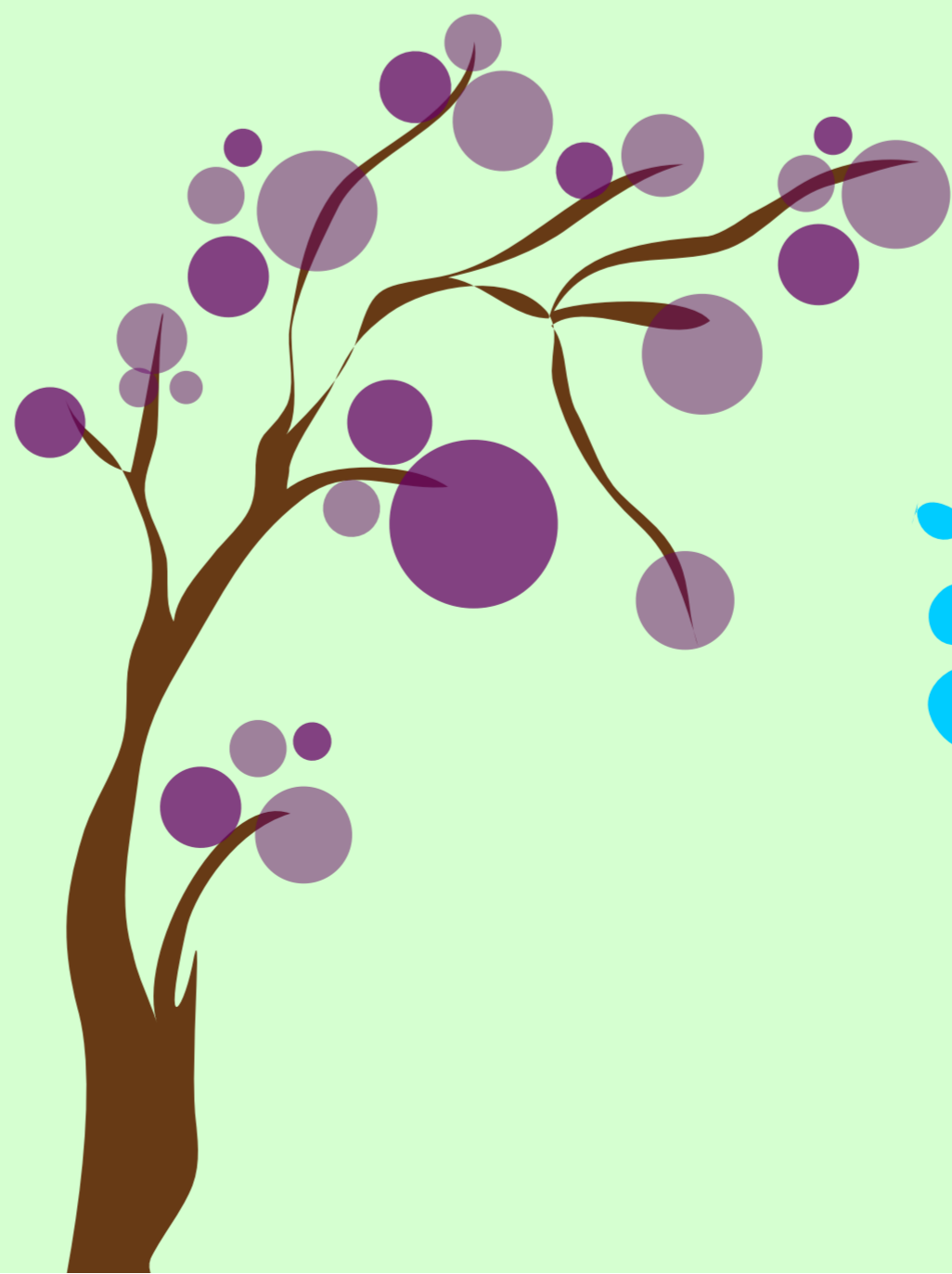# Sobrietree

• EST 2022 •

Sobrietree

WHAT IS IT?

The mobile application, Sobrietree (suh-brai-uh-tree), serves as a tool for individuals who suffer from addiction to become sober by implementing and reinforcing a growth mindset through a combination of a strong and positive app interface. The day counter of the app acts as the primary interaction for the user but an online community forum coexists within the app to provide another form of support.
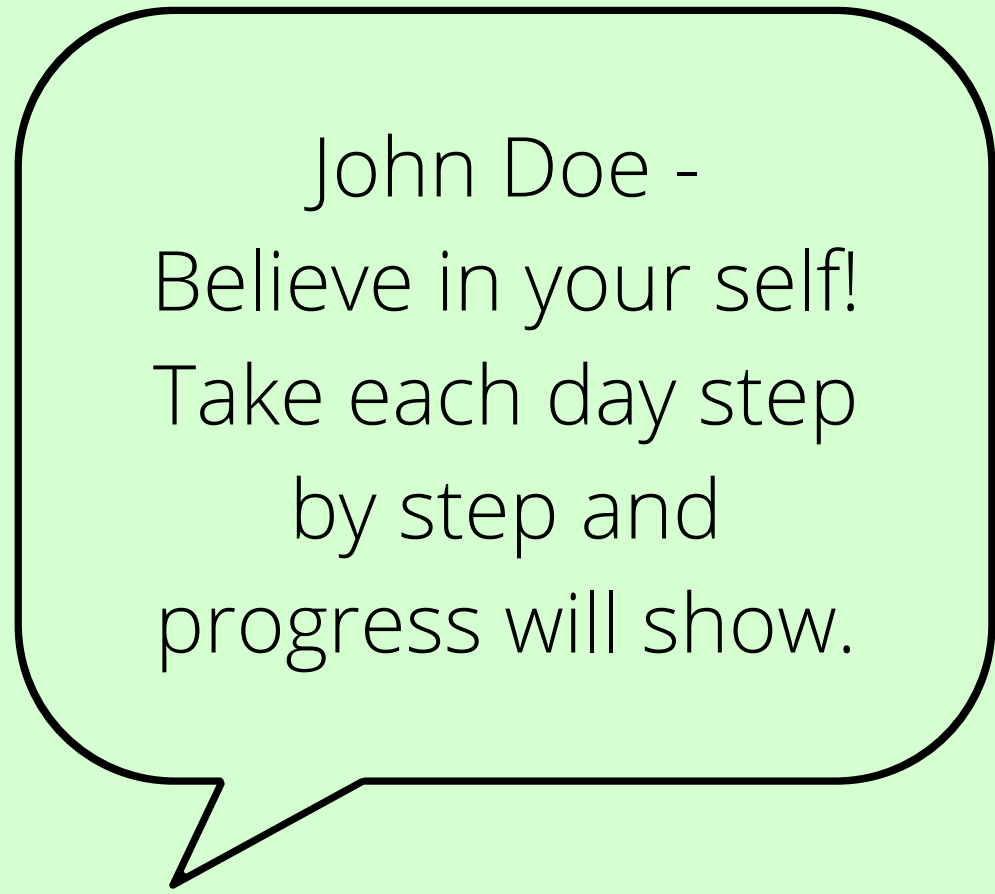
Day Counter

As the users begins using Sobrietree, they will have the ability to plant a tree to start their journey. The tree will grow as each day passes and represent how far the user has come along. However, we acknowledge that relapsing is a normal occurrence when trying to become sober. In the app, users will have the option to report a relapse and the tree will stop growing. Even though the old tree will remain, whenever the user is ready to try again, another tree will be planted and grow. The user will be able to compare how far along they came from the previous tree or use it as a point in their journey to continue to motivate them. Our hope is that users will grow a beautiful tree or a forest of them to represent their sobriety.
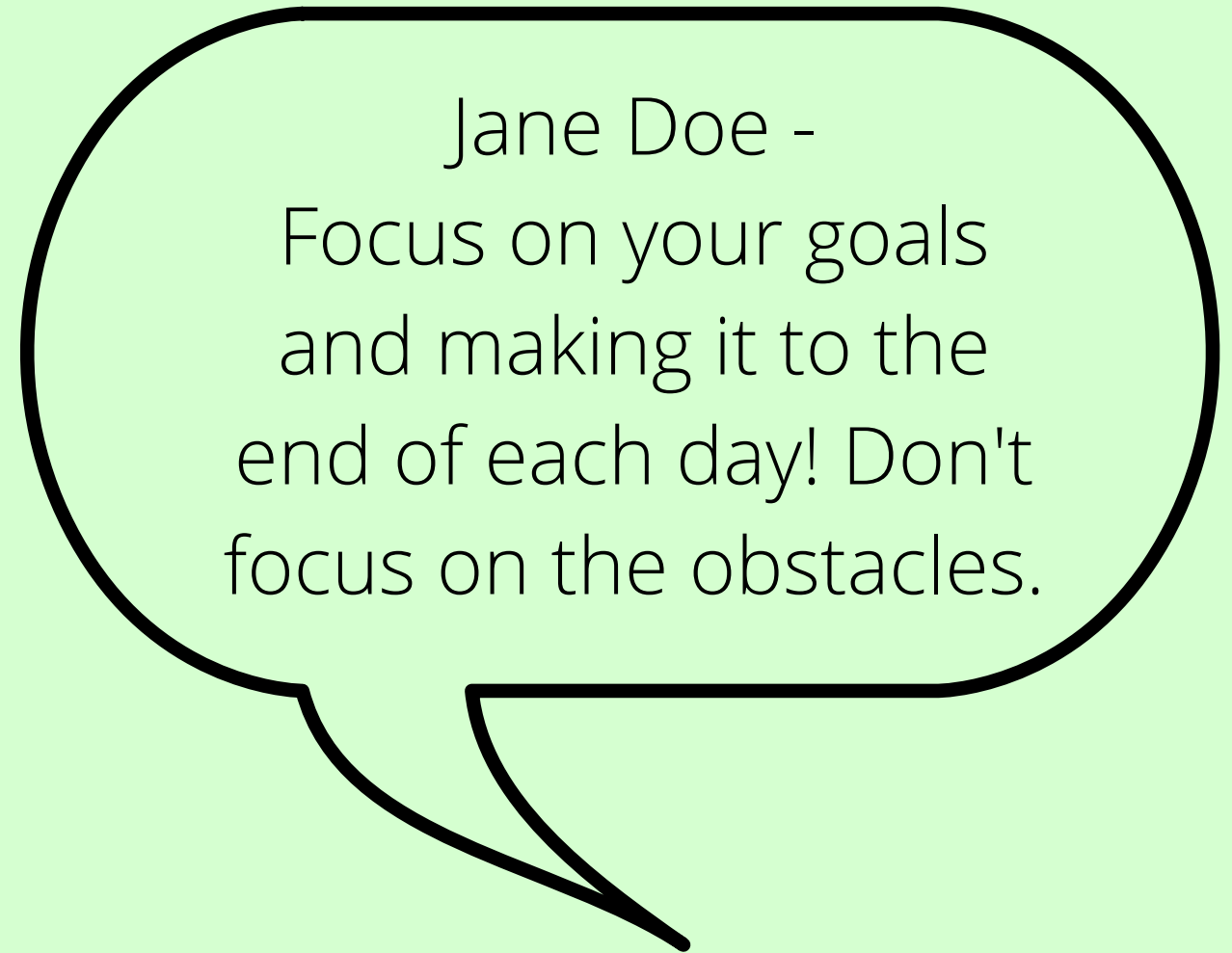
Community Forum

All users will have the ability to connect with each other through the community forum. The platform allows users to share different stories of their journey towards sobriety. Sobrietree's hope is that users come to the forum for more motivation and acknowledge that everyone's path is different. Each person grows differently and the community serves as a representation of a forest that grows alongside you.

John Doe -
Believe in your self!
Take each day step
by step and
progress will show.

Jane Doe -
Focus on your goals
and making it to the
end of each day! Don't
focus on the obstacles.
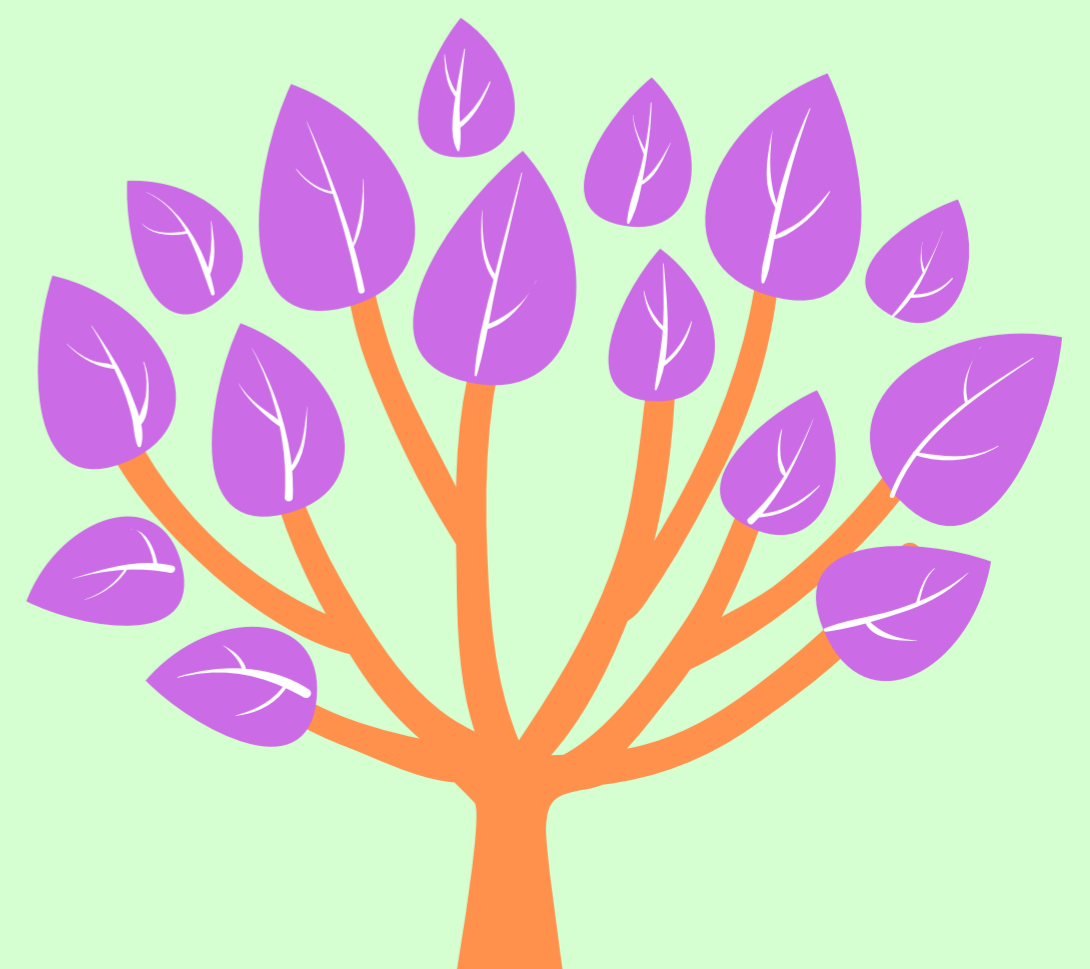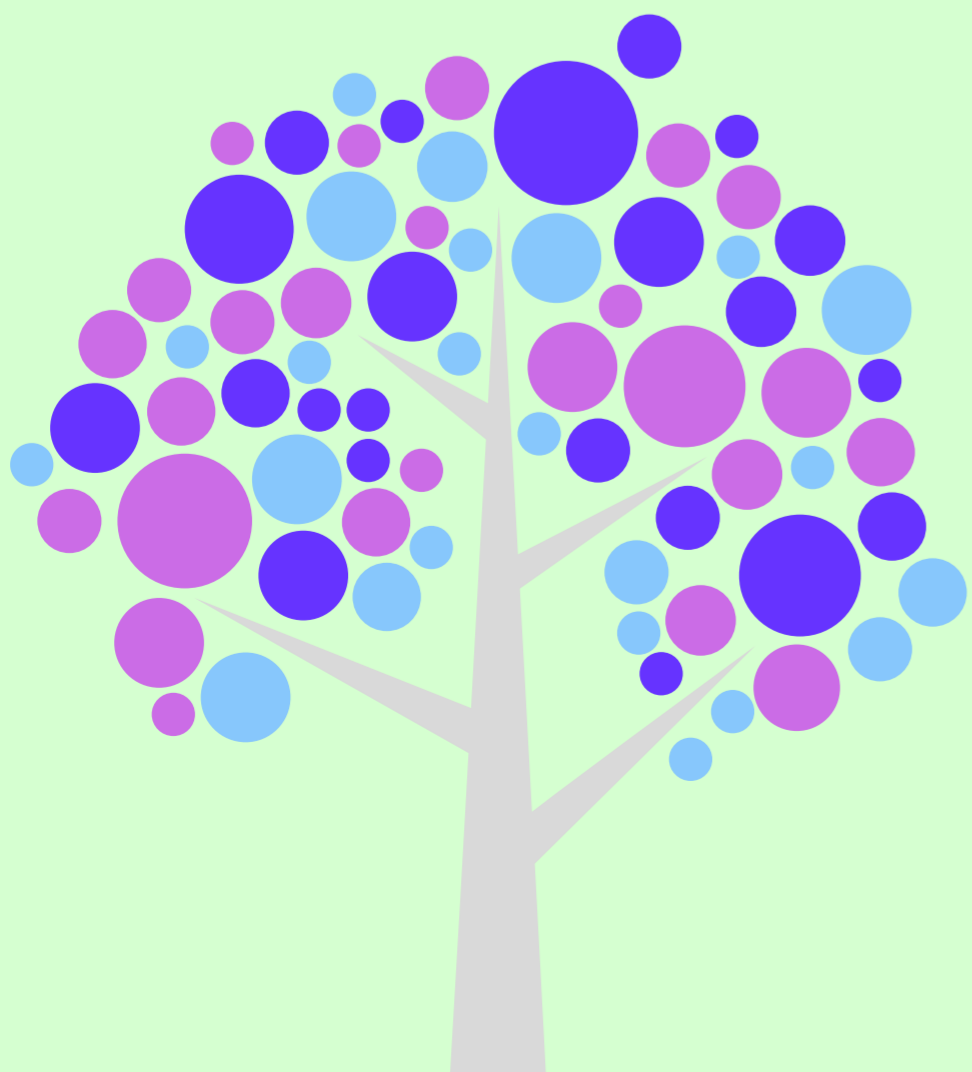
We hope that through our app, you will become a better version of yourself and see yourself become that person through us and the community.

—Sobrietree