ThoughtsBeCaught
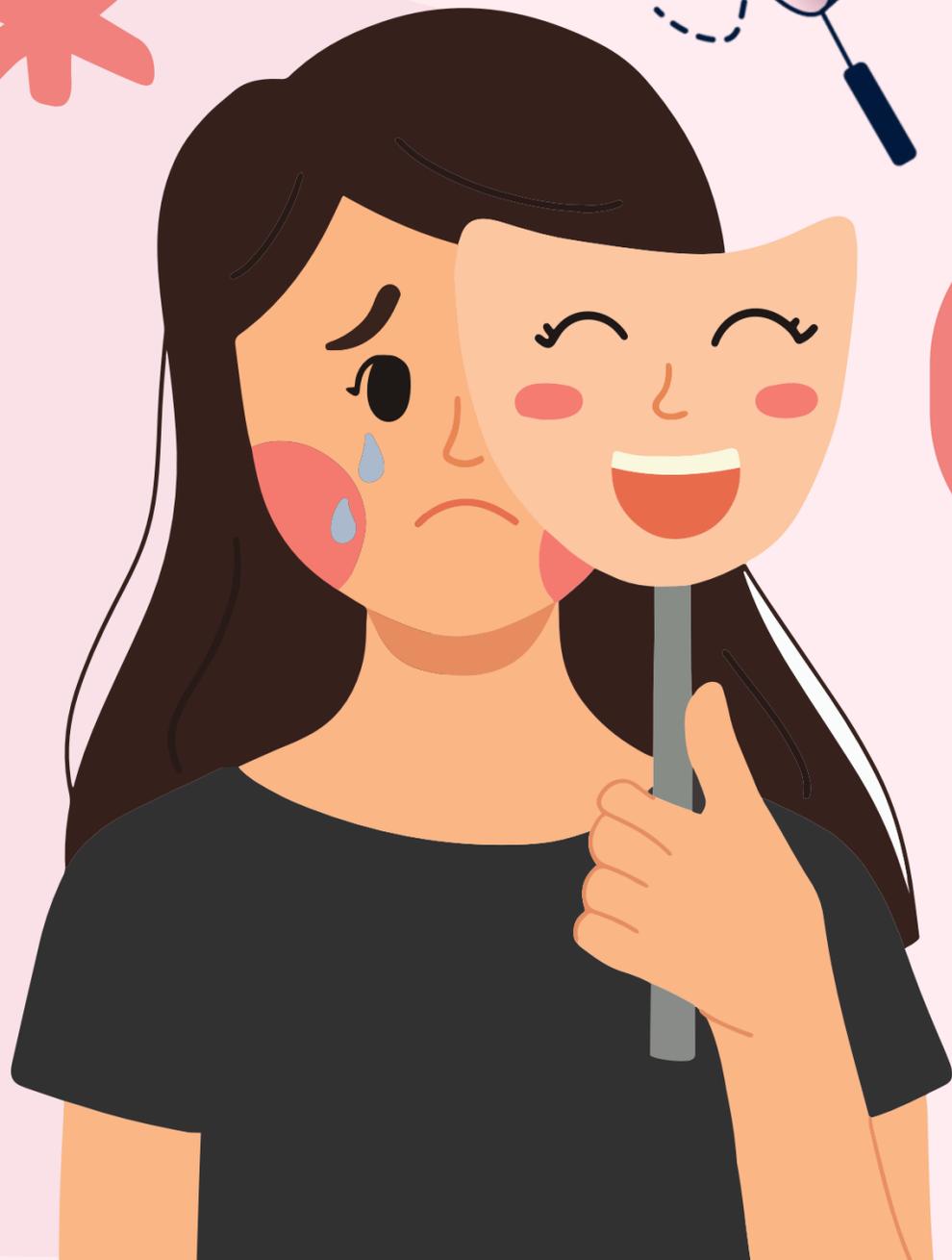
Helping people prove to themselves that change is possible.

A gentle, hopeful mental wellness app for anyone feeling overwhelmed, lost, or stuck in cycles of negative thoughts.

How ThoughtsBeCaught App Helps People Manage Their Mental Health

A simple, AI-driven, gamified emotional-wellness app that makes self-awareness easier, faster, and more supportive—helping users understand their emotions with real intelligence and compassion.

Instant Support

- Log thoughts the moment they happen
- Track emotions in real time
- AI-driven responses when you're overwhelmed

Healthy Coping Tools

- Access guided coping strategies
- Use calming tools, grounding exercises, and emotional resets
- Build healthier patterns over time

Personalized Insights

- Gain clear emotion trends
- Visualize triggers and thought loops
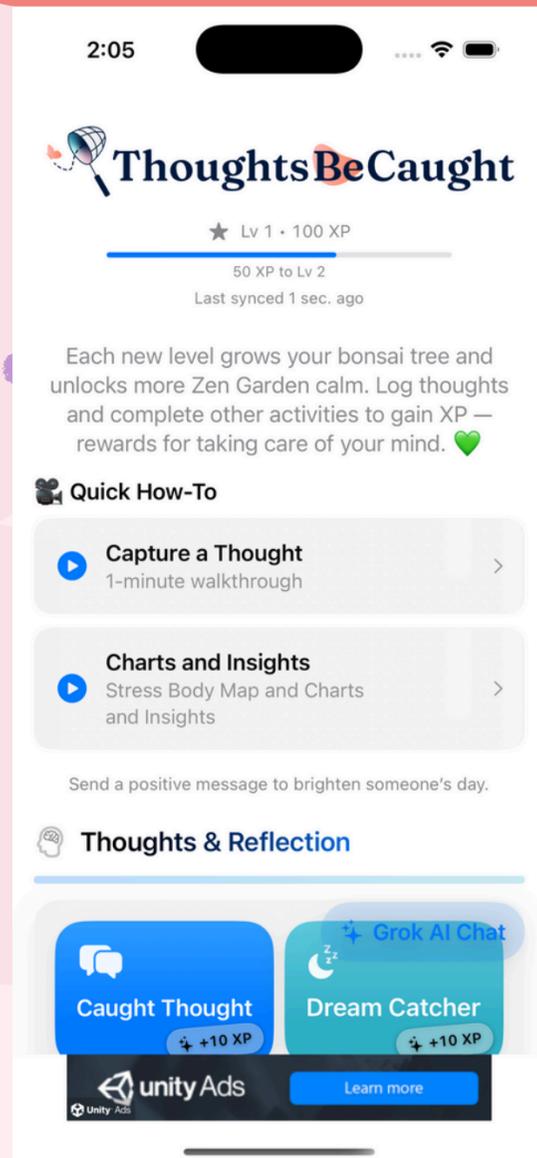- See measurable growth week by week

PRIVACY-FIRST DESIGN

- Stay anonymous with secure guest accounts
- Choose what you share and with whom
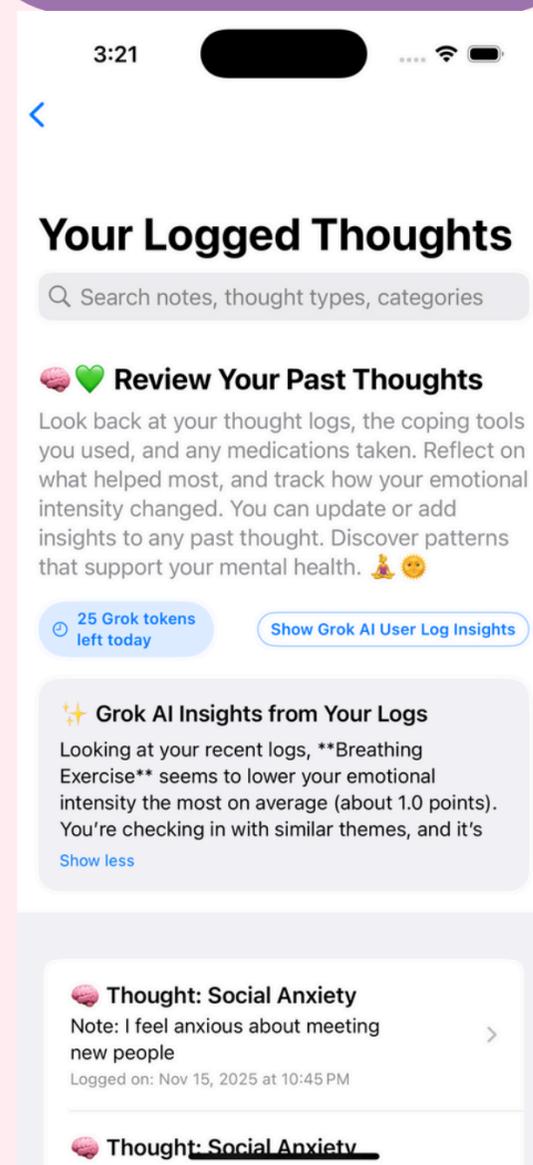- Export insights to therapists or medical professionals
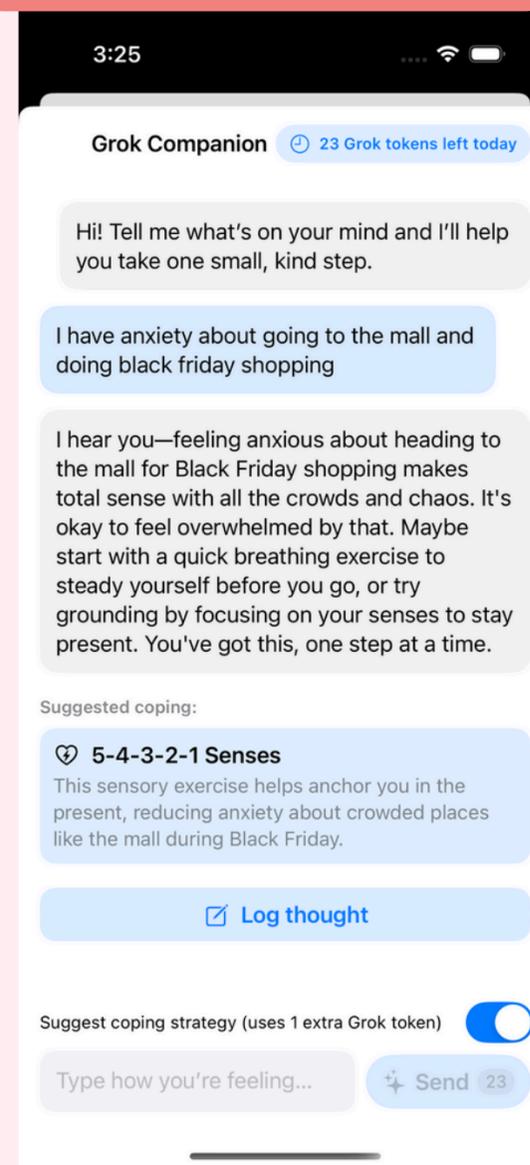
How ThoughtsBeCaught App Works - Demo
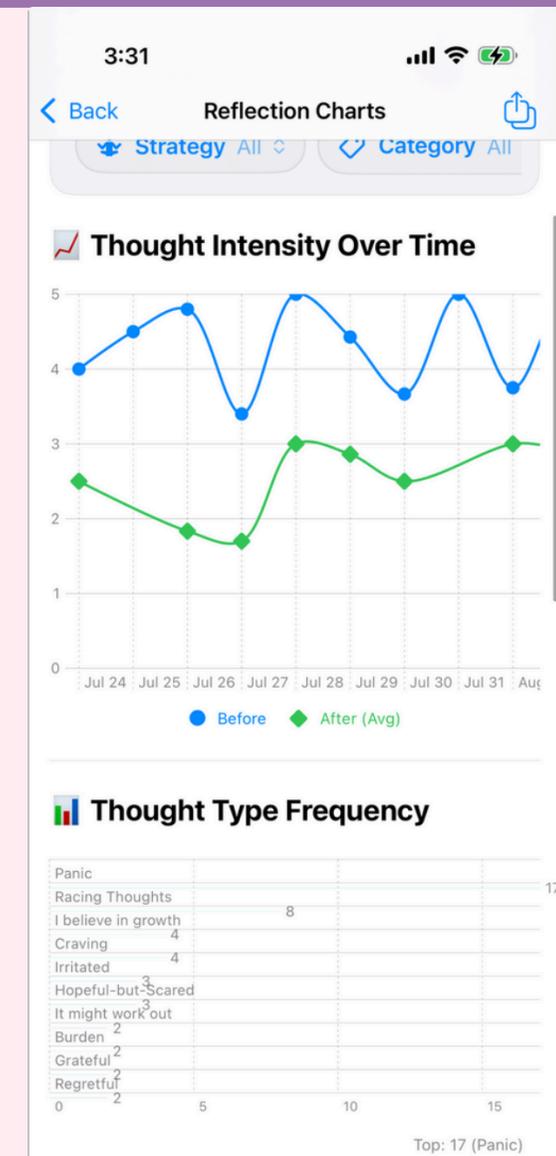
Interactive Dashboard With Gamification

View Logged Thoughts With Grok AI Insights

Suggested Theraputic Help From Grok AI

Reflection Charts to show progress & share with Health Care Professionals

Screen 1 — Interactive Dashboard:
2:05
ThoughtsBeCaught
Lv 1 · 100 XP
50 XP to Lv 2
Last synced 1 sec. ago
Each new level grows your bonsai tree and unlocks more Zen Garden calm. Log thoughts and complete other activities to gain XP — rewards for taking care of your mind. 💚
Quick How-To
Capture a Thought — 1-minute walkthrough
Charts and Insights — Stress Body Map and Charts and Insights
Send a positive message to brighten someone's day.
Thoughts & Reflection
Caught Thought +10 XP
Dream Catcher +10 XP
Grok AI Chat
unity Ads — Learn more

Screen 2 — Your Logged Thoughts:
3:21
Your Logged Thoughts
Search notes, thought types, categories
🧠💚 Review Your Past Thoughts
Look back at your thought logs, the coping tools you used, and any medications taken. Reflect on what helped most, and track how your emotional intensity changed. You can update or add insights to any past thought. Discover patterns that support your mental health. 🧘🫶
25 Grok tokens left today   Show Grok AI User Log Insights
✨ Grok AI Insights from Your Logs
Looking at your recent logs, **Breathing Exercise** seems to lower your emotional intensity the most on average (about 1.0 points). You're checking in with similar themes, and it's
Show less
🧠 Thought: Social Anxiety
Note: I feel anxious about meeting new people
Logged on: Nov 15, 2025 at 10:45 PM
🧠 Thought: Social Anxiety

Screen 3 — Grok Companion:
3:25
Grok Companion   🕐 23 Grok tokens left today
Hi! Tell me what's on your mind and I'll help you take one small, kind step.
I have anxiety about going to the mall and doing black friday shopping
I hear you—feeling anxious about heading to the mall for Black Friday shopping makes total sense with all the crowds and chaos. It's okay to feel overwhelmed by that. Maybe start with a quick breathing exercise to steady yourself before you go, or try grounding by focusing on your senses to stay present. You've got this, one step at a time.
Suggested coping:
🛡 5-4-3-2-1 Senses
This sensory exercise helps anchor you in the present, reducing anxiety about crowded places like the mall during Black Friday.
✏ Log thought
Suggest coping strategy (uses 1 extra Grok token)
Type how you're feeling...   ✦ Send 23

Screen 4 — Reflection Charts:
3:31
Back   Reflection Charts
Strategy All   Category All
📈 Thought Intensity Over Time
Jul 24 Jul 25 Jul 26 Jul 27 Jul 28 Jul 29 Jul 30 Jul 31 Aug
● Before   ● After (Avg)
📊 Thought Type Frequency
Panic
Racing Thoughts
I believe in growth
Craving
Irritated
Hopeful-but-Scared
It might work out
Burden
Grateful
Regretful
Top: 17 (Panic)

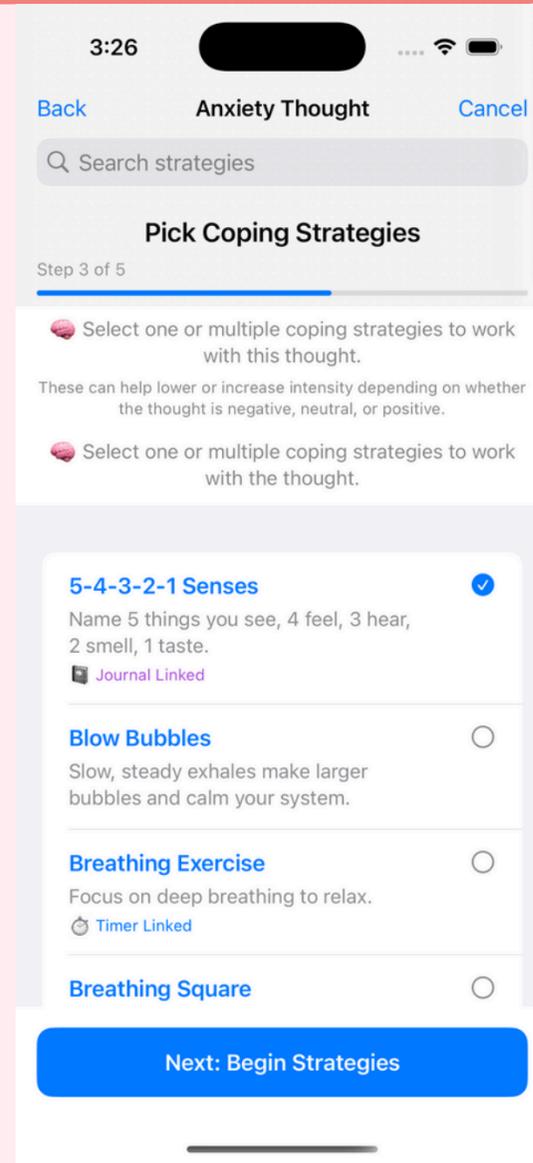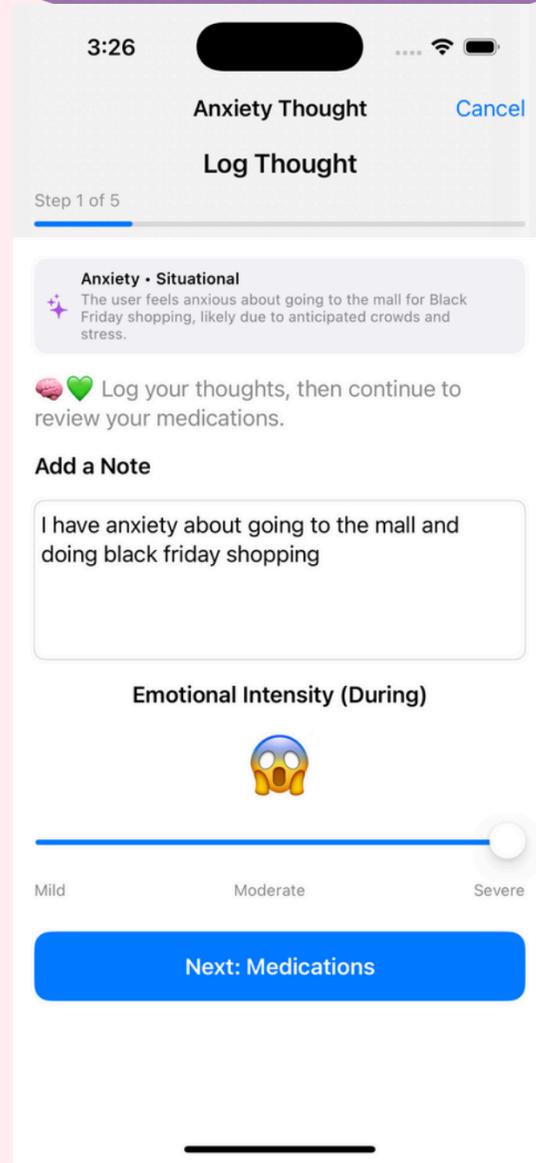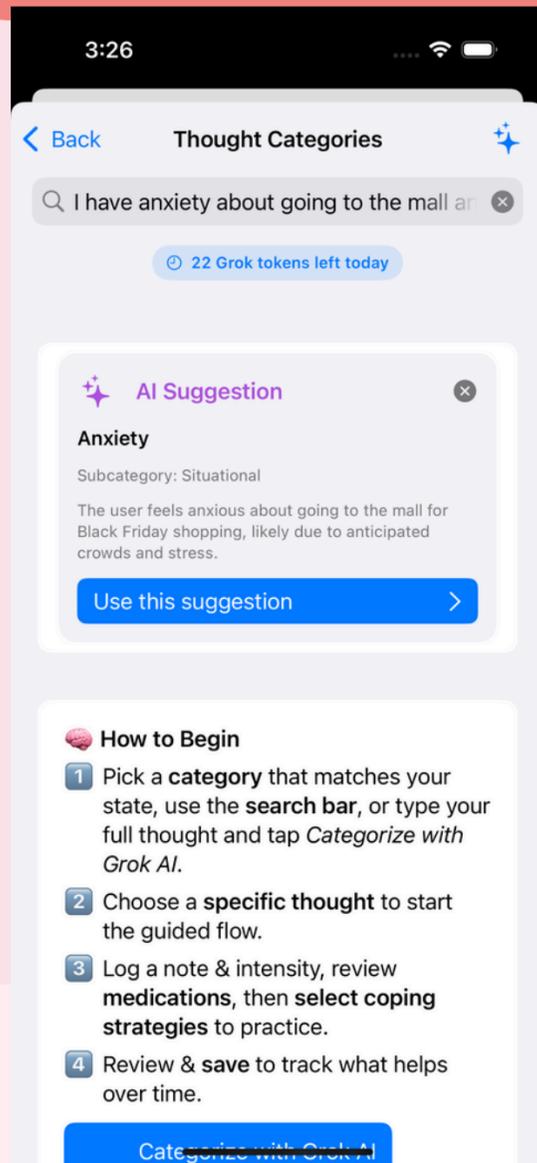# How ThoughtsBeCaught App Works - Demo

Manually Pick Thought Category or Have Grok AI Categorize Thought

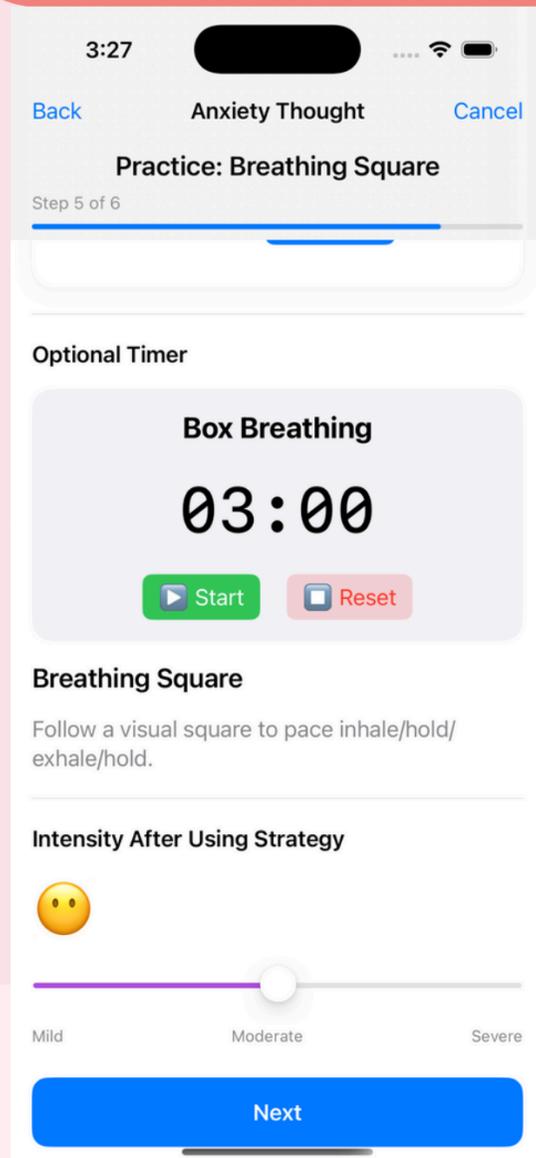**Add Notes and Log Thought Intensity**

Interactive Coping Strategies

Simple To Follow Along Coping Stragies like tracing a breathing square

---

Screen 1

3:26

‹ Back **Thought Categories** ✨

🔍 I have anxiety about going to the mall a ⊗

ℹ️ 22 Grok tokens left today

✨ AI Suggestion ✕

Anxiety

Subcategory: Situational

The user feels anxious about going to the mall for Black Friday shopping, likely due to anticipated crowds and stress.

Use this suggestion ›

🧠 **How to Begin**

1️⃣ Pick a **category** that matches your state, use the **search bar**, or type your full thought and tap *Categorize with Grok AI.*

2️⃣ Choose a **specific thought** to start the guided flow.

3️⃣ Log a note & intensity, review **medications**, then **select coping strategies** to practice.

4️⃣ Review & **save** to track what helps over time.

Categorize with Grok AI

Screen 2

3:26

Anxiety Thought Cancel

Log Thought

Step 1 of 5

✨ **Anxiety · Situational**
The user feels anxious about going to the mall for Black Friday shopping, likely due to anticipated crowds and stress.

🧠💚 Log your thoughts, then continue to review your medications.

Add a Note

I have anxiety about going to the mall and doing black friday shopping

Emotional Intensity (During)

😱

Mild   Moderate   Severe

Next: Medications

Screen 3

3:26

Back **Anxiety Thought** Cancel

🔍 Search strategies

Pick Coping Strategies

Step 3 of 5

🧠 Select one or multiple coping strategies to work with this thought.

These can help lower or increase intensity depending on whether the thought is negative, neutral, or positive.

🧠 Select one or multiple coping strategies to work with the thought.

5-4-3-2-1 Senses ✓
Name 5 things you see, 4 feel, 3 hear, 2 smell, 1 taste.
🔖 Journal Linked

Blow Bubbles ○
Slow, steady exhales make larger bubbles and calm your system.

Breathing Exercise ○
Focus on deep breathing to relax.
⏱️ Timer Linked

Breathing Square ○

Next: Begin Strategies

Screen 4

3:26

Back **Anxiety Thought** Cancel

Practice: Breathing Square

Step 5 of 6

Try This Exercise

Square Breathing

Place your finger on the dot and **follow it around the box**.
Inhale 4s → Hold 4s → Exhale 4s → Hold 4s.

🔁 **Inhale** **3s**

🏁 Laps: 0 · ⭐ XP +0

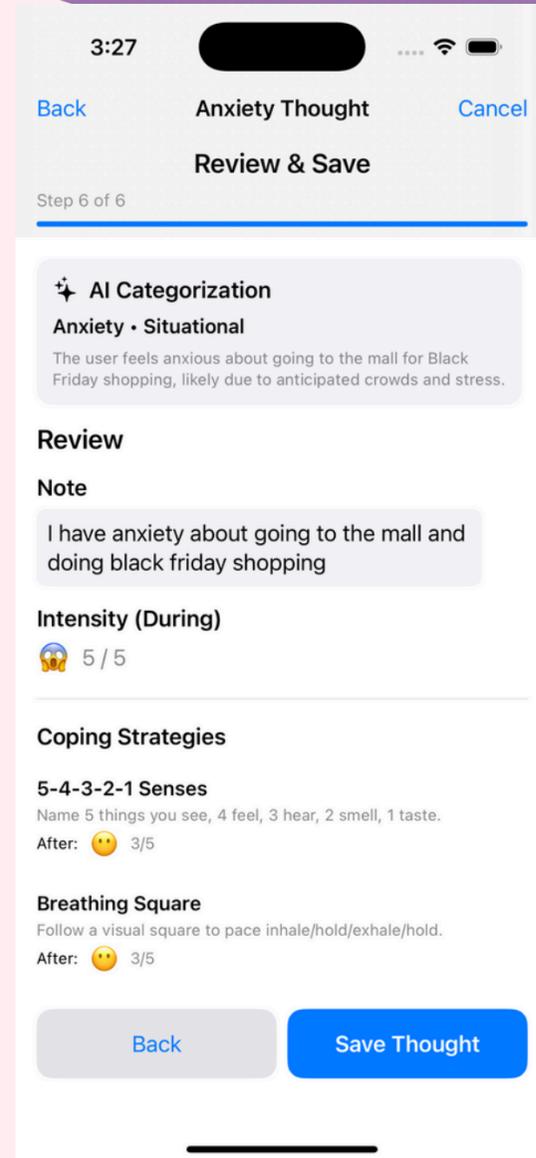🔴 Stop   ⏸️ Pause

Optional Timer

Box Breathing

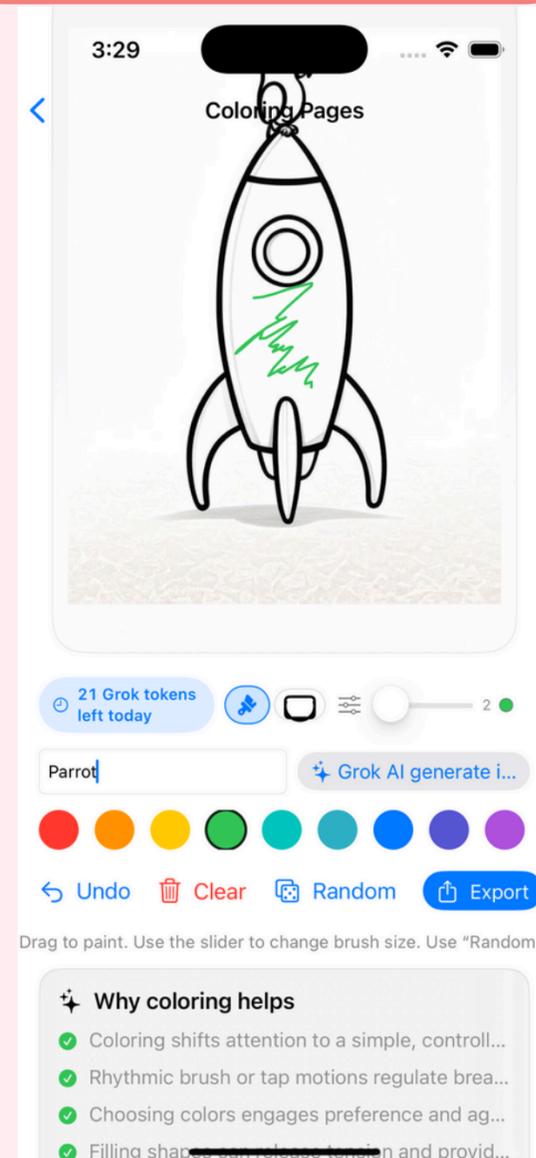# How ThoughtsBeCaught App Works - Demo
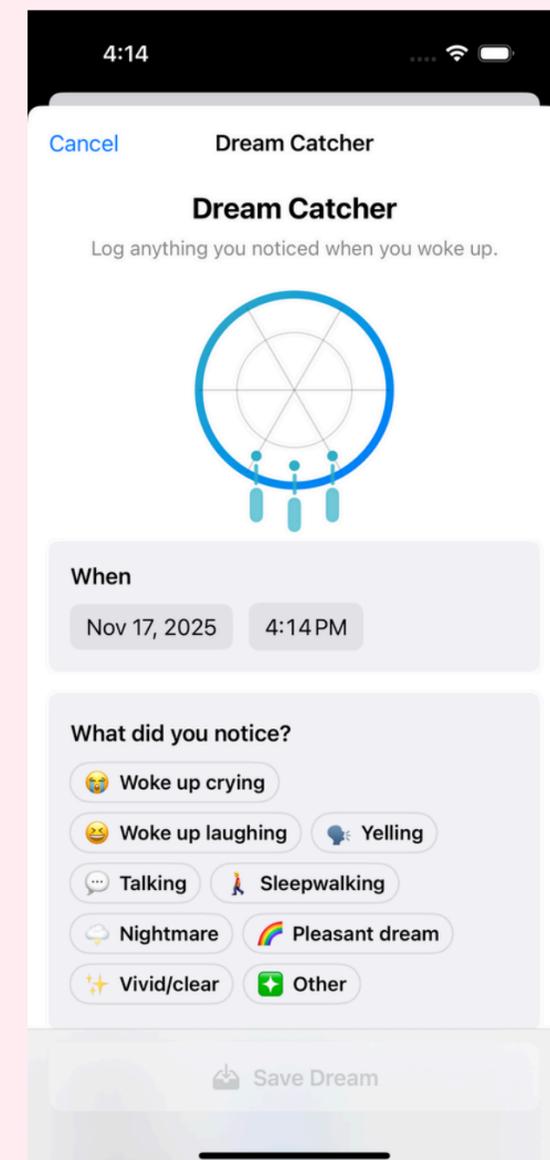
Log Mood Intensity after using coping strategy

Easy Review Before Saving Thought

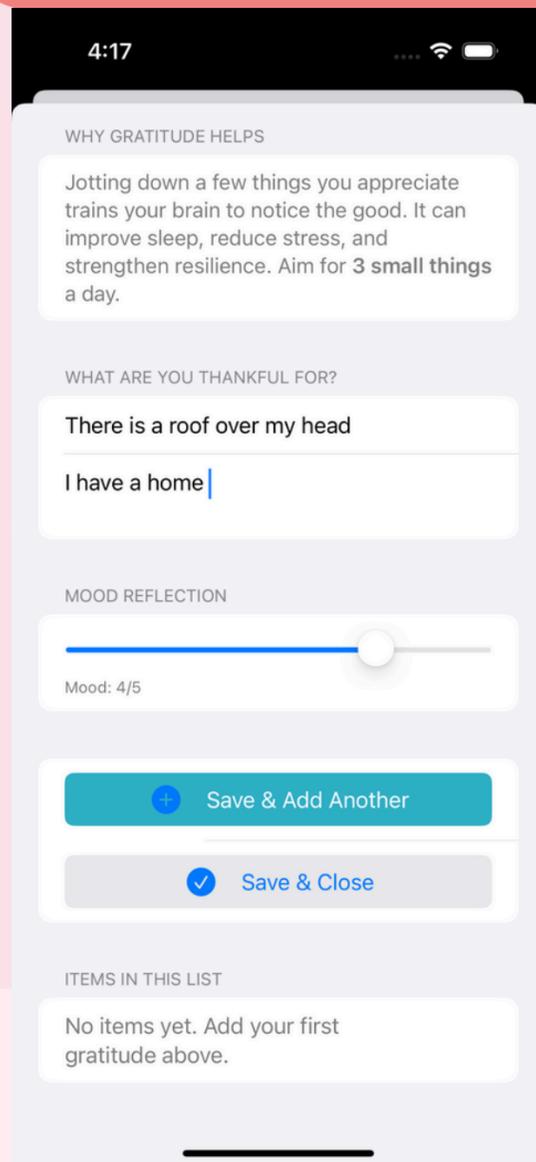## Have Grok Generate ColorinPages for laid-back Coping Strats
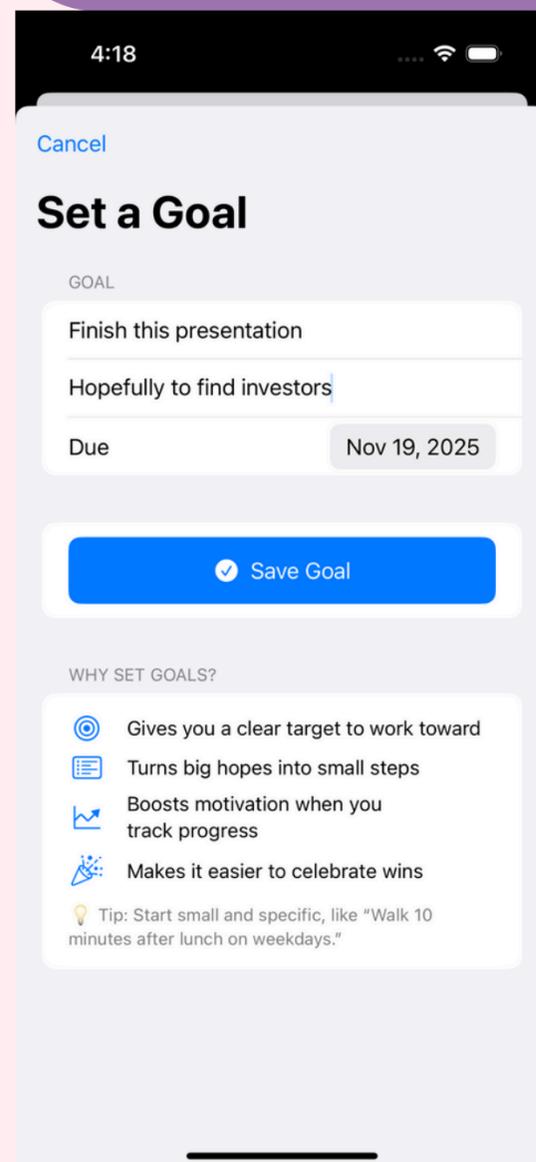
Dream Catcher to Catch Dream Logs

3:27

Back — Anxiety Thought — Cancel

Practice: Breathing Square

Step 5 of 6

Optional Timer

Box Breathing

03:00

▶ Start   ⬜ Reset

Breathing Square

Follow a visual square to pace inhale/hold/exhale/hold.

Intensity After Using Strategy

😐

Mild — Moderate — Severe

Next

3:27

Back — Anxiety Thought — Cancel

Review & Save

Step 6 of 6

✨ **AI Categorization**

Anxiety • Situational

The user feels anxious about going to the mall for Black Friday shopping, likely due to anticipated crowds and stress.

Review

Note

I have anxiety about going to the mall and doing black friday shopping

Intensity (During)

😱 5 / 5

Coping Strategies

5-4-3-2-1 Senses
Name 5 things you see, 4 feel, 3 hear, 2 smell, 1 taste.
After: 🙂 3/5

Breathing Square
Follow a visual square to pace inhale/hold/exhale/hold.
After: 🙂 3/5

Back   **Save Thought**

3:29

Coloring Pages

21 Grok tokens left today   2 🟢

Parrot| ✨ Grok AI generate i...

🔴 🟠 🟡 🟢 🔵 🔵 🔵 🟣 🟣 🔴

↩ Undo   🗑 Clear   ▦ Random   ⬆ Export

Drag to paint. Use the slider to change brush size. Use "Random...

✨ **Why coloring helps**
✅ Coloring shifts attention to a simple, controll...
✅ Rhythmic brush or tap motions regulate brea...
✅ Choosing colors engages preference and ag...
✅ Filling shapes can release tension and provid...

4:14

Cancel — **Dream Catcher**

Dream Catcher

Log anything you noticed when you woke up.

When

Nov 17, 2025   4:14 PM

What did you notice?

😭 Woke up crying
😅 Woke up laughing   📢 Yelling
💬 Talking   🚶 Sleepwalking
😨 Nightmare   🌈 Pleasant dream
✨ Vivid/clear   ➕ Other

💾 Save Dream

How ThoughtsBeCaught App Works - Demo

Gratitude Journal To Log Your Daily Wins

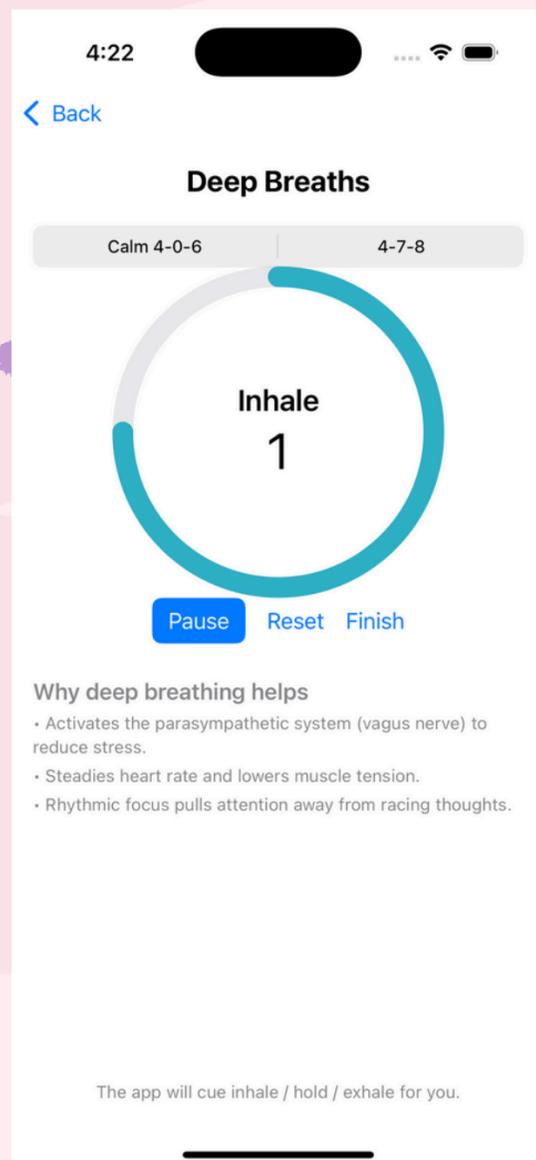**Goal Settings Features**

Relaxing Coping Strategies with verbal feedback
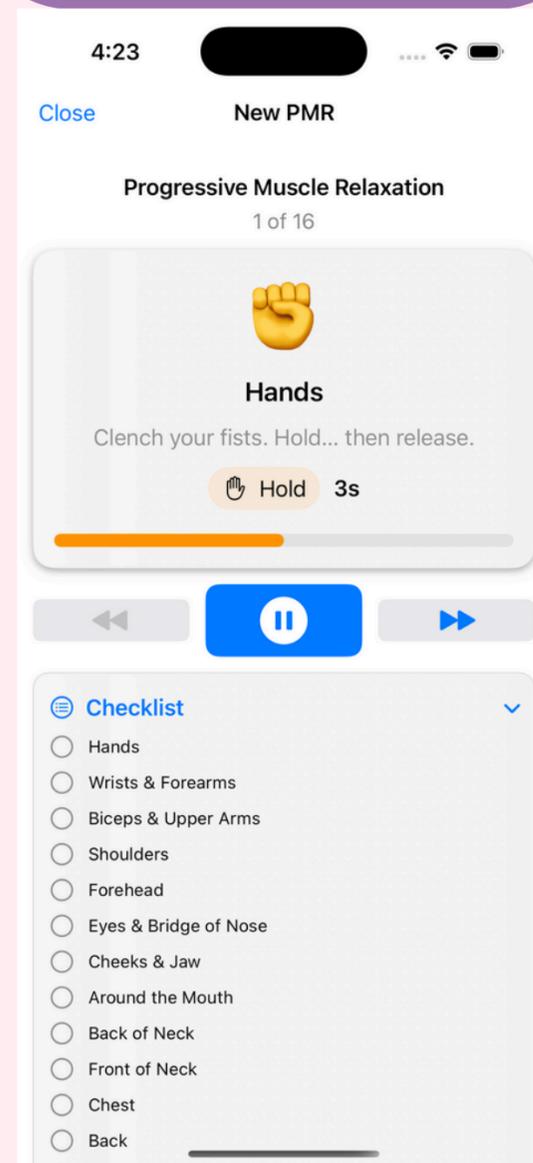
Simple Quick Counting Strategies

Screenshot 1 (4:17):

WHY GRATITUDE HELPS

Jotting down a few things you appreciate trains your brain to notice the good. It can improve sleep, reduce stress, and strengthen resilience. Aim for **3 small things a day.**

WHAT ARE YOU THANKFUL FOR?

There is a roof over my head

I have a home

MOOD REFLECTION

Mood: 4/5

Save & Add Another
Save & Close

ITEMS IN THIS LIST

No items yet. Add your first gratitude above.

Screenshot 2 (4:18):

Cancel

Set a Goal

GOAL

Finish this presentation

Hopefully to find investors

Due   Nov 19, 2025

Save Goal

WHY SET GOALS?

Gives you a clear target to work toward
Turns big hopes into small steps
Boosts motivation when you track progress
Makes it easier to celebrate wins

💡 Tip: Start small and specific, like "Walk 10 minutes after lunch on weekdays."

Screenshot 3 (4:20):

Back

Close Your Eyes & Relax

Close your eyes gently.

Next

Why this helps

Closing your eyes reduces visual stimulation and calms the nervous system.

Gentle breath and body relaxation activate the parasympathetic system.

Focusing inward interrupts racing thoughts and promotes grounding.

Screenshot 4 (4:21):

Back

Count to

10   20   30

Count to 30

10

Pause

Breathe slowly as you count. In through the nose, out through the mouth.

Why it helps

Shifts attention to a simple, repeatable task
Slows breathing and heart rate naturally
Interrupts spiraling thoughts with structure
Easy to do anywhere—no tools needed

How ThoughtsBeCaught App Works - Demo

Deep Breathing Exercieses

Progressive Mulscle Relaxing with verbal feedback

Doodle Coping Strategies

Blowing bubbles by using the microphone coping strategy

Screen 1 — Deep Breaths

4:22 · Back
Deep Breaths
Calm 4-0-6 | 4-7-8
Inhale
1
Pause Reset Finish

Why deep breathing helps
· Activates the parasympathetic system (vagus nerve) to reduce stress.
· Steadies heart rate and lowers muscle tension.
· Rhythmic focus pulls attention away from racing thoughts.

The app will cue inhale / hold / exhale for you.

Screen 2 — Progressive Muscle Relaxation

4:23 · Close · New PMR
Progressive Muscle Relaxation
1 of 16
✊
Hands
Clench your fists. Hold... then release.
✋ Hold 3s

Checklist
○ Hands
○ Wrists & Forearms
○ Biceps & Upper Arms
○ Shoulders
○ Forehead
○ Eyes & Bridge of Nose
○ Cheeks & Jaw
○ Around the Mouth
○ Back of Neck
○ Front of Neck
○ Chest
○ Back

Screen 3 — Doodle

4:24 · Back · Done
Doodle
Undo Clear Share

Why doodling helps
✓ Rhythmic pen strokes slow breathing and settle the nervous system.
✓ Choosing colors shifts attention from rumination to small, controllable decisions.
✓ Hand-eye motion is grounding—great during anxiety spikes or restlessness.

Screen 4 — Bubbles

4:27 · Back · Bubbles
Tap anywhere to spawn bubbles or blow into the microphone

Why blowing bubbles helps
✓ Slow, steady exhale lengthens breath (calms the body).
✓ Gentle focus on floating shapes reduces mental noise.
✓ Visual progress gives quick micro-rewards.
✓ Playful motion invites curiosity over rumination.

How ThoughtsBeCaught App Works - Demo

Pin the Tail on The Turtle Mini Game Coping Stragey

Tearing Paper Coping Strategy

Shreddding Paper Coping Strageghy

Jogging in place coping strategy to get the extra energy out

How ThoughtsBeCaught App Works - Demo

Color Changing Stress Ball With Feedback

4:34 Back · Stress Ball · Done

Why a stress ball helps
- Rhythmic squeeze/relax cycles release muscle tension.
- Tactile focus anchors attention in the present moment.
- Simple physical effort converts stress energy
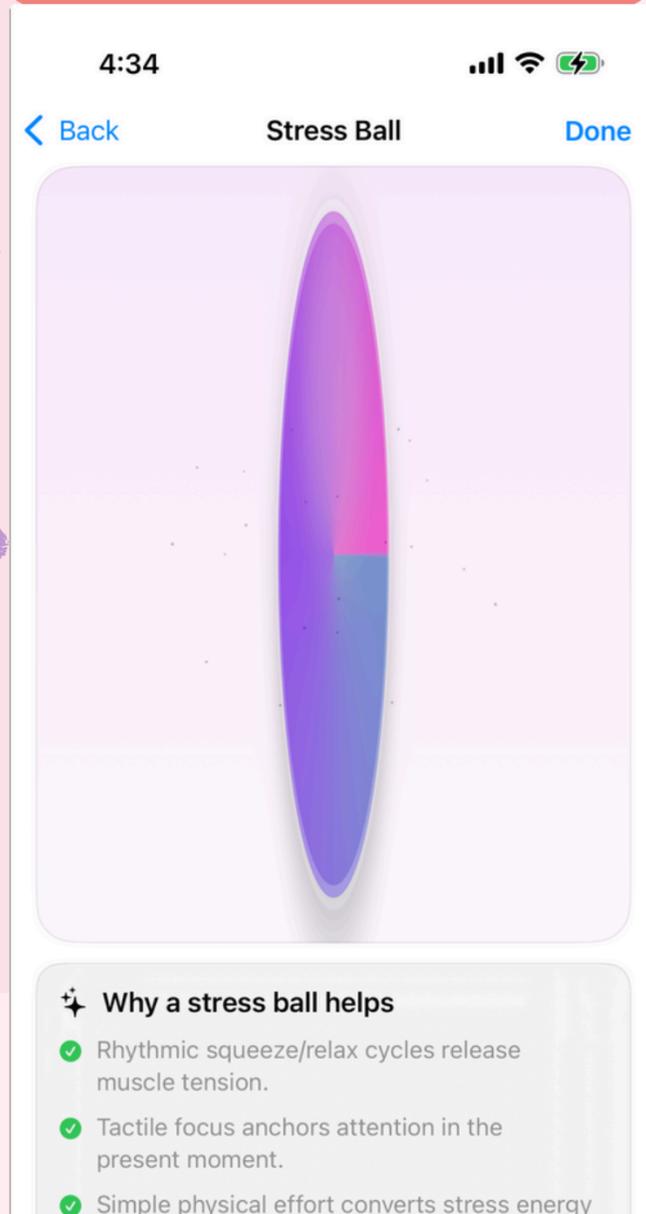
Multiple Stress Relief poppers with vibration feedback

4:36 Coping · Pop-Its

Neon Butterfly Pops

7 0
Reset Done
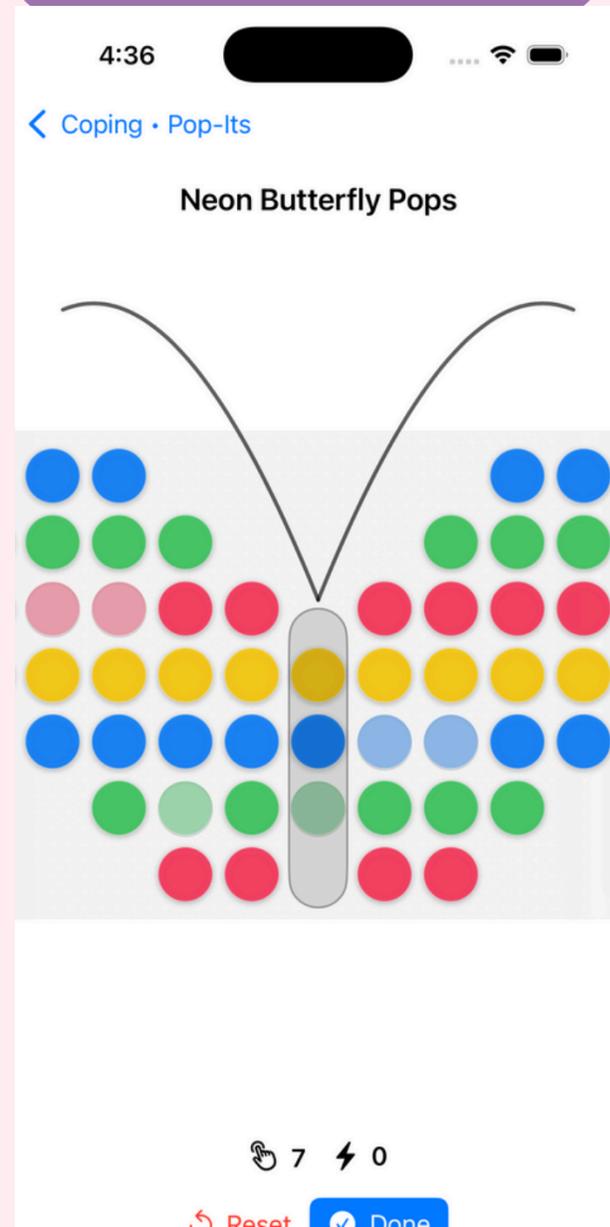
Thumb pillow punching to get the anger out

4:37 Back

Punch Pillow

Thumb-punch to vent. Earn XP for punches and combos.

+2 XP
+2 XP

18	36
Punches	XP

❤ Stress Relief Benefits

Releasing tension through controlled movement can lower cortisol, boost mood, and re-center focus. The pillow offers a safe
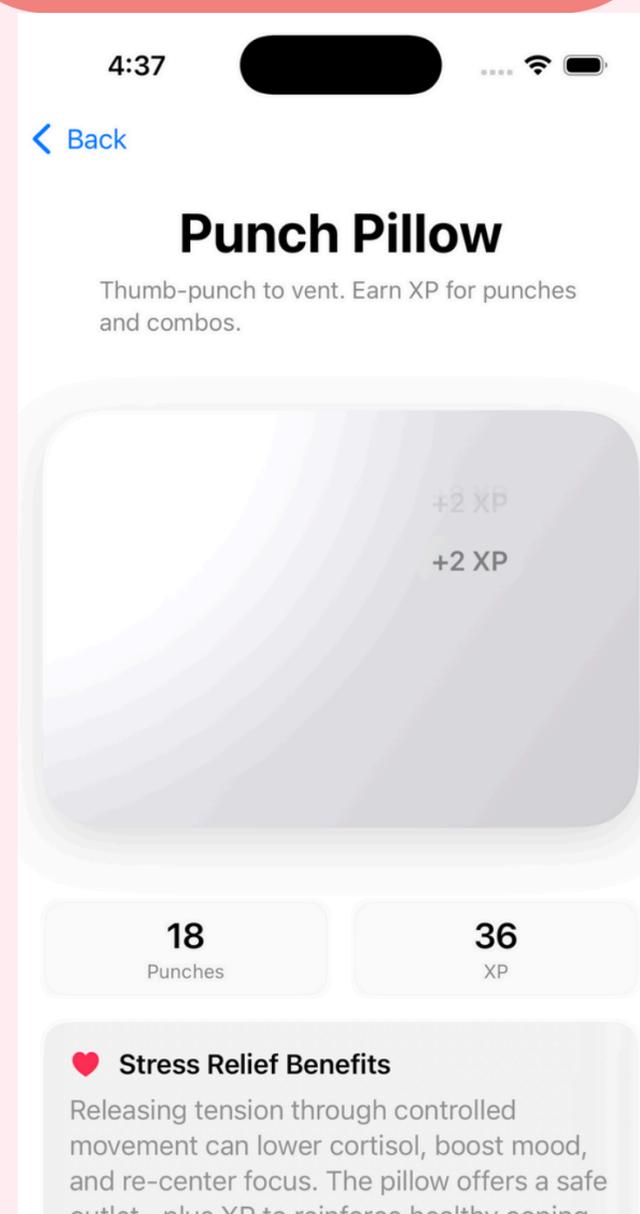
Simple iOS clicker with sound feedback

4:38 Back

iOS Clicker

18

Total Taps

Tap Me

Reset Copy Count
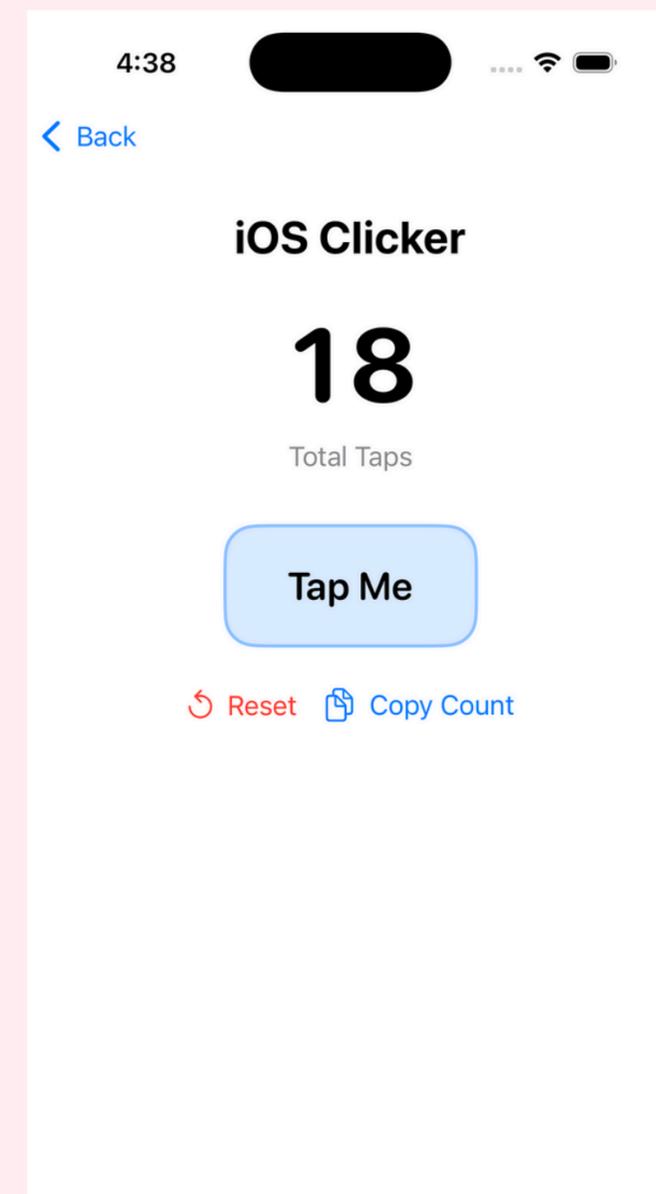
How ThoughtsBeCaught App Works - Demo

Tic-Tac-Toe Game, play against CPU or Human
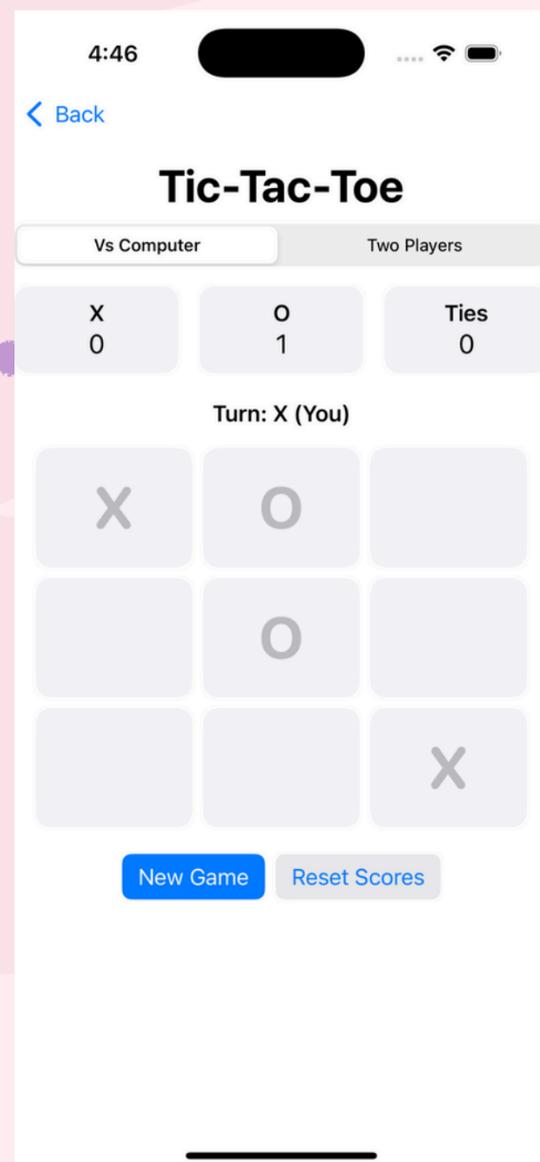
Bonsai Tree that grows depending on user level
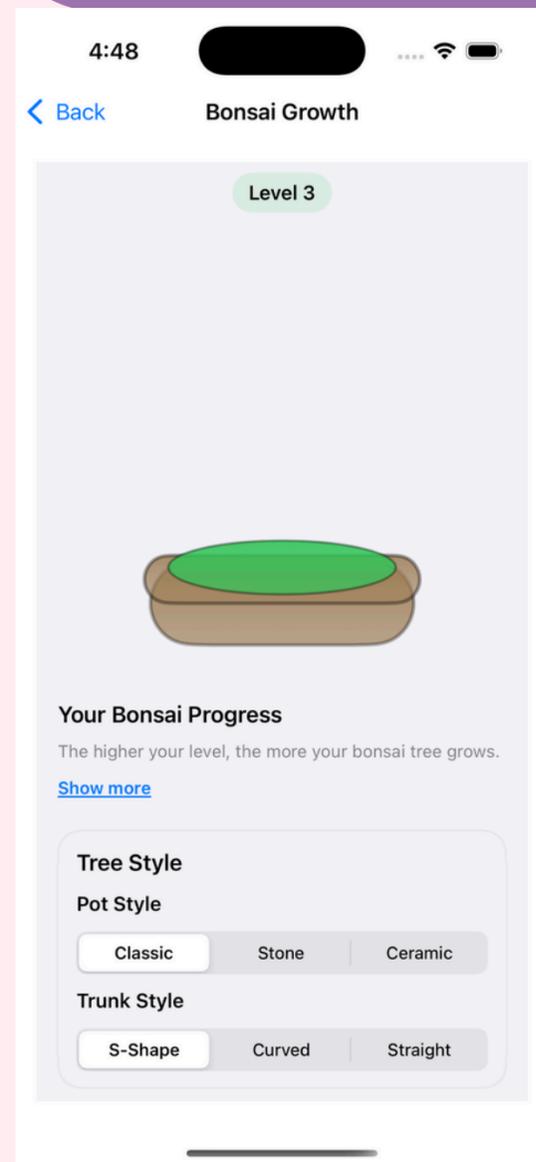
Zen Garden With seasons and weather effects that get unlocked depending on user level
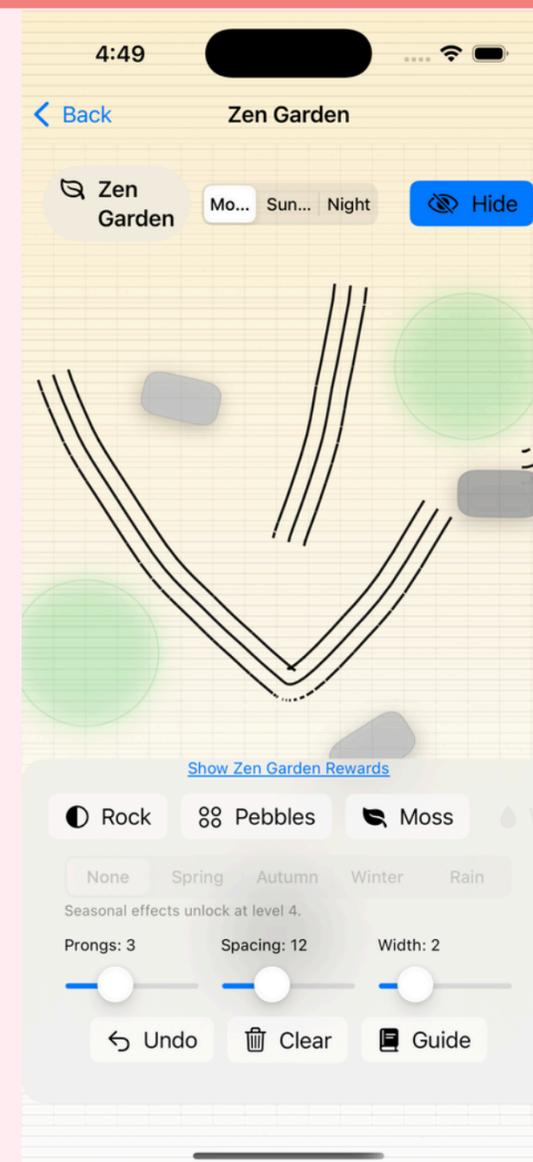
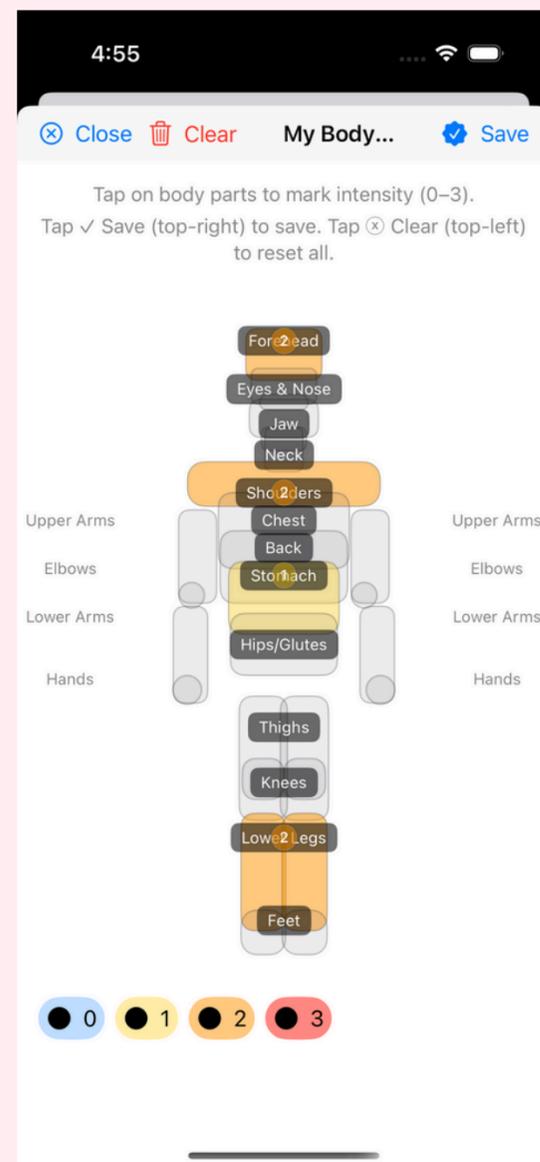**Joke Reader to distract and laugh away stress**
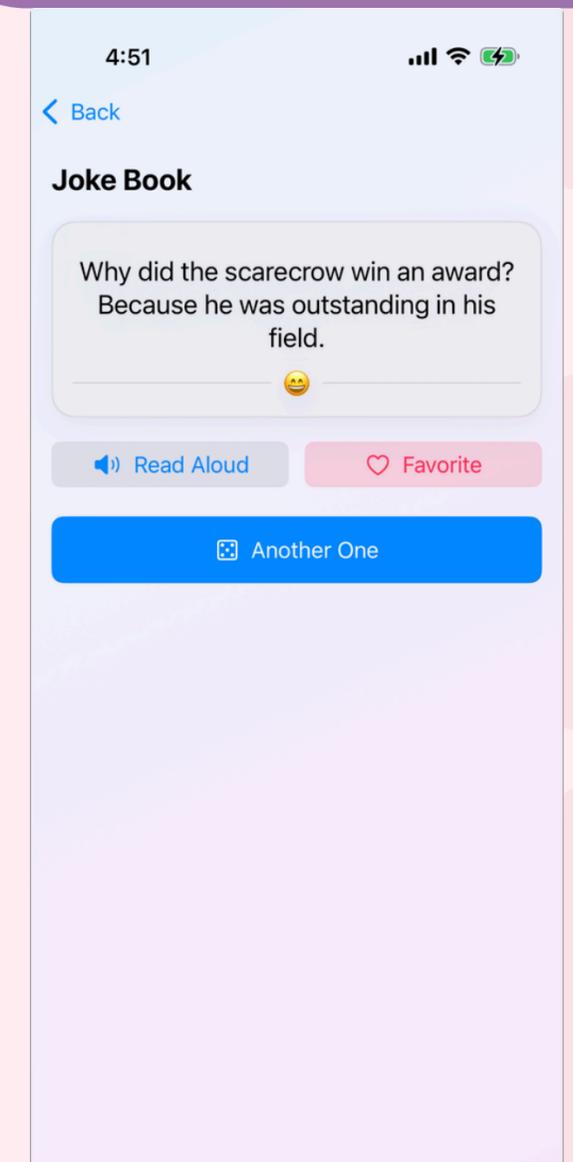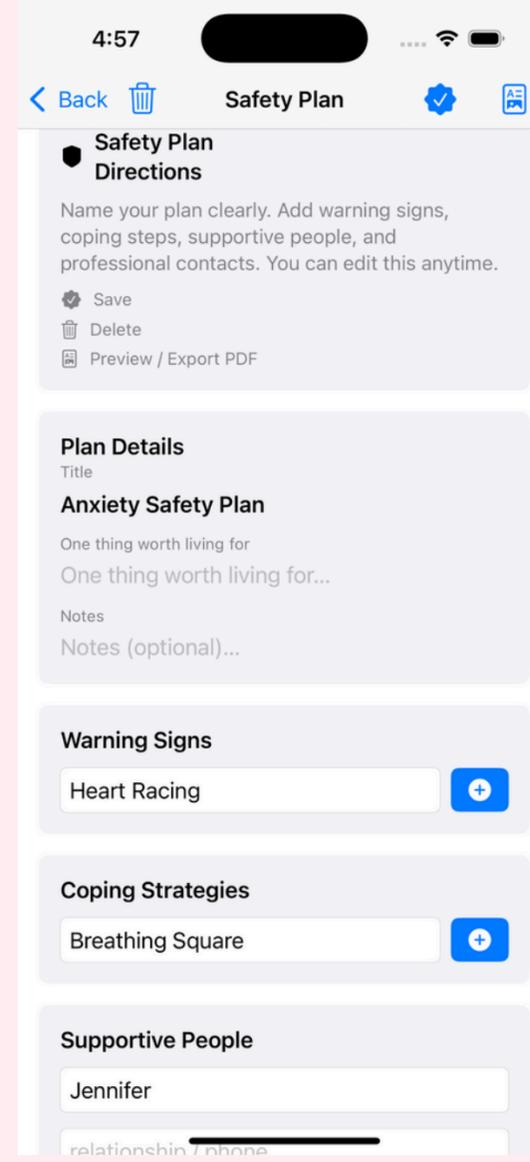
How ThoughtsBeCaught App Works - Demo

Custom Coping Strategy Creator
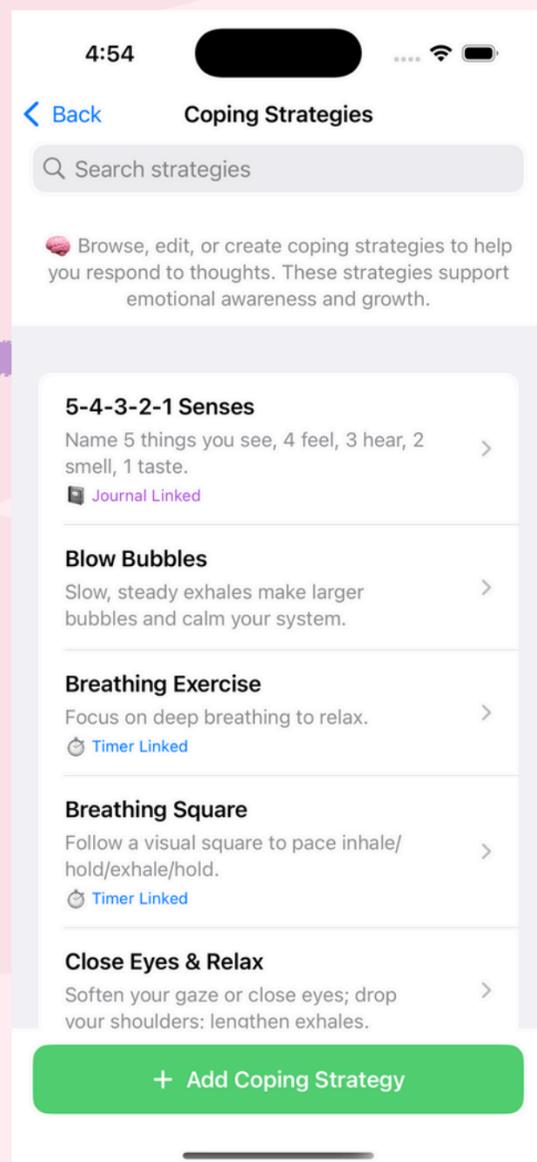
Stress Body Mapper to Log where stress is felt in body to share with medical professionals

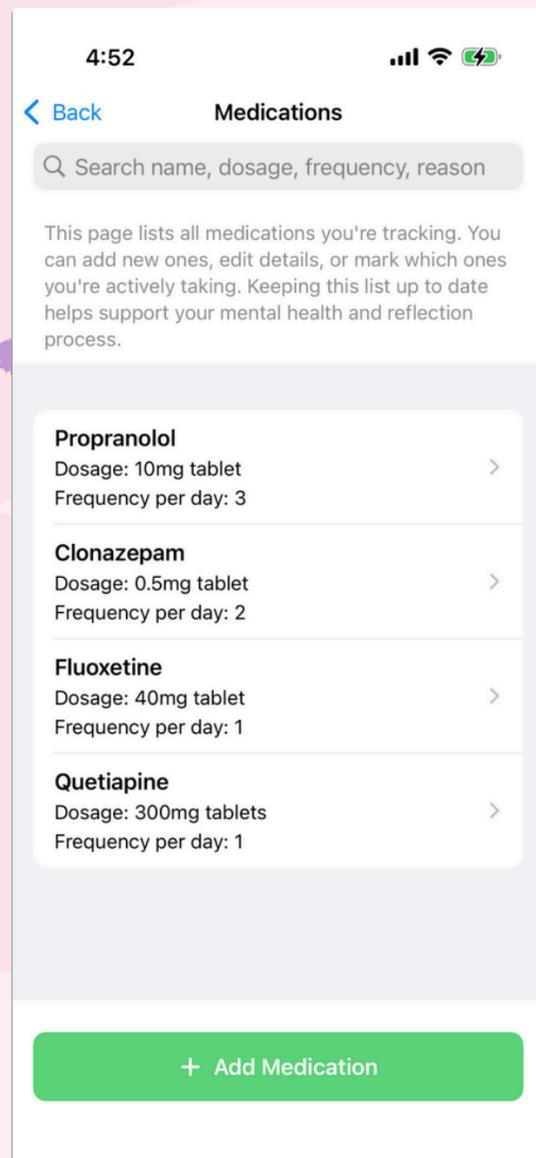## Safety Plan Creator For Different Mental Episodes
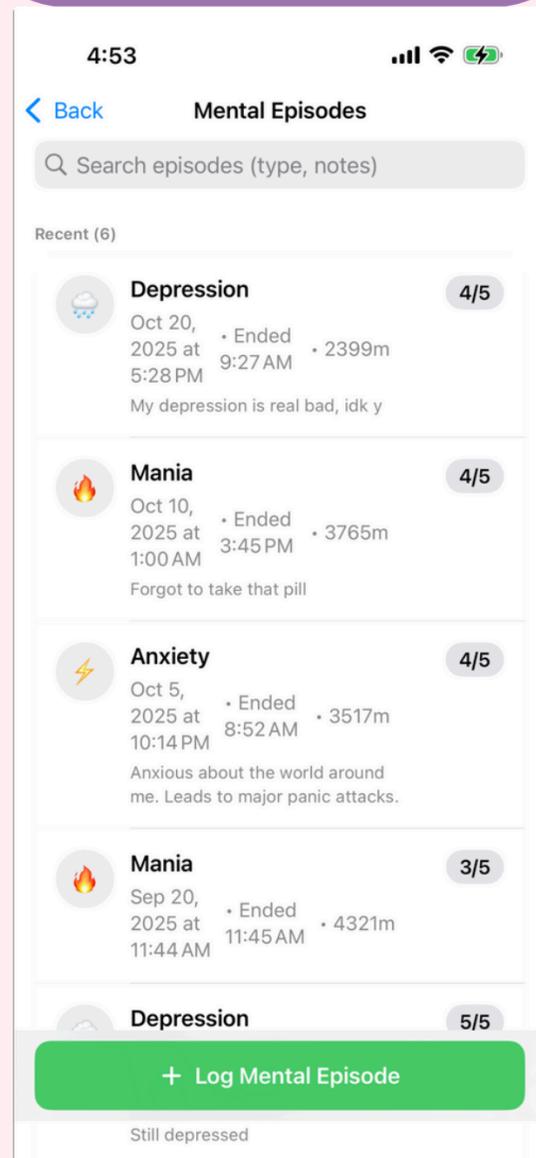
Puzzle Games
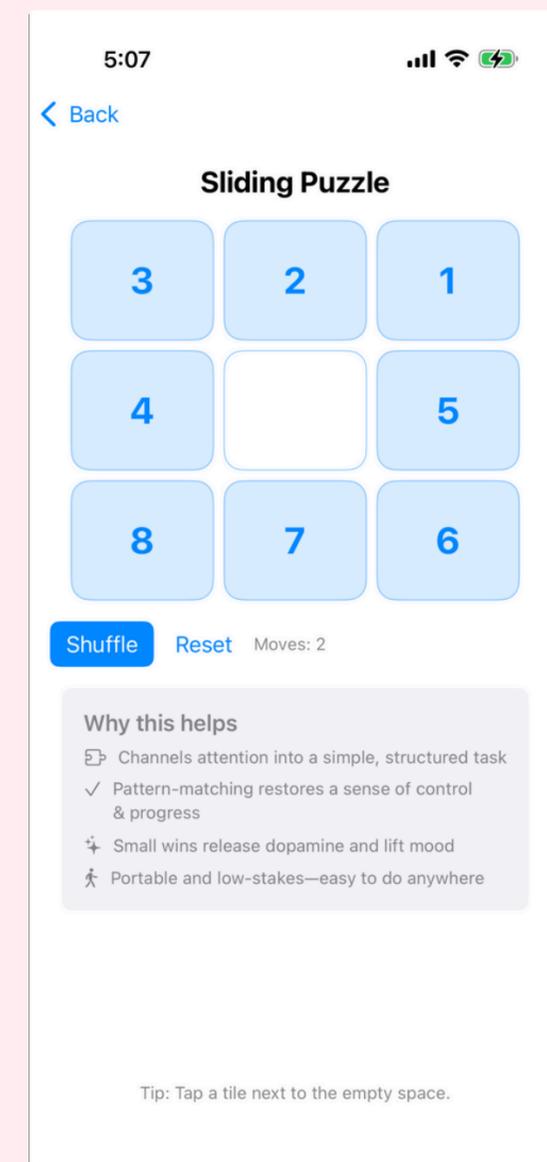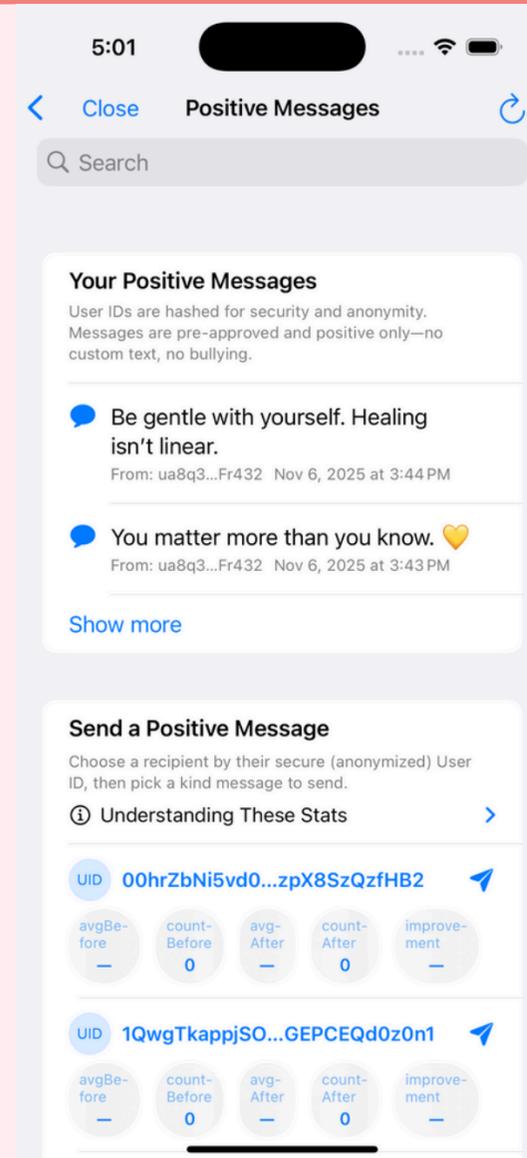
How ThoughtsBeCaught App Works - Demo

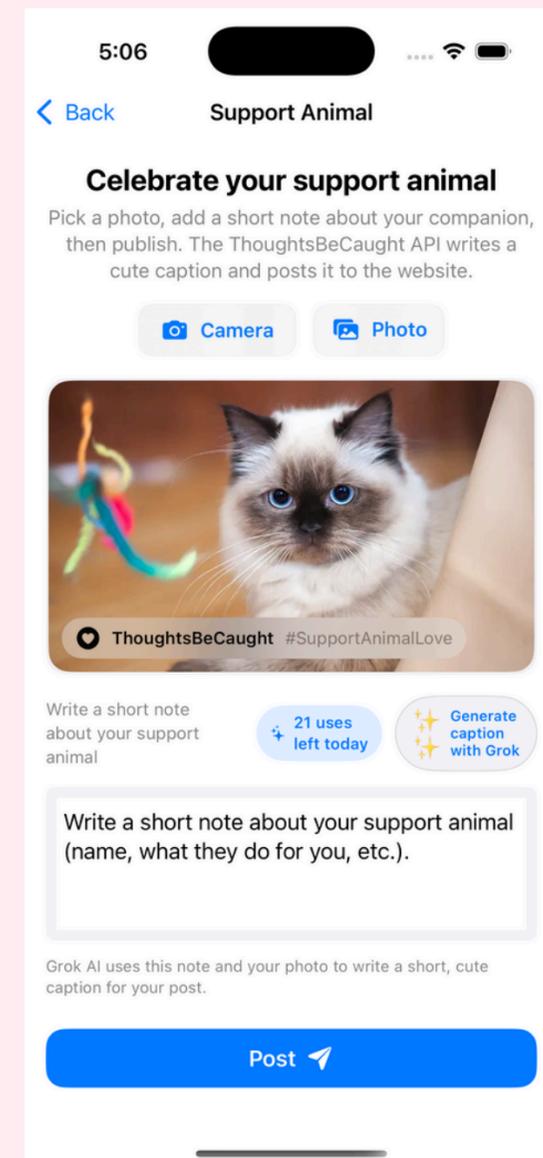**Medication Logger to pair mds with thoughts for therapist feedback**

Mental Episode Logger with End Time cause sometimes they last days

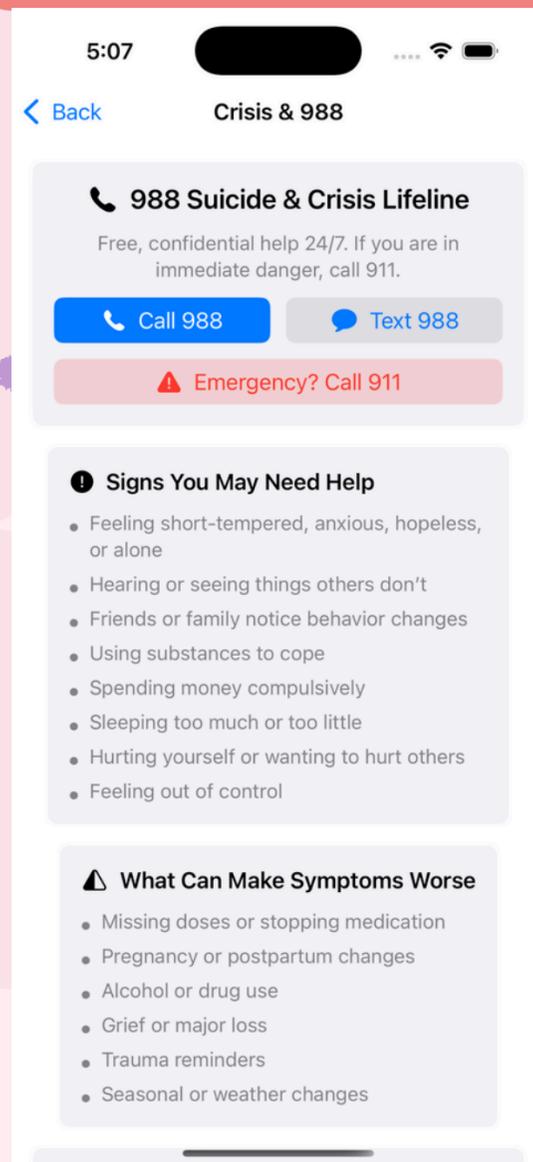**Anonymous Positive Message Sender to other app users**

Support Animal Sharing Feature With Upload to the ThoughtsBeCaught Website
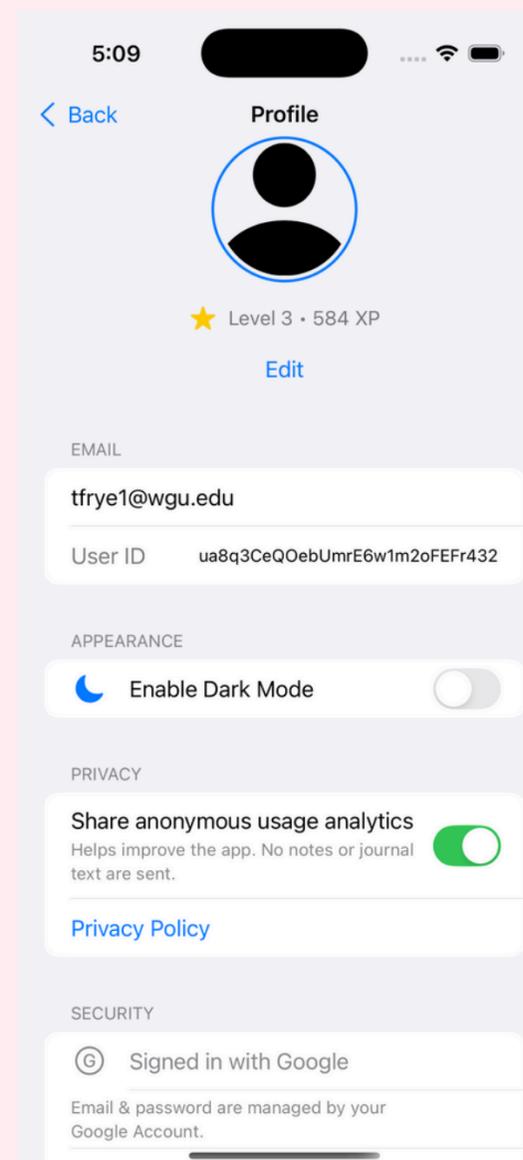
How ThoughtsBeCaught App Works - Demo
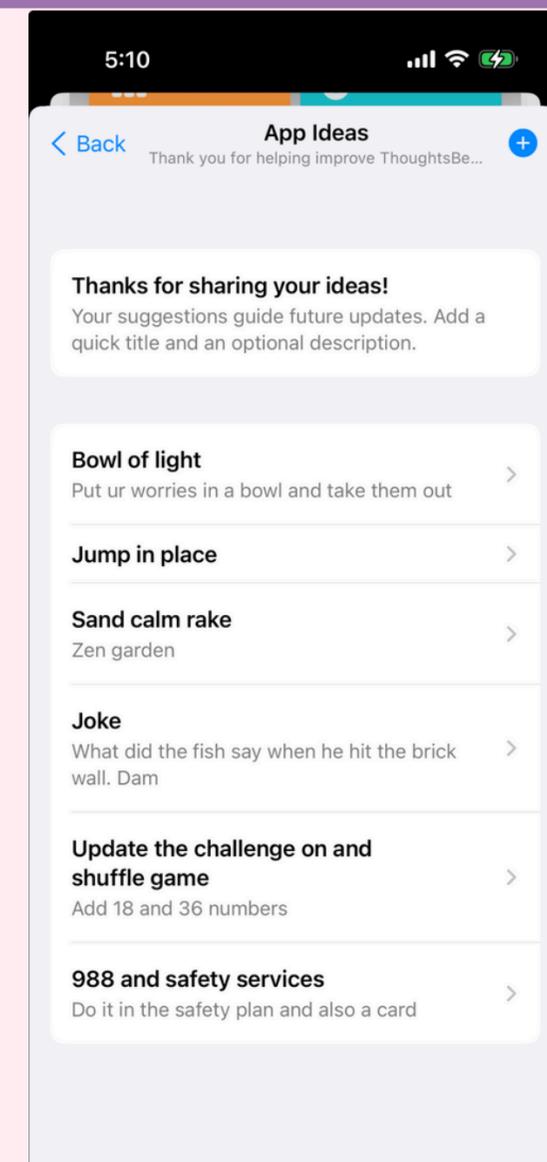
Crisis Card with Life Saving Info

5:07
Back   Crisis & 988

📞 **988 Suicide & Crisis Lifeline**
Free, confidential help 24/7. If you are in immediate danger, call 911.

📞 Call 988   💬 Text 988

⚠️ Emergency? Call 911

ⓘ **Signs You May Need Help**
- Feeling short-tempered, anxious, hopeless, or alone
- Hearing or seeing things others don't
- Friends or family notice behavior changes
- Using substances to cope
- Spending money compulsively
- Sleeping too much or too little
- Hurting yourself or wanting to hurt others
- Feeling out of control

⚠️ **What Can Make Symptoms Worse**
- Missing doses or stopping medication
- Pregnancy or postpartum changes
- Alcohol or drug use
- Grief or major loss
- Trauma reminders
- Seasonal or weather changes

Card to view the ThoughtsBeCaught Website and Blog

5:08
🔒 thoughtsbecaught.com

● FEATURED ARTICLE

Why the Library Is My Favorite Place in My City (and Where My Best Ideas Come From)

My favorite place to go in my city is the library — not just because it's peaceful, but because it's full of opportunity and library inspiration. Every time I walk in, I feel like I'm stepping into a building filled with ideas waiting to be discovered. The library is where...

● LATEST ARTICLES

NOVEMBER 16, 2025   Subscribe

Profile Page

5:09
Back   Profile

⭐ Level 3 · 584 XP
Edit

EMAIL
tfrye1@wgu.edu

User ID   ua8q3CeQOebUmrE6w1m2oFEFr432

APPEARANCE

🌙 Enable Dark Mode   ⬜

PRIVACY

Share anonymous usage analytics   ✅
Helps improve the app. No notes or journal text are sent.

Privacy Policy

SECURITY

Ⓖ Signed in with Google

Email & password are managed by your Google Account.

User's Can Submit Ideas

5:10
Back   App Ideas   ⊕
Thank you for helping improve ThoughtsBe...

Thanks for sharing your ideas!
Your suggestions guide future updates. Add a quick title and an optional description.

Bowl of light
Put ur worries in a bowl and take them out   ›

Jump in place   ›

Sand calm rake
Zen garden   ›

Joke
What did the fish say when he hit the brick wall. Dam   ›

Update the challenge on and shuffle game
Add 18 and 36 numbers   ›

988 and safety services
Do it in the safety plan and also a card   ›
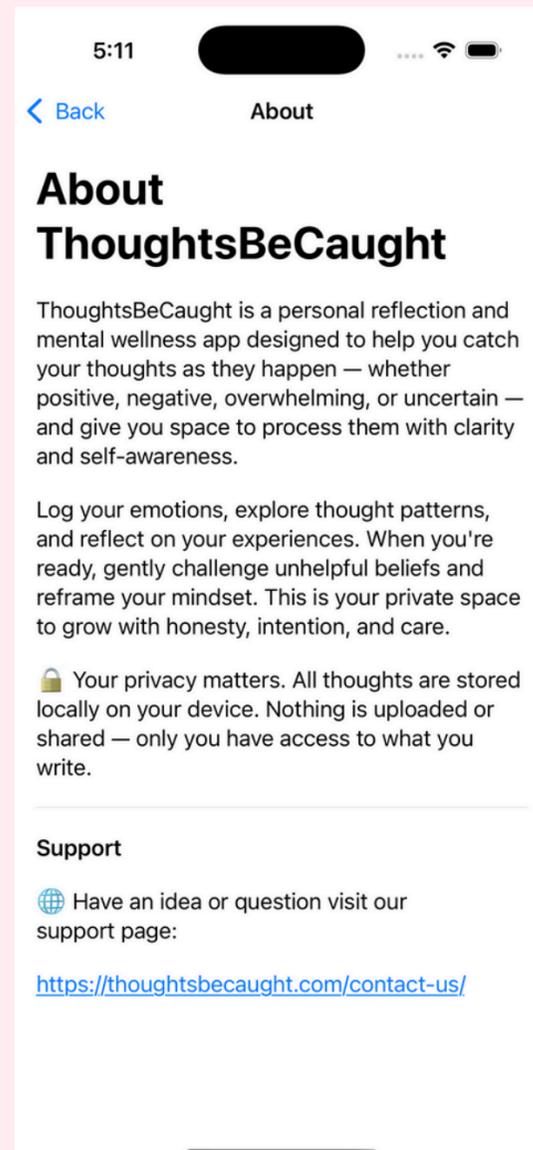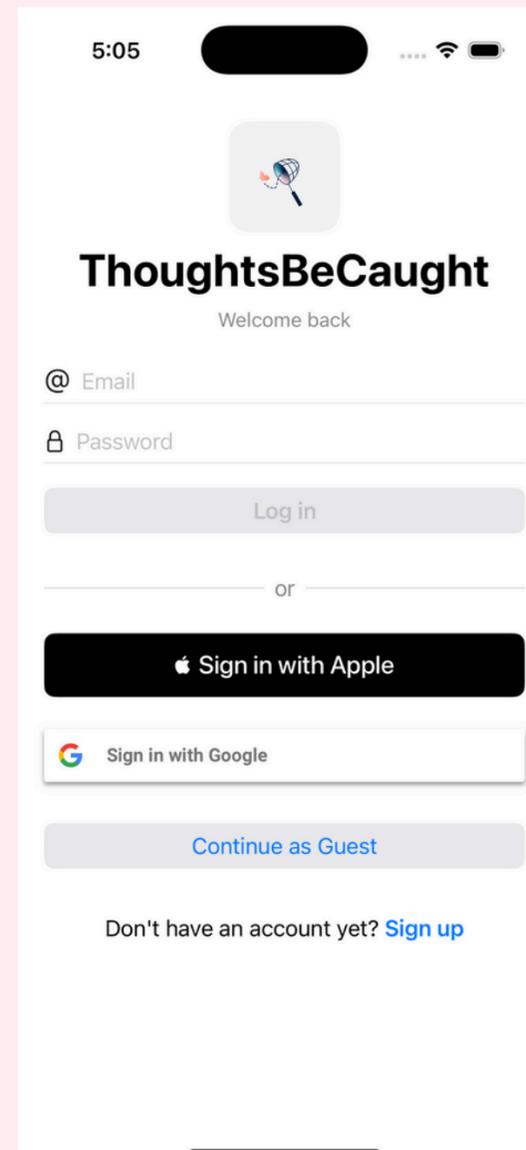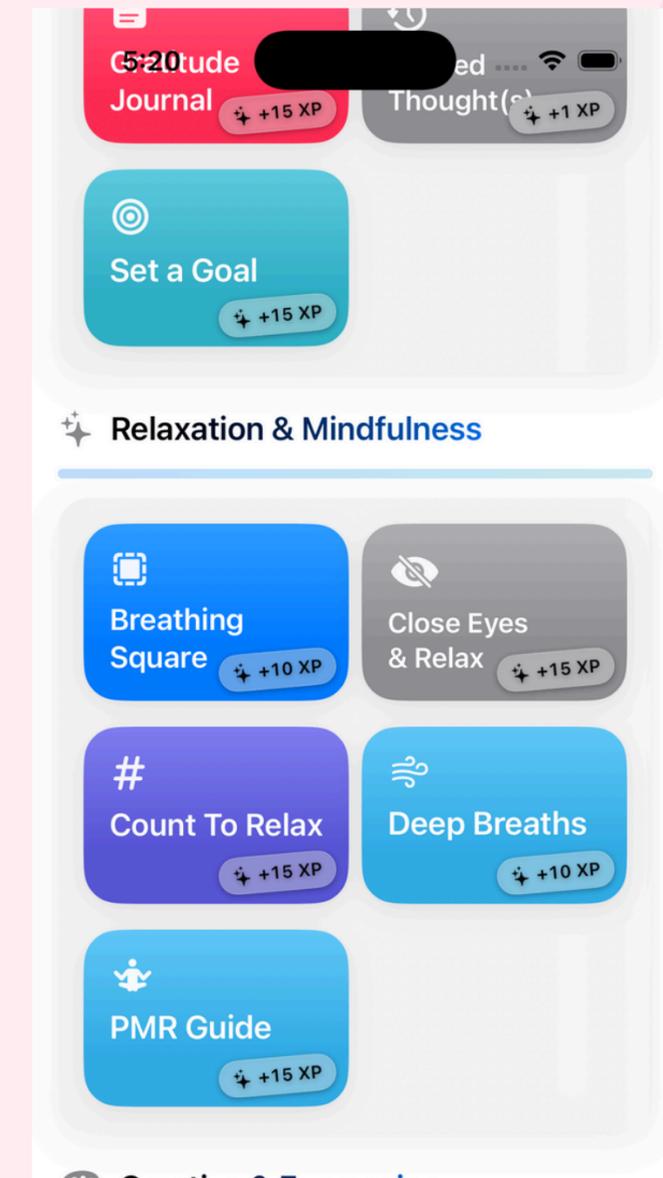
How ThoughtsBeCaught App Works

Support Me Page

About ThoughtsBeCaught Page

Anonymous Accounts or Named Accounts Login

Gamification XP for Completing a Card Activity

5:11

Done

Support Me

Catch thoughts. Build calm.

Basic features like thought logging, journaling, and charts are **always free**.

To unlock premium experiences — such as Dark Mode, supporter badges, AI tools, and enhanced personalization — become a Supporter. Your subscription keeps ThoughtsBeCaught growing and ad-free.

PREMIUM SUPPORTER PLANS

Subscribe • $2.99 / month

Subscribe • $29.99 / year (Best Value)

✅ Active Supporter

Restore Purchases

Manage Subscription

5:11   About

‹ Back

About ThoughtsBeCaught

ThoughtsBeCaught is a personal reflection and mental wellness app designed to help you catch your thoughts as they happen — whether positive, negative, overwhelming, or uncertain — and give you space to process them with clarity and self-awareness.

Log your emotions, explore thought patterns, and reflect on your experiences. When you're ready, gently challenge unhelpful beliefs and reframe your mindset. This is your private space to grow with honesty, intention, and care.

🔒 Your privacy matters. All thoughts are stored locally on your device. Nothing is uploaded or shared — only you have access to what you write.

Support

🌐 Have an idea or question visit our support page:

https://thoughtsbecaught.com/contact-us/

5:05

ThoughtsBeCaught

Welcome back

@ Email

🔒 Password

Log in

or

 Sign in with Apple

G Sign in with Google

Continue as Guest

Don't have an account yet? **Sign up**

5:20

Gratitude Journal ✦ +15 XP   ...ed Thought(s) ✦ +1 XP

◎ Set a Goal ✦ +15 XP

✦ **Relaxation & Mindfulness**

▢ Breathing Square ✦ +10 XP   👁 Close Eyes & Relax ✦ +15 XP

Count To Relax ✦ +15 XP   🌬 Deep Breaths ✦ +10 XP

🧘 PMR Guide ✦ +15 XP

🎨 Creative & Expression

# Why Now For ThoughtsBe Caught App?

- AI enables personalized emotional intelligence
- Younger generations prefer self-guided wellness
- Digital tools reduce stigma & increase access
- Demand for light-touch emotional support is rising

"Usage of digital mental-health apps has more than doubled since 2020."

Source: KFF & APA

Quote:
"Your mental health is just as important as your physical health." — Embrace Health

Market Opportunities
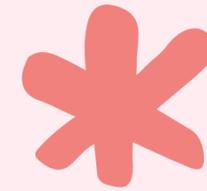
~$166 B global mental wellness market (2024 est)

~$5 B AI in mental health market by 2030 (conservative)

~$11 B+ AI in mental health market by 2034 (aggressive)

"Behind every statistic is a person silently trying to hold it together."

Sources: Global Wellness Institute, InsightAce Analytics, Grand View Research, NAMI/NIMH, WHO (World Health Organization)

Revenue Streams

Free Tier

Supporter Subscriptions

Ad Revenue

Therapist dashboard using API

Free Tier → Ads + limited AI uses

Supporter Subscription → premium features

Ad Viewing→ XP boosts, advanced insights

Future Revenue Using API →

Therapist dashboard

Mental-health solutions for Health Care Professionals

Technologies Used

- Built for emotional intelligence
- SwiftUI (iOS)
- Jetpack Compose (Android)
- Python Flask AI backend
- Firestore + SQLite
- Privacy-first guest architecture
- Grok AI
- Google Cloud Products
- Wordpress

Apple App Store

Google Play Store

API Access for Health Professionals

Competitive Landscape

There is no one app that has all these features that ThoughtsBeCaught App has, but there are competitors.
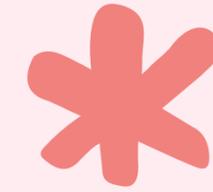
| Calm | Headspace |

| Finch | Woebot |

App	Journaling	Tracking	Coping	AI	Gamified	Anonymous
Calm	✗	✗	✗	✗	✗	✗
Headspace	✗	✗	✗	✗	✗	✗
Finch	✗	✗	✗	✗	✓	✗
Woebot	✗	✗	✗	✓	✗	✗
ThoughtsBeCaught	✓	✓	✓	✓	✓	✓

The Ask...Why Funding

To accelerate a mission-driven digital health product with world-class mentorship, emotional-AI expertise, and strategic partnerships.

What I'm Seeking:
- Guidance on scaling digital mental-health products
- Introductions to clinicians, therapists, and academic partners
- Support refining emotional-AI modeling and safety
- Mentorship for user growth, strategy, and product expansion
- Ecosystem access to help ThoughtsBeCaught become globally impactful

My Goal:
Become the world's leading daily emotional wellness companion — accessible to anyone, anywhere.

Founder of ThoughtsBeCaught

- Timothy Trueblood — Founder & Lead Developer
- Senior Software Engineer
- Built entire product across iOS, Android, backend & AI
- Uses freelancers + AI for rapid iteration
- Deep personal mission to support emotional wellness
- High execution speed, shipping updates biweekly
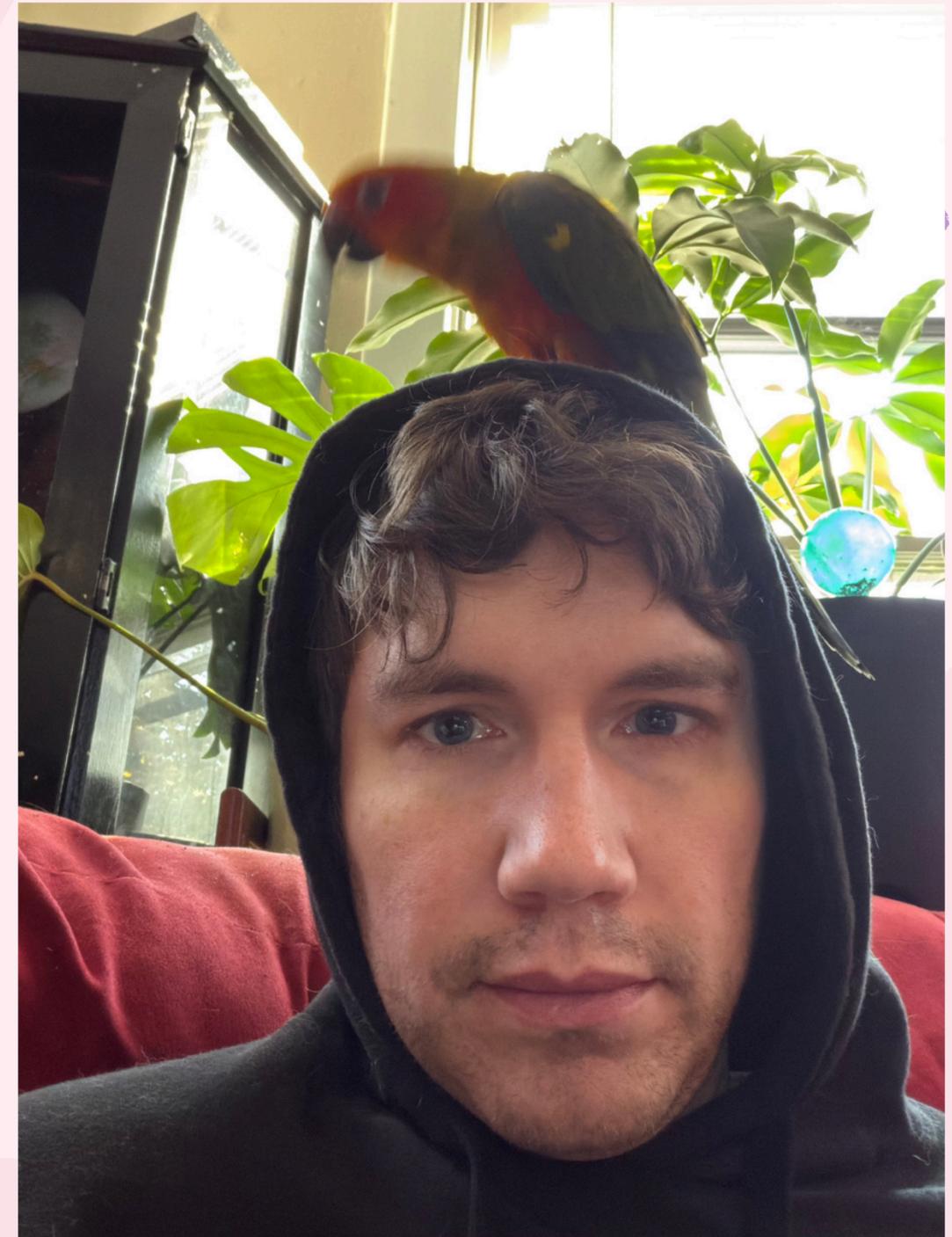- Struggles With Mental Issues Himself

Anxiety Disorders

Depression

Bipolar Disorder

PTSD

Sucidical

Anger

Thank You

ThoughtsBeCaught

"Every thought matters. Every emotion deserves space."

🌐 https://thoughtsbecaught.com

 Download on the **App Store**

▶ GET IT ON **Google Play**