Marcus'Mood User Manual

Your personal companion for emotional self-regulation, based on Dialectical Behavior Therapy (DBT).

CHAPTER 1

Overview

Marcus'Mood helps you recognize your emotions, put them into context and find suitable strategies to regulate them. The app is based on the principles of **Dialectical Behavior Therapy (DBT)** and **Plutchik's model of emotions**.

All features are available free of charge in the current version. Optional AI requires your own API key. The selected provider's terms and any charges apply.

A feeling log to support conversations in your therapy.

What can Marcus'Mood do?

FEATURE	DESCRIPTION
Mood Tracking	Record feelings, rate their intensity, spot patterns
MoodCards	Interactive self-assessment with feeling cards
More than 280 skills	Coping strategies organized by the four DBT modules, 117 of them DBT skills (shown or hidden with the DBT+ button)
Suitable skill recommendations	Based on feeling, intensity and reactivity; PLEASE adds self-care guidance
AI voice analysis	Optional: transcribe and analyze voice notes (Google Gemini, Groq or OpenRouter, with your own API key)
Review	Calendar with daily peaks, four charts, lifestyle (PLEASE), optional AI interpretation and PDF reports

FEATURE	DESCRIPTION
Tools	Breathing exercises, grounding, binaural beats and more
Daily goal	Daily self-reflection with streak tracking and motivational quotes
Encryption	Optional password encryption of all app data
Local entries	Entries on the device; AI and Google Backup only with explicit permission
Offline	Core features work offline; AI and Google Backup need internet
Help & emergency	Life ring at the top of the home screen and in the menu: crisis lines matching your language and your emergency contact
Help in the app	Eight Getting Started Tours, the question mark in the app header with explanations of the page, tutorials, background knowledge and FAQ

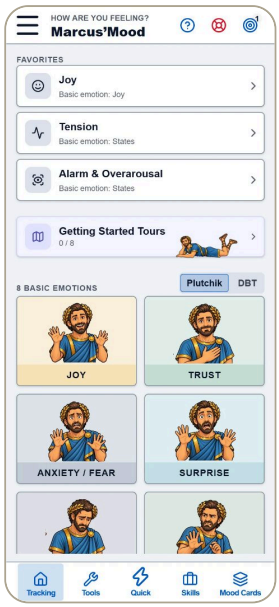
On many pages, the **question mark** at the top of the app header opens an explanation; if a page has several explanations, they are bundled on one sheet.

Under **About Marcus'Mood**, the section **The Marcus family** introduces the sister apps Marcus'Mind and Marcus'Mend, plus the channel **Marcus Modus on YouTube**, which shows DBT skills in everyday situations. The apps are independent; no data is transferred between them.

CHAPTER 2

Home Screen

The home screen is your starting point for mood tracking.



Home Screen

Help & Emergency (Life Ring)

At the top of the home screen and in the menu you find the red **life ring**. It opens **Help & emergency** at any time, with crisis lines matching the app language and your personal emergency contact (see Emergency Function).

First Start

On first start, the app offers you the **Welcome tour** – you can start it right away or later from the Getting Started Tours. The home screen also shows the note **"Good to know"** once: Marcus'Mood does not replace therapy, and the life ring leads you to help. Tap **Got it** to hide it.

Favorites (Quick Access)

At the top of the home screen you see your **favorite feelings**. Tap a favorite to jump straight to the intensity selection – without going through the categories.

Basic Emotions

Below them, the basic emotions are shown as colored tiles in a 2×4 grid. Tap an emotion to see the more specific feelings that belong to it.

Plutchik vs. DBT Mode

Use the **Plutchik | DBT** switch to the right of the heading above the tiles (“8 Basic Emotions”) to switch between two modes:

- **Plutchik mode** (default): 8 basic emotions according to Robert Plutchik – joy, trust, fear, surprise, sadness, disgust, anger, anticipation (in the order of Plutchik's wheel)
- **DBT mode**: 10 core emotions of DBT – fear, disgust, joy, sadness and anger from the Plutchik model, plus love, shame, guilt, jealousy and envy. Each tile is an emotion family after Marsha Linehan; 34 feelings from her lists exist only in DBT mode.

Whether the switch is shown or one mode is fixed is set under **Settings → Usage → Tracking & emotions → Emotion model**. As long as the switch is visible, the question mark in the app header explains the two modes.

Specific States

Below the basic emotions you will find further categories such as **Hypervigilance** and **Tension**, which can be more relevant in certain situations.

> 💡 **Tip:** If a category contains only one feeling, you go straight to the intensity selection.

Getting Started Tours

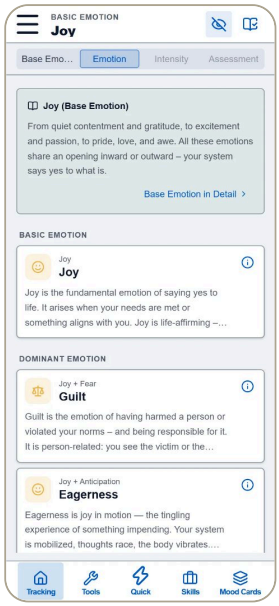
On the home screen you will find the **Getting Started Tours**: eight guided walkthroughs that show you the interface right on screen – Welcome, Tracking, MoodCards, Skills, Tools, Evaluation, Knowledge and Settings. The card shows how many tours you have already completed and stays visible until you have completed all eight.

CHAPTER 3

Mood Tracking

Choosing a Feeling

After choosing a basic emotion on the home screen, you see all the **specific feelings** that belong to it.



Choosing a Feeling

In Plutchik mode the feelings are divided into three groups:

1. **Basic feeling** – the pure basic emotion (e.g. disgust)
2. **Dominant feeling** – mixed feelings in which this emotion predominates (e.g. contempt = disgust + anger)
3. **Modulating feeling** – mixed feelings in which this emotion plays a secondary role

In DBT mode each tile opens its emotion family after Linehan: the lead feeling at the top, below it the feelings Linehan lists for it – each with her English word from the DBT handout above it. **Other emotions** collects Linehan's emotion words without a family of their own. DBT mode shows only feelings from Linehan's lists; 34 of them exist only here, and you find all others in Plutchik mode.

Each feeling is shown as a button with:

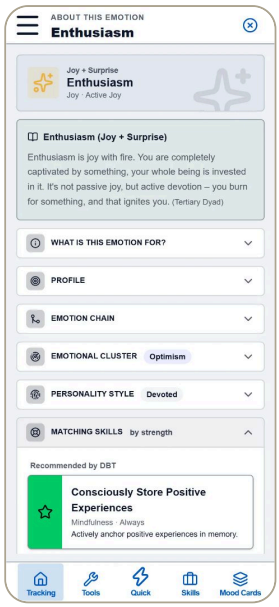
- the name of the feeling
- the basic emotion it belongs to
- an info button (i) → opens the details

> 💡 **Note:** Grayed-out feelings are deactivated. You can activate them under **Settings** → **Emotions**.

Feeling Details

The detail view offers comprehensive information about a single feeling:

- **Plutchik formula**: shows the emotional components (e.g. "disgust + trust")
- **Description**: what characterizes this feeling
- **Profile**: function, typical triggers, facial features
- **Emotion chain**: how this feeling behaves in an escalation pattern
- **Personality style**: the related DBT-based personality style
- **DBT skill recommendations**: suitable strategies for this feeling
- **Related feelings**: emotions with similar Plutchik components



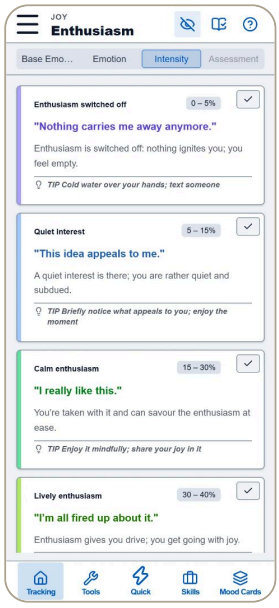
Feeling Details

Choosing the Intensity

After choosing a feeling, you rate its **intensity** on a scale:

- Each intensity level is shown as a color-coded card (e.g. green = low, red = high)
- Each level has a **percentage**, a **quote** and a **description**
- The **Quick-Save button** (✓) on each card saves the entry immediately – without going through the summary (can be switched on and off under **Settings → Usage → Tracking & emotions**)

> **Emergency window:** If you choose a very high intensity level (from 85 %) or a very low one (up to 5 %), the emergency window opens automatically – for every feeling (see Emergency Function).

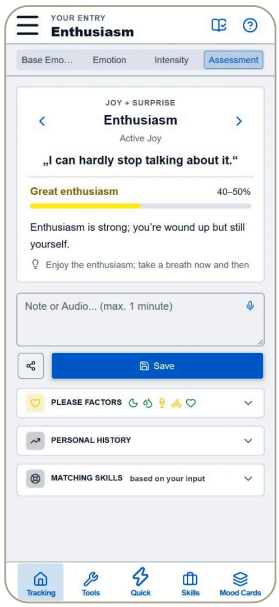


Choosing the Intensity

Summary & Saving

The summary (header line **Your entry**) shows the feeling you chose and its intensity. Here you can:

- **Adjust the intensity**: switch to the neighboring level with **Weaker** and **Stronger** or by swiping
- **Add a note**: free text field (max. 256 characters) for personal remarks
- Record a **voice note**: microphone button → your speech is transcribed (only with the AI features switched on and your own API key)
- Fill in the **PLEASE factors**: daily DBT self-assessment in the **Quick Check (PLEASE)**; it opens by itself as long as you haven't answered for today (see PLEASE Factors)
- View **skill recommendations**: based on feeling and intensity; with unfavorable PLEASE factors, the note "Strained today" appears as well
- Expand the **personal history** of the current feeling as an accordion
- **Does the emotion fit the situation?** (DBT mode only, only below 70 %): four questions help you briefly check the facts (Check the Facts). If you answer "Fits", the app suggests problem-solving or acceptance; for "Doesn't fit", Opposite Action. Your answer is saved with the entry.



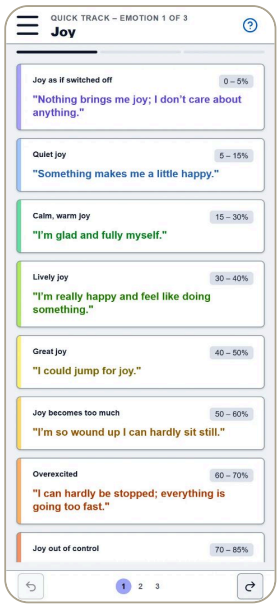
Summary & Saving

Tap **Save** to store the entry. **Share** sends the feeling and level to another app. In the Android app, a short vibration confirms saving (can be switched off under **Settings** → **Usage** → **Tracking & emotions** → **Vibration**).

> **Note:** If an entry cannot be saved, the app shows **"Not saved"** – so your entry is never lost unnoticed.

Fast Track

Fast Track lets you rate **several favorite feelings one after another** – ideal for your daily routine.



Fast Track

How it works:

1. The app shows your first favorite feeling
2. Choose the matching intensity level
3. The app automatically moves on to the next favorite
4. At the end you see a summary of all tracked feelings

Controls:

- **Back**: correct the previous feeling
- **Later**: skip the current feeling
- Numbered dots in the bottom bar show where you are

> 💡 **Note:** The cooldown grace period (10 minutes by default, adjustable under **Settings** → **Usage** → **Tracking & emotions**) applies here too, separately for each feeling. If a feeling is still locked, the app shows "… possible again in X min", saves nothing and moves on to the next feeling.

> 💡 **Tip:** In the Fast Track summary you can also fill in the Quick Check (PLEASE) and get skill recommendations.

CHAPTER 4

Review

You open the review in the menu under **Mood Tracking → Review**. Use the bar at the top to switch between **Calendar**, **Chart**, **Lifestyle** and **Entries**. The question mark in the app header explains each page; for Calendar and Chart, all explanations are bundled on one sheet.

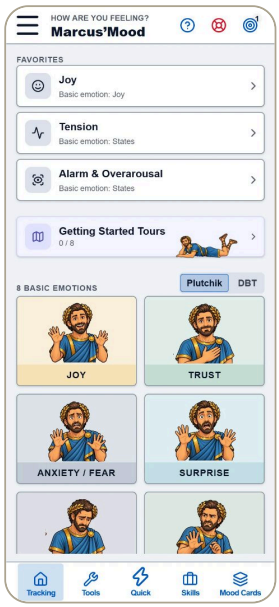
Calendar

Daily peaks: At the top, squares show your last 13 weeks. Each square stands for one day, its color for the intensity of your strongest feeling on that day – the darker, the more intense. Tap a square to select the day.

Interpretation: Below it, the app describes how your daily peaks are developing – rule-based or as an AI interpretation (see 4.2).

Entries this month:

- **Colored dots** below a date mark days with entries (color = intensity), up to three per day; a fourth gray dot stands for more entries
- Tap a day to see all of that day's entries with time, feeling and intensity under **Entries on …**
- **Month navigation** with forward and back arrows



Calendar

Chart Analysis

The **Chart** tab shows your data in four charts. At the top you show or hide up to **6 feelings** for all charts on the page using chips; the colored dot is the legend. The question mark in the app header explains how to read all four charts on one sheet. Emotions that exist only in DBT mode do not appear in the charts.

Progress (line chart)

- Shows the intensity of your feelings over time as daily averages
- Optional trend overlay: a trend line shows whether a feeling is getting stronger or weaker over the period

Trends (90 days)

- Moving averages smooth out daily fluctuations: 7-day average for weekly tendencies, 30-day average for monthly trends



Chart Analysis

- If the 7-day line stays above the 30-day line, the feeling is currently getting stronger

Weekdays (bar chart)

- Average intensity per weekday
- Reveals recurring strain (e.g. the working week) or stabilizing routines (e.g. the weekend)

Times of day (bar chart)

- Distribution of intensity across four 6-hour blocks (night, morning, afternoon, evening)
- Shows the last 31 days

AI interpretation: Several charts come with a written interpretation – rule-based or, if you have switched on the AI features under **Settings → Usage → AI analysis settings** and entered your own API key, generated by the AI. When the AI features are off, the app shows the rule-based interpretation and sends no data.

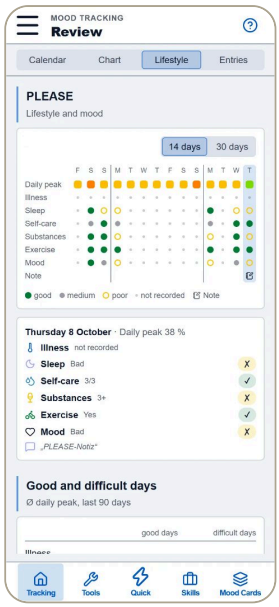
Progress Report (PDF): The review can be saved or shared as a PDF – for example for your next therapy session. The **Progress report for therapy** describes your entries without diagnostic labels; an explanatory block "Classification of emotions" shows professionals how the app classifies emotions.

> 💡 **Note:** As long as there are no matching entries for a chart yet, it shows "Not enough data".

Lifestyle

The **Lifestyle** tab shows your PLEASE factors (see PLEASE Factors) together with your mood:

- **Days at a glance**: each column is a day (14 or 30 days), each row a PLEASE factor, plus your daily peak. Filled dot = good, ring = poor, gray dot = medium, small dot = not recorded. Tap a day to see it in plain text. For **Ill or in pain today?**, No counts as good, Treated as medium and Untreated as poor.
- **Good and difficult days**: compares your average daily peak over the last 90 days on days when a factor was good with days when it was poor – from three days on each side.
- **Interpretation**: sums up the connections in words – rule-based or by AI.

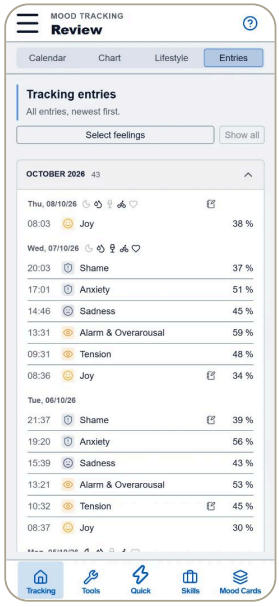


Lifestyle

> 💡 **Note:** Connections are not causes. They show what often occurs together.

Saved Entries

You can read all saved tracking entries in the **Entries** tab of the review (**Mood Tracking → Review → Entries**): grouped by month and day, newest first, with time, feeling and intensity. The day's PLEASE answers appear as icons after the date. Notes are marked with a note icon; tap it to see the text. If you checked the facts in the summary, a check mark (fits) or a dash (doesn't fit) appears before the percentage. **Select feelings** opens a sheet with all feelings that have entries, each with its number of entries. Under **Grouping** you sort it with **Plutchik | DBT** by basic emotions or emotion families; it starts in the mode of the home screen. A switch per group selects all its feelings, **Show all** removes the filter. Emotions that exist only in DBT mode can only be selected in the DBT grouping. Single entries cannot be deleted there (see Data).



Saved Entries

CHAPTER 5

MoodCards

MoodCards help you focus on different feelings, including those you may notice less often in daily life. You rate their frequency, recency and intensity and can then review your ratings. The feeling's name and description are visible during the rating.

Dashboard

The **Review** tab shows your emotion profile from all your MoodCard ratings so far:

- **A bar per feeling**, sorted by basic emotion: the length shows the weighted average, the vertical line the median, the horizontal line the middle 50 % of your values. "M̃ 82 · 45" means median 82 %, 45 ratings.
- **Minimum number**: a feeling only counts from **5 ratings** on; before that it shows "Not enough cards yet (n of 5)" without a bar.
- **Detail cards** per feeling: quote and description from the level your median falls into, plus how many levels you have rated and how often you skipped the feeling.
- **Weighting**: frequency and recency determine how much a rating counts. "Weaker" or "Stronger" shifts the value itself by one level (10 percentage points), "Minimal" and "Escalating" by two.
- **PDF export**: the review as a PDF file – as on screen, only with feelings that have at least 5 ratings



Dashboard

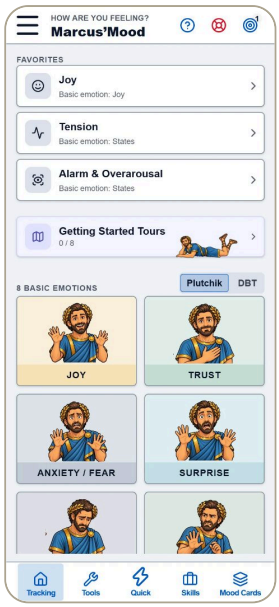
The question mark in the app header explains the page.

Rating a Card

In the assessment you rate a feeling card on three dimensions. The cards come from a shuffled deck: each combination of feeling and level comes up once per round, then the deck is reshuffled; newly activated feelings are shuffled in.

1. **Frequency** – How often do you experience this feeling? (5 levels)
2. **Recency** – When did you last experience it, from not at all to right now? (5 levels)
3. **Intensity** – How strong is it compared with the card? (5 levels)

Choose one answer in each column and tap **Confirm** to see the feedback. **Skip** puts the card back: it comes up again later in this round, nothing is lost. The review shows how often you skipped a feeling.



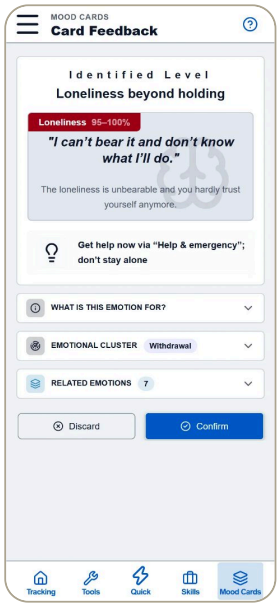
Rating a Card

Feedback & Result

After your rating, the app shows:

- The **identified intensity level** with percentage and color
- **Quote and description** of the determined intensity level
- Feeling details: group, description and model
- **Recommendation** (if available)
- **Function of the feeling**: what is this emotion for?
- **Reactive chain**: how does the feeling escalate?
- **Emotion cluster**: related group of feelings
- **Related feelings**: similar emotions for comparison

Then you decide: **Confirm** saves the rating, and it is included in the review. **Discard** saves nothing; the card comes up again later in this round.

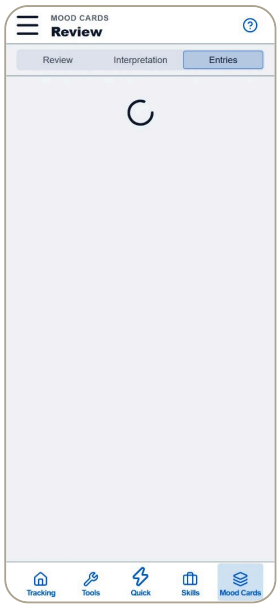


Feedback & Result

Mood Card Entries

You find your ratings so far in the **Entries** tab of the MoodCards review (**Mood Cards → Review → Entries**):

- **Grouped** by month and day, newest first
- Each entry shows the feeling, the frequency as a word, and recency and intensity as arrows (↓↓ to ↑↑)
- **JSON export**: under **Settings → Data → Export & share → MoodCard data (JSON)**
- Single entries cannot be deleted; you delete all MoodCard data under **Settings → Data → Delete data**
- **Filter**: **Select feelings** narrows the list down to individual feelings, as with the tracking entries (see Saved Entries)



Mood Card Entries

Interpretation

The **Interpretation** tab shows **Your profile**: a radar chart with the switch **Plutchik | DBT | Tension** (preset like the home screen), below it the **Data Basis** with the values per emotion group and an interpretation in words. In the DBT view, each axis averages the whole emotion family; a note below the chart names the feelings without an axis of their own. Here too, a feeling only counts from 5 ratings on.

The personal baseline mood interpretation uses your data from 200 real MoodCards ratings onwards. Below that, labelled sample data is shown. AI interpretation also requires your consent and your own API key.



Interpretation

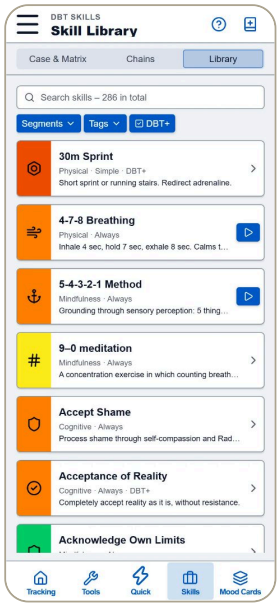
CHAPTER 6

Skills

Marcus'Mood contains **more than 280 skills** (coping strategies), organized according to the four DBT modules.

Skill Library

The skill library is a searchable and filterable collection of all available skills.



Skill Library

Search & filters:

- **Full-text search** across skill names, tags and descriptions; the empty search field shows the total number of skills
- **Segments**: Favorites, Own skills, Tension, Availability, DBT module (only when DBT skills are shown), Category and Hidden
- **Keyword filters (tags)**: grouped by tag group, several can be selected at once

Showing and hiding DBT skills: The **DBT+** button in the skill library shows or hides the DBT skills; they are shown by default. At the start, 286 skills are active, 117 of them DBT skills. 13 more are hidden at first; you find them under **Segments** → **Hidden**.

How the filters work:

- In the segments **only one value** is active at a time
- Keywords (tags) are **additive** and independent of the segments
- Active filters appear as **chips below the buttons** – with × to remove them directly

DBT modules:

- Mindfulness
- Emotion regulation
- Stress tolerance
- Interpersonal

Intensity levels of the skills:

- **Low**: gentle, low-threshold strategies
- **Medium**: moderate exercises that take a little more effort

- **Strong**: intensive techniques for acute situations

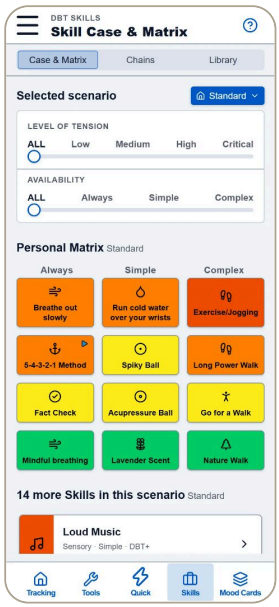
Skill levels (which tension a skill is meant for):

- **Low**: for calm moments and prevention
- **Medium**: for mild to moderate strain
- **High**: for high tension and acute stress
- **Critical**: for crisis situations (emergency skills)

Personal Skill Matrix

The **Skill Case & Matrix** view is your personal emergency plan. The matrix arranges skills in a **4×3 matrix**:

	ALWAYS	SIMPLE	COMPLEX
Critical	…	…	…
High	…	…	…
Medium	…	…	…
Low	…	…	…



Personal Skill Matrix

- **Rows** = skill level (which tension the skill is meant for)
- **Columns** = availability (what do you have at hand right now?)
  - **Always**: no aids, in any situation
  - **Simple**: a small aid or briefly a suitable place
  - **Complex**: needs time, calm or preparation

How to use the matrix:

1. Tap an empty cell
2. Choose a skill from the picker
3. The skill is assigned to the cell

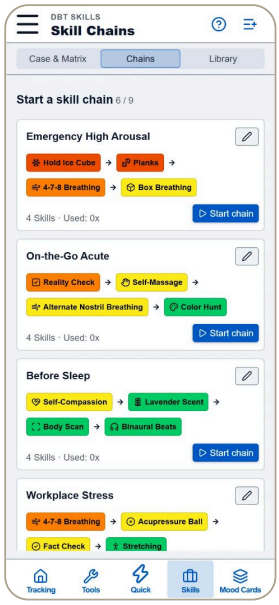
Below the matrix, you collect further skills for the scenario in the **skill case**.

> 💡 **Tip:** Three **scenarios** are preset – Standard, Work and Home – each with a fully filled matrix. You can create up to 5 scenarios and switch between them; the question mark in the app header explains the matrix.

Skill Chains

Skill chains are **sequences of skills** that you carry out one after another – like a personal program.

- Up to **9 chains**
- Each chain has a name and an order of **2 to 5 skills**
- **New skill chain**: icon in the header of the Skill Chains view
- **Start chain**: starts the guided run
- **Edit** (pencil): edit the chain (add, replace, reorder skills)
- **Usage counter**: shows how often you have used the chain



Skill Chains

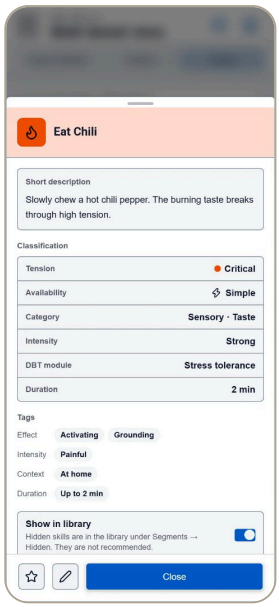
Running a chain:

1. Tap **Start chain**
2. The current skill is shown large
3. Answer "Did this skill help?" if you like and tap **Next skill**
4. After the last skill, tap **Finish** to see a summary

Skill Details

Tap a skill in the library to open its **details**:

- **Short description** and **detailed description**
- **Classification**: tension, availability, category, intensity, DBT module, duration and source
- **"Use now"**: for tool and audio skills (breathing exercises, grounding, body scan etc.) go straight to the exercise or the audio player
- **Show in library** – switch to hide or show the skill
- **Feedback** ("Did this skill help?") with feedback scale and date of last use
- **Favorite** (star) – remember the skill
- **Edit** (pencil) – not for tool skills

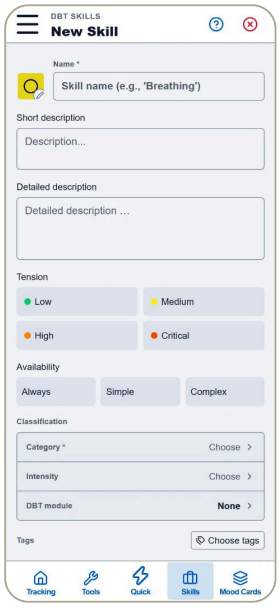


Skill Details

Creating Your Own Skills

You can add your own skills:

1. In the skill library, tap the **Add new skill** icon in the header
2. Fill in the fields:
   - **Name** and **description** (short + detailed)
   - **Category** (choose from the taxonomy)
   - **Intensity** (low / medium / strong)
   - **Availability**
   - **Tension level** (low / medium / high / critical)
   - **DBT module** (optional)
   - **Tags** (several can be selected, grouped)
   - **Icon** (choose from 25 icons)
3. Tap **Save**



Creating Your Own Skills

> 💡 You can edit or delete your own skills at any time.

CHAPTER 7

Tools

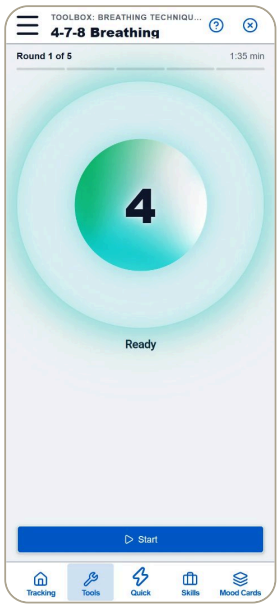
Marcus'Mood offers various interactive tools for regulating emotions. In the Android app you feel a short vibration when a phase changes and at the end of an exercise; you can switch it off under **Settings → Usage → Tracking & emotions → Vibration**.

4-7-8 Breathing

A classic breathing exercise to calm the nervous system:

1. **Breathe in for 4 seconds**
2. **Hold your breath for 7 seconds**
3. **Breathe out for 8 seconds**

A circle expands and contracts in time with the phases. The exercise begins with **Start** and runs automatically over several cycles; **Pause** stops it, **Resume** continues it. If you open the help, it pauses.



4-7-8 Breathing

Box Breathing

Even breathing in 4 phases (4 seconds each):

1. **Breathe in** (↑)
2. **Hold** (⏸)
3. **Breathe out** (↓)
4. **Hold** (⏸)

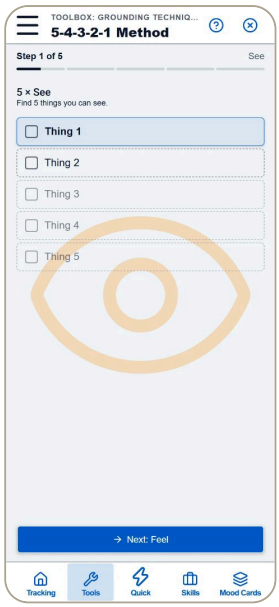
Especially suitable for calming down quickly in stressful moments. As with 4-7-8 breathing, you begin with **Start** and stop with **Pause**.

5-4-3-2-1 Grounding

A sensory grounding exercise for dissociation or strong tension:

1. **See 5 things** (👁️)
2. **Feel 4 things** (🖐️)
3. **Hear 3 things** (👂)
4. **Smell 2 things** (🌬️)
5. **Taste 1 thing** (🍴)

At each step you tick off the corresponding number of items. The app moves on to the next sense automatically.

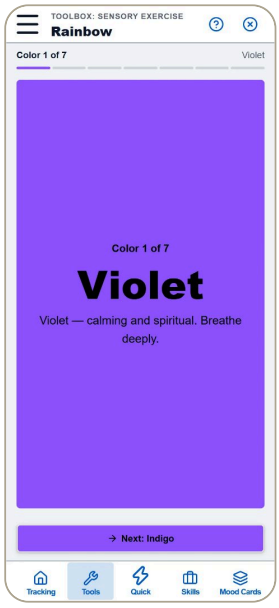


5-4-3-2-1 Grounding

Rainbow Exercise

A visual mindfulness exercise in 7 steps – one color of the rainbow per step:

- **Violet → Indigo → Blue → Green → Yellow → Orange → Red**
- Each color comes with its own task or reflection
- A rainbow progress bar shows how far you have got

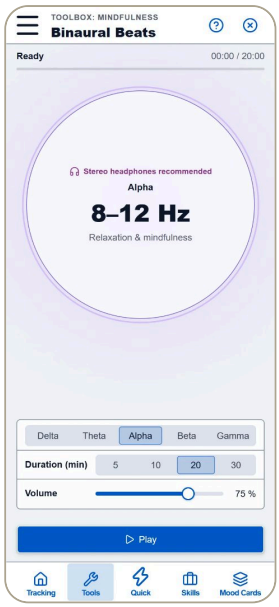


Rainbow Exercise

Binaural Beats

Audio generator for binaural beats with different brainwave frequencies:

PRESET	FREQUENCY	EFFECT
Delta	1–4 Hz	Falling asleep & resting
Theta	4–8 Hz	Meditation & creativity
Alpha	8–12 Hz	Relaxation & mindfulness
Beta	12–30 Hz	Concentration & focus
Gamma	30–80 Hz	Learning & concentration



Binaural Beats

Settings:

- **Duration**: 5, 10, 20 or 30 minutes
- **Volume**: continuously adjustable

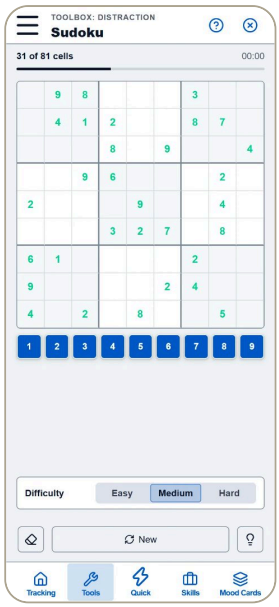
> **Important:** Binaural beats only work with **stereo headphones**! Each ear receives a slightly different frequency – the difference creates the effect in the brain.

Body Scan

A guided body awareness exercise as an **audio track**. Start the built-in audio player right in the app. **All five guided exercises are available in English**, with the voice Achernar: Body Scan, progressive muscle relaxation, the arrival breathing exercise, 5-4-3-2-1 grounding and open awareness. The app selects the recording for the current language. The Android app includes all audios. The web app downloads them in the background after installation, starting with your current language; until then it plays them from the internet, afterwards also offline.

More Tools

- **Space Banjo**: soft soundscapes and gentle banjo notes to unwind
- **Sudoku**: logic puzzle for distraction and focus
- **Category game** ("Name 10 things"): name ten things in a category – distracts your mind when calming down isn't working right now. By default you have 60 seconds; if you switch **Time limit** off, you play without time pressure and the round ends at ten things.
- **Play MoodCards**: direct access to the MoodCards (see MoodCards)



More Tools

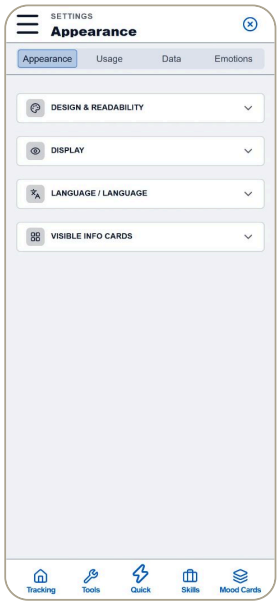
CHAPTER 8

Settings

The settings have four tabs: **Appearance**, **Usage**, **Data** and **Emotions**.

Appearance

SECTION	DESCRIPTION
Design & readability	4 color schemes: Light, Dark, Petrol, Warm – optionally automatic light/dark according to your system setting; bottom bar labels; font size (+/–); level descriptions of the feeling scales (Everyday or Technical)
Language	Deutsch, English, Español, Français, Russian
Visible info cards	Choose for each view which info cards are visible; in the summary also "Does the emotion fit the situation?" (on by default, DBT mode only)



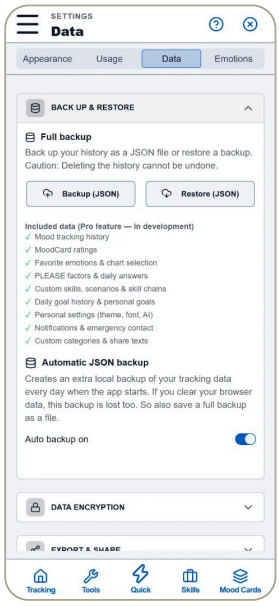
Appearance

Usage

SECTION	DESCRIPTION
Tracking & emotions	Emotion model (Standard: Plutchik and DBT freely selectable on the home screen, always Plutchik mode or always DBT mode), display in tracking (descriptions in feeling selection, intensity selection and Fast Track), Quick-Save buttons, cooldown grace period, notes field, voice recording, vibration (app only)
Skill Settings	Show or hide DBT skills (on by default), overview of system skills, your own skills, tools & audio and DBT skills, reactivate deactivated skills
PLEASE factors	Which PLEASE factors are asked: illness or pain, sleep, self-care, substances, exercise, mood, stressors (all on by default)
Daily goal	Switch the daily goal on or off, show it when the app starts, define your own goal, pause for three days
Reminders	Daily push reminders for Fast Track
Emergency contact	Personal contact (name + phone number) for the emergency overlay
AI analysis settings	Switch the AI features on and off (off by default; when you switch them on, the app asks for your consent), choose a provider (Google Gemini, Groq or OpenRouter), enter your own API key (Android: protected Keystore; web app: browser storage), length of the audio analysis (Short, Standard, Detailed) and AI interpretation length (Short, Medium, Long)

Data

SECTION	DESCRIPTION
Back up & restore	Save a full backup as a JSON file or restore it – with mood tracking history, MoodCard ratings, favorite feelings, PLEASE factors, your own skills, scenarios and skill chains, and daily goals; plus the automatic JSON backup; after **Restore (JSON)** the app offers a restart with **Reload now** so that all settings take effect
Data Encryption	Encrypt all app data with a password, including a recovery phrase for emergencies



Data

SECTION	DESCRIPTION
Export & share	PDF reports (tracking history, tracking review, MoodCards review), export or import tracking and MoodCard data as JSON, share text (prefix and suffix for sharing a mood entry)
Example data	Show or hide example data for mood tracking and MoodCards – your real entries are kept
Troubleshooting	Clear the app cache if the app does not update after updates
Delete data	Delete tracking data, MoodCards data or all data irreversibly (with confirmation)

On Android, you can explicitly enable Google Backup. App data can then be stored in your Google account's backup. You initiate manual JSON backups, exports and sharing yourself and choose the destination or recipient. In the Android app, backup and JSON exports open the share menu, where you choose where the file goes.

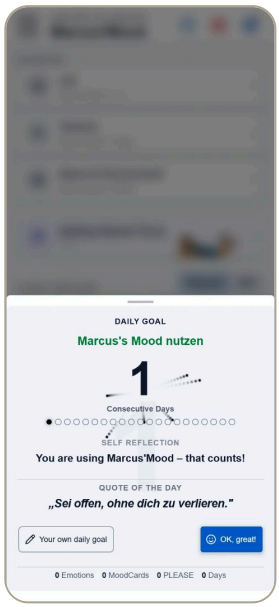
Emotions

Under **Manage Emotions** you switch individual feelings on or off, mark favorites, choose the feelings for the chart evaluation and decide which feelings appear in the MoodCards – with the switch, the star, the chart icon and the checkbox next to each feeling. A search helps you find them; **Restore Default** resets the selection. Tracking and MoodCard data are kept. In standard mode you pick the view with **Plutchik | DBT** to the right of the search field; in fixed Plutchik or DBT mode you only see the matching one. The Plutchik view shows the 8 basic emotions in the order of Plutchik's wheel, then **Opposite emotions** and **Additional emotions** (divided into **Intensity levels**, **Mixed emotions**, **Complex emotions** and **Cognitive emotions**), and finally **Specific states**. The DBT view shows all DBT emotions by Linehan family, then **Other emotions** and the states. There you can hide any emotion except the lead emotion – it then no longer appears in its family and stays unchanged in Plutchik mode – or mark it as a favorite; favorites apply in both modes.

CHAPTER 9

Daily Goal

The daily goal encourages you to use the app every day through a short self-reflection.



Daily Goal

How it works

1. Every day – from the second app start on – the app asks you: **"Did you reach your daily goal yesterday?"**
2. You answer with one of five options (e.g. "Yes, quite easily", "Partially achieved", "No, unfortunately not")
3. If you succeed, a **streak** builds up – shown as colored dots

Features

- **Streak counter**: shows how many days in a row you have reached your goal
- **Quote of the day**: a daily motivational quote (97 different quotes)
- **Your own goal**: define a personal daily goal instead of the standard goal (mood tracking)
- **Pause**: pause the streak for up to 3 days (e.g. on holiday)
- **Statistics**: overview of tracking days, PLEASE entries and MoodCards

> 💡 **Tip:** You can configure or deactivate the daily goal under **Settings → Usage → Daily goal**.

CHAPTER 10

PLEASE Factors

Your PLEASE entries add separate self-care guidance. They do not change the skill recommendations for your feeling.

FACTOR	QUESTION
Ill or in pain today?	No, Treated or Untreated
Sleep last night	Five levels from "Very bad" to "Very good"
Self-care	Tick: hydrated, ate, breaks
Substances (24h)	Tick: alcohol, THC, other or none
Exercise today	Yes or no
General mood	Five levels from "Very bad" to "Very good"
Stressors	Free text, e.g. argument, deadline, worries

From your answers the app calculates a **PLEASE value**: each unfavorable answer counts one point – illness or pain that is not treated, bad or very bad sleep, nothing ticked under self-care, substances used, no exercise, bad or very bad mood. From **one** unfavorable factor (illness, sleep, self-care, substances or exercise) on, the app shows the note "Strained today" with a matching self-care skill below the skill recommendation, and from **three points** on also a warning symbol. The recommendation for your feeling stays the same.

> 💡 PLEASE factors are saved per day in the **Quick Check (PLEASE)**. It opens by itself in the summary as long as you haven't answered for today, and you can open it again in the summary and in the Fast Track summary. Tapping a selected answer again clears it. Nothing is preselected: a rating only exists once you answer at least one question – saving without an answer counts as skipping. You choose which factors are asked under **Settings → Usage → PLEASE factors**.

CHAPTER 11

Emergency Function

The emergency window **Help & emergency** opens:

- **whenever you want**, via the red life ring at the top of the home screen or in the menu,
- **automatically during mood tracking** when you choose a very high intensity level (from 85 %) or a very low one (up to 5 %) – for every feeling,
- **automatically in MoodCards** when you state that you feel a feeling **right now** and that it is **escalating** for you.

The window shows:

- a calming message
- your **personal emergency contact** (if you have entered one in the settings)
- **crisis lines matching the app language**, for example:
  - English: Samaritans (UK & Ireland) 116 123, 988 Lifeline (USA) 988
  - German: Telefonseelsorge Germany 0800 111 0 111, TelefonSeelsorge Austria 142, Die Dargebotene Hand Switzerland 143
  - Spanish: Línea 024 (Spain) 024
  - French: 3114 (France)
- the **emergency number** 112 (UK: 999, USA: 911)
- **Other countries**: the directory findahelpline.com with crisis lines worldwide

> 💡 **Tip:** Enter your emergency contact under **Settings → Usage → Emergency contact**.

CHAPTER 12

Privacy

Local Data Storage

Your entries stay on your device. Only with your explicit permission is data sent to your chosen AI provider or, on Android, to Google Backup. We do not receive your entries.

Optional Encryption

Encryption is optional. Enable it under Settings → Data → Data Encryption. The app automatically loads an available key at startup; your password is needed when the key is unavailable. In a browser the key is stored in the browser profile and does not protect against someone with access to that profile. A 12-word recovery phrase is provided.

AI Voice Analysis (optional)

You decide whether to use AI analysis and which provider receives your data for it. Optional AI requires your own API key. The selected provider's terms and any charges apply.

Backup, export and sharing

On Android, you can explicitly enable Google Backup. App data can then be stored in your Google account's backup. You initiate manual JSON backups, exports and sharing yourself and choose the destination or recipient.

No Accounts

The app works entirely without an account or login. No email addresses, names or other identifying information are collected.

Deleting Data

Use Settings → Data → Delete data to remove entries or all app data. "Clear app cache" does not remove saved entries. Clearing app data in device or browser settings can remove local entries; back up important data first.

Privacy Policy

Your entries may allow conclusions about your health. That is why there is a complete privacy policy: in the app under **About Marcus'Mood** → **Privacy Policy** and online at

marcusmood.vercel.app/en/privacy-policy. The information given there is binding.

> **Note:** Marcus'Mood is not a medical or therapeutic application and does not replace professional advice or treatment. In a mental health crisis, please contact a professional or your local emergency number.

CHAPTER 13

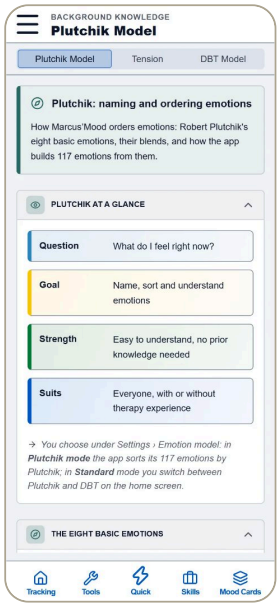
Background Knowledge

In the app you find **Background Knowledge** with the tabs **Plutchik Model**, **Tension** and **DBT Model**.

Plutchik Model

Marcus'Mood is based on **Robert Plutchik's model of emotions** (1980). This model defines **8 basic emotions** that can mix like colors:

BASIC EMOTION	OPPOSITE
Joy	Sadness
Trust	Disgust
Fear	Anger
Surprise	Anticipation



Plutchik Model

Combining two basic emotions creates more specific feelings (dyads):

- **Joy + trust** → love
- **Disgust + anger** → contempt
- **Fear + surprise** → awe

117 feelings and states with a customisable selection, plus 34 feelings from Linehan's lists in DBT mode. The app combines Plutchik's model, DBT and its own distinctions.

How the app classifies an emotion: every emotion has three independent features. Its **type** describes how it is built: basic emotion, intensity level, mixed emotion (from two basic emotions), complex emotion (from three), opposite emotion, cognitive emotion or state. The **mode** tells you where to find it: Linehan also names 67 of the 117 emotions, so they appear in

both modes; 34 more exist only in DBT mode. **Reactive** means an emotion about an emotion, such as guilt after fear; the app then tends to suggest self-compassion and acceptance. More under **FAQ** ("How does the app classify an emotion?").

DBT Mode vs. Plutchik Mode

	PLUTCHIK MODE	DBT MODE
Basic emotions	8 (according to Plutchik)	10 emotion families (according to Linehan)
Emotions	Joy, trust, fear, surprise, sadness, disgust, anger, anticipation	Fear, disgust, joy, sadness, anger, love, shame, guilt, jealousy, envy
Number of feelings	117	101 from Linehan's lists, 34 of them only in DBT mode
Grouping	By Plutchik components	Lead feeling and feelings from Linehan's list
Recommended for	Theoretical understanding	Therapeutic use

PLEASE Value

The PLEASE value counts how many of your PLEASE factors are unfavorable today (see PLEASE Factors). Only answered factors that are activated in the settings count.

- **From 1 point** the app shows self-care guidance; low mood alone does not trigger it.
- **From 3 points**: the app also shows a warning symbol.

The skill recommendation itself is still based on feeling and intensity. The idea behind it: if you slept badly or hardly ate or drank anything, you are more susceptible to strong feelings and need different strategies than on a stable day.

Marcus'Mood – Version 2026 · Local entries · No app account needed

A feeling that has a name is no longer a fog.

WIE FÜHLST DU DICH?
Marcus'Mood

Mood journal with skill suggestions: name the feeling precisely, see your history, get matching DBT skills suggested.

Website marcusmood.vercel.app/en
Web app marcusmood.netlify.app

MARCUS'MEND
DBT SKILLS & WORKSPACE

Practice space for DBT skills: choose a skill, phrase it for your own situation, take away a script you can say.

Website marcusmend.vercel.app/en
Web app marcusmend.netlify.app

DBT MANUAL NAVIGATOR
Marcus'Mind

DBT reference: understand and compare skills and find the right next step – across all four modules.

Website marcusmind.vercel.app/en
Web app marcusmind.netlify.app/en



Marcus on YouTube

Marcus explains DBT skills there in short videos – to go with practising in the app.

Channel youtube.com/@MarcusModus-DBT

Marcus'Mood · Manual

Last updated 13 October 2026