

Create Your Account

Name (optional)

Enter your name

Email

Enter your email

Password

Create a password

Create Account

[Already have an account? Sign in](#)

Create Your Account

Name (optional)

XYZZ

Email

niharikam8845@gmail.com

Password

Creating account...

Already have an account? [Sign in](#)

Welcome back, XYZZ

How are you feeling today? Let's check in with yourself.



Log Mood

Track your daily emotions



Write Journal

Express your thoughts



AI Coach

Get personalized guidance



Techniques

Explore CBT resources

Mood Trends



No mood data yet

Start logging your daily mood to see trends

Today's Mood

How are you feeling? (1-10)

5

Note (optional)

What's affecting your mood today?

Log Mood

Track your daily emotions and observe patterns over time.

♡ Log Your Mood

Date

22-11-2025



How are you feeling? (1-10)



5/10

What's affecting your mood? (optional)

Describe what's influencing how you feel today...

Log Mood

5.8

Average Mood



6

Days Tracked



8

Days Since First Entry



Recent Entries

 3/10

Thu, Nov 27

 7/10

Wed, Nov 26

 4/10

Tue, Nov 25

 8/10

Mon, Nov 24

 10/10

Sat, Nov 22

 3/10

Thu, Nov 20

Journal

[+ New Entry](#)

Express your thoughts and feelings in a safe, private space.

 Search your entries...

hello stranger

 Thu, Nov 27, 3:17 PM

it was a good day tdy, new clg, new ppl, a ltt frightening
but i did manage to talk to a few of my classmates and
introduced myself. hope i will have a better day tmr.
cyaa

Your Writing Journey

1

Total Entries

35

Avg Words Per Entry

1

Days Since First Entry

 Recent Sessions

No previous sessions yet. Start a conversation to see your chat history here.

[New Conversation](#) AI Coach

Get personalized CBT-based guidance and support. Share what's on your mind.



Welcome to Your AI Coach

I'm here to help you process your thoughts and feelings using evidence-based CBT techniques. Feel free to share what's on your mind, or try one of these conversation starters:

"I'm feeling overwhelmed with work and life. Can you help me process these feelings?"

"I keep having negative thoughts about myself. How can I challenge them?"

"I'm anxious about an upcoming event. What techniques can help me cope?"

"I'm struggling with motivation lately. Can you suggest some strategies?"

Share what's on your mind... I'm here to listen and help.

