ThoughtCheck™

Check a thought before you believe it.

Sometimes a thought comes quickly, before you have checked it: "*They didn't reply, so they must be mad at me.*" ThoughtCheck™ helps you slow down, look at the facts, and find a fairer way to see it.

thoughtcheck.app/app/

A full check has 8 steps, always in the same order

1. **What happened**
   Just the facts.
2. **How you feel**
   Pick the closest feeling and rate it from 0 to 10.
   Not sure? Clues from your body help.
3. **The thought**
   The sentence your mind said.
4. **The pattern**
   Pick the thinking pattern it fits, in plain words.
5. **The evidence**
   Facts for the thought, and facts against it.
6. **A fairer thought**
   Something you can believe, or one small step.
7. **The feeling now**
   Rate the feeling again and see the change.
8. **Save**
   See your patterns this week on your home screen.

Free
Every check is free, always. ThoughtCheck is for adults (18 and older).

Private
Saved on your phone. Your phone's backup may keep a copy. You don't need an account. Plus uses only your email address to sign in.

Calm
Short words, one question at a time. Skip any step.

How to start

1. Scan the code with your phone camera, or go to **thoughtcheck.app/app/**.
2. Add it to your Home Screen before your first check. On iPhone, in Safari: tap the Share button (in the toolbar, or in the "•••" menu on newer iPhones), then "Add to Home Screen". On Android, in Chrome: tap the ⋮ menu, then "Add to Home screen" or "Install app".
3. Always open ThoughtCheck from the new icon. On iPhone, checks made in Safari don't carry over to the Home Screen app.
4. Next time a thought bothers you, open it and start a check. You can show your saved checks at your next session if you like.

If you are in crisis or thinking about hurting yourself, call or text **988** (US and Canada), call Samaritans on **116 123** (UK), or go to your nearest emergency room. Elsewhere: findahelpline.com

A self-help tool, not therapy. It does not replace your therapist or doctor.

© 2026 Lunar Web Studio, LLC, dba ThoughtCheck. You may print and copy this page for your clients. Please don't change it or sell it.
thoughtcheck.app · ThoughtCheck™ is a trademark of Lunar Web Studio, LLC.