



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.**




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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