



Your care provider recommends you use WeFeel to improve therapy and enhance your self-awareness by tracking and journaling about your emotions.

How to Get Started

1. Go to **www.wefeel.us/get-the-app** and click on the link for your device type OR Go to Google Play, iTunes, or the Windows app store and search for WeFeel.
2. Install WeFeel on your phone, tablet, iPad, or on multiple devices.
3. The first time you open WeFeel on your device go through the tutorial. You'll learn how to log an emotion entry and use the features and tools.
4. After finishing the tutorial, save your first emotion entry by clicking submit. You will be prompted to create your account.
5. Then purchase a monthly or yearly subscription that you can access on all of your devices by simply logging in. A subscription with your account allows you to view up to 180 entries, access additional features, and **instantaneously share entries with your care provider.**



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Important Settings

Sharing with your care provider

From the home screen, click on the settings icon:  then select **People I've shared with**. Add your care provider by clicking on **+SHARE WITH SOMEONE NEW** and put in a name for your care provider and check the boxes for Emotion Entries and Journal Entries. After you have clicked "Add Share," send the token via email to:


Custom tracking

With your subscription, you can track up to 6 additional custom items that you and/or your care provider choose. Go to settings  Custom Feelings and enter the things you and your care provider want to track. Your care provider suggests tracking:




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