WIE FÜHLST DU DICH?
Marcus'Mood

PRODUCT OVERVIEW

How do you feel?
And what do you do with it?

Marcus'Mood turns a vague feeling into a named state, the named state into a suitable skill — and many entries into a pattern you had not seen before.

Info page marcusmood.vercel.app/en

PROGRESSIVE Web App

GET IT ON Google Play



Last updated 13 October 2026

English

ORIENTATION

At a glance

WHAT	A **mood diary with skill recommendations**, based on Dialectical Behavior Therapy (DBT) after Marsha Linehan and on Plutchik's model of emotions
FORM	Installable web app (PWA) and native Android app — both **without an account**, entries stay on the device; all features are currently free
FEELINGS	**117 feelings** in 9 groups: Plutchik's 8 basic emotions and states — in **DBT mode** arranged by Marsha Linehan's 10 emotion families, with 34 additional feelings from her DBT lists
SKILLS	**286 skills**, 117 of them DBT skills, recommended by feeling, intensity and reactivity; PLEASE adds self-care guidance
REVIEW	Entries, calendar heatmap, charts, trends, weekday patterns, PLEASE correlation, times of day — with interpretations, rule-based or by AI, and a PDF progress report for therapy
TOOLS	Exercises, guided audios and distraction for the moment, plus “Help & emergency” with crisis lines and a personal contact you can add
LANGUAGES	Deutsch · English · Español · Français · Русский, plus four colour schemes and adjustable font size
NOT	Not a medical device, not a substitute for diagnosis, therapy or crisis care

Contents

1 What Marcus'Mood is built for

2 Naming feelings precisely

3 Recorded in thirty seconds

4 From feeling to a suitable skill

5 Seeing patterns instead of guessing

6 Tools for the moment

7 Data, AI and limits



What this document is — and what it is not

It shows what Marcus'Mood can do and why the app is built the way it is. It is deliberately *not* a click-by-click manual: you learn to use it faster in the app itself, which comes with eight Getting Started Tours and its own tutorials section.

The cat comments wherever a feature has a professional reason behind it.

CHAPTER 1

What Marcus'Mood is built for



You feel something. But which feeling is it — and what do you do with it?

“I'm not doing well today” is not a finding, it is a fog. As long as the state has no name, you can neither place it nor influence it — and by the evening you no longer know whether the day was really bad or just the last half hour.

Most mood apps answer this with five smileys. That is quick, but it does not get you any further: between “annoyed”, “hurt” and “overwhelmed” lie three different causes and three different ways out.

Marcus'Mood is not a diary you write in. It is a tool that answers you.

Three steps that build on each other

NAME	Choose the right one from 117 differentiated feelings — with intensity, function and typical escalation pattern.
ACT	From 286 skills, the app recommends those that could suit this feeling and this intensity; how you are doing today adds a self-care note.
UNDERSTAND	After a few weeks, progress, heatmap and weekday patterns show what repeats — and what it depends on.

Who it is for

IN DBT THERAPY	Apply skills between sessions, document your progress and bring it to the session as a PDF progress report.
THERAPISTS	No access of their own needed — the benefit comes from what clients bring: progress, statistics, assessment results. The report contains no diagnostic labels and explains to professionals how the app classifies emotions.
EMOTIONALLY CURIOUS	Not just feeling emotions but understanding them: Plutchik components, triggers, facial features, reactive chains.
DATA-MINDED	Recognise patterns in your own daily rhythm and make physical influences such as sleep and exercise visible — without a wearable.

CHAPTER 2

Naming feelings precisely

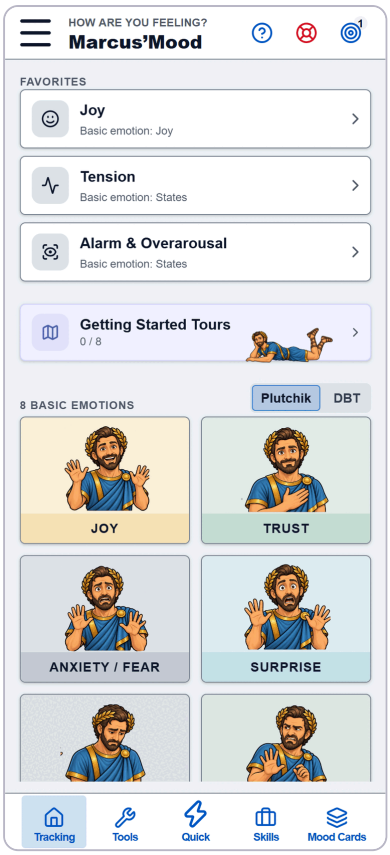


If you can name a feeling precisely, you already have half a hold on it.

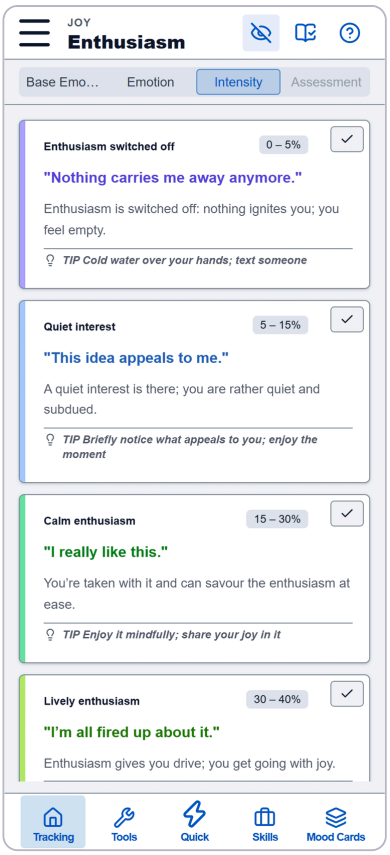
Choosing feeling and intensity is the core function — everything else depends on it. It is based on Robert Plutchik's model of emotions (1980) and can be switched to DBT mode with the emotion families after Marsha Linehan.

Choosing in three steps

First the **basic emotion** from eight tiles (plus states such as tension), then the **specific feeling** from the list of mixtures, then the **intensity**. Three taps, and the state has a name and a measure — the basis for the skill recommendation and for every later review.



Step 1: Basic emotion. Eight tiles, favourites at the top. The switch on the right toggles between Plutchik and DBT.



Step 3: Intensity. Each level with percentage, description, quote and colour — 3, 6, 10 or 20 levels, as you prefer.

Eight basic emotions that mix

Plutchik describes eight basic emotions that combine like colours. **Joy + trust** becomes love, **disgust + anger** contempt, **anticipation + joy** optimism. These mixtures — dyads — and complex feelings made of three basic emotions (jealousy combines fear, anger and sadness) are why the app knows 117 feelings instead of eight.

DBT mode for therapeutic work

If you work with DBT, switch to the ten emotion families after Marsha Linehan: fear, disgust, joy, sadness and anger from the Plutchik model plus **love, shame, guilt, jealousy and envy**. Each of the ten tiles opens a family: the lead feeling at the top, below it the feelings Linehan lists for it; the tile “Other emotions” collects the remaining ones from her lists. 34 of these feelings exist only in DBT mode.

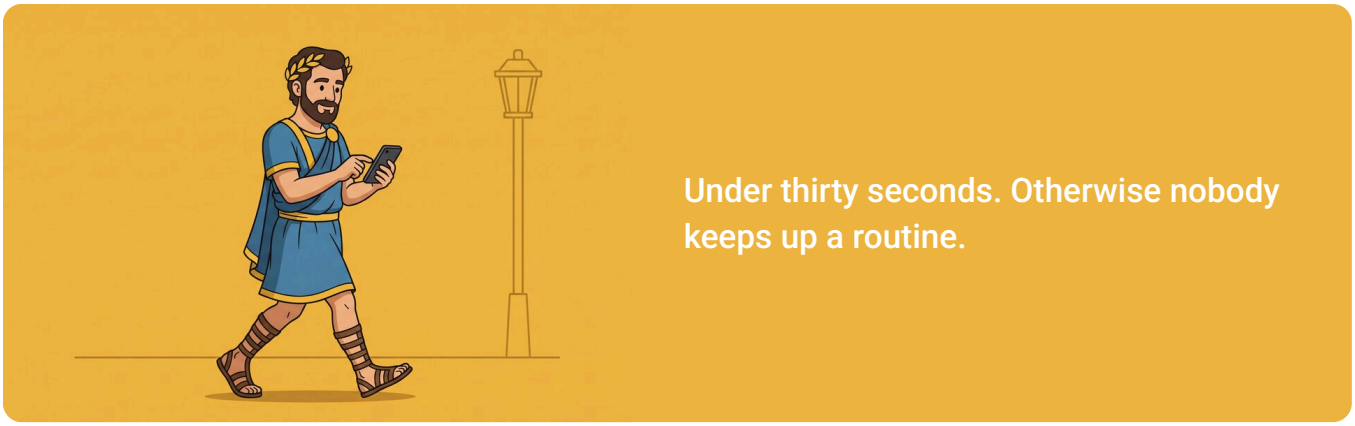


Why four intensity scales and not one

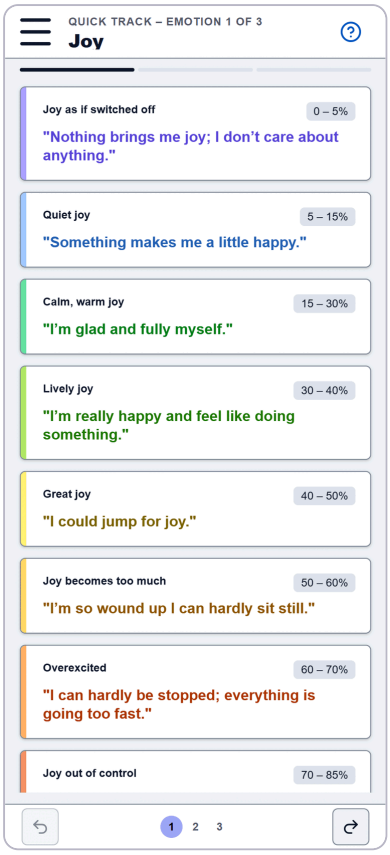
Because precision and staying power work against each other: 20 levels are precise but take time every time; 3 levels take two seconds but lose the gradations by which you can see progress. So you choose yourself – start coarse, get finer once the routine is in place.

CHAPTER 3

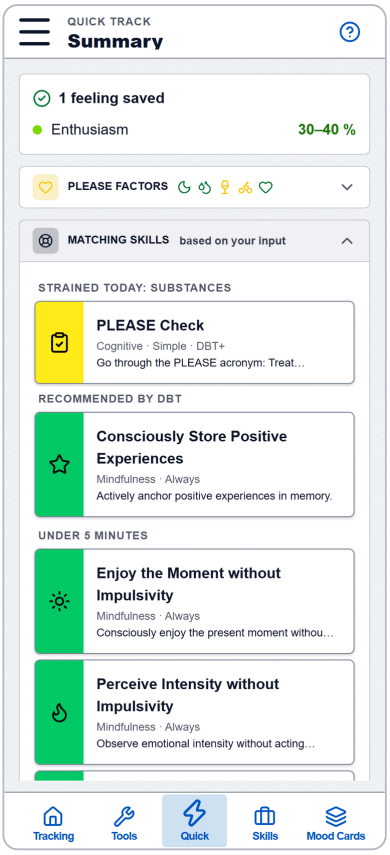
Recorded in thirty seconds



A mood diary is only useful if you keep it. That is why there are two ways through tracking: the full one for moments when you have time — and the short one for all the others.



Fast Track. Feeling and intensity in one step, with a description for each level — three questions instead of four views.



Summary. The day's PLEASE factors and the matching skills, saved together with the entry.

Two ways

The full way leads through feeling, detail view (optional) and intensity to the summary with the **PLEASE factors** and matching skills; if you are in a hurry, you can save right on the intensity card. **Fast Track** skips the detail view and explanations – favourite feelings come first, so the three or four states that occur for you are recorded in two taps.

Making it a routine

DAILY GOAL	One question in the morning: Did you reach your daily goal yesterday? Five possible answers; you can define your own goal.
STREAK	Days in a row as coloured dots. For holidays or illness, the streak can be paused for up to three days.
REMINDERS	Push notifications at times and on weekdays of your choice.

CHAPTER 4

From feeling to a suitable skill



The feeling is recorded. Now the app knows which skill fits.

This is where Marcus'Mood differs from ordinary mood diaries: tracking is not an end in itself but the input for a recommendation. **286 skills** are available, 117 of them DBT skills; you can add your own.

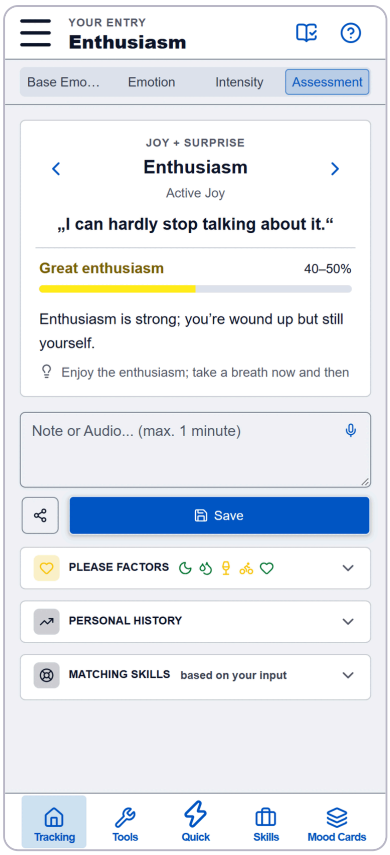
What shapes the recommendation

FEELING	Which feeling was recorded? Anger needs different skills than shame.
INTENSITY	At 20 % a thought prompt may fit; at very high tension the app shows only skills that work right away.
REACTIVITY	If it is a reactive feeling, the app tends to suggest self-compassion and acceptance. It combines several recorded feelings.
CHECK THE FACTS	In DBT mode a card asks, after Linehan: “Does the emotion fit the situation?” — then problem-solving or Opposite Action.

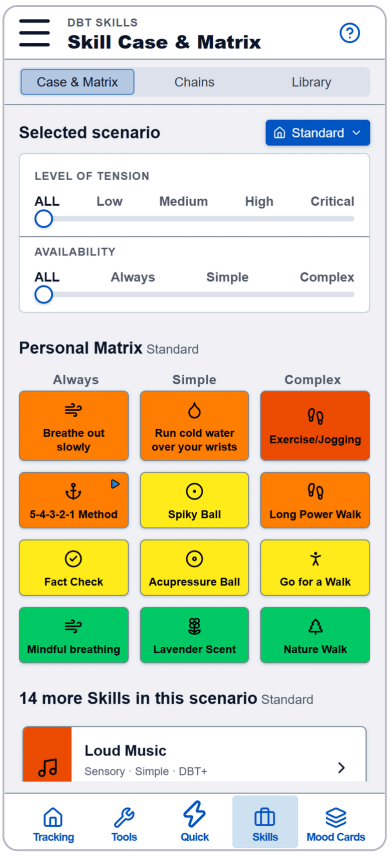
PLEASE and the PLEASE value

PLEASE is a DBT concept: illness or pain, eating, substances, sleep and exercise affect how resilient you are today. The app asks six short questions on this — from “Ill or in pain today?” to your mood — and counts how many of them are unfavourable today: the PLEASE value. The recommendation for your feeling stays the same; a self-care note appears below it.

From one unfavourable point on, “Strained today” appears below the recommendation with a matching self-care skill (low mood alone does not trigger it), and from three points on also a warning symbol.



Recommendation in the summary. Matching skills right with the entry, sorted by suitability.



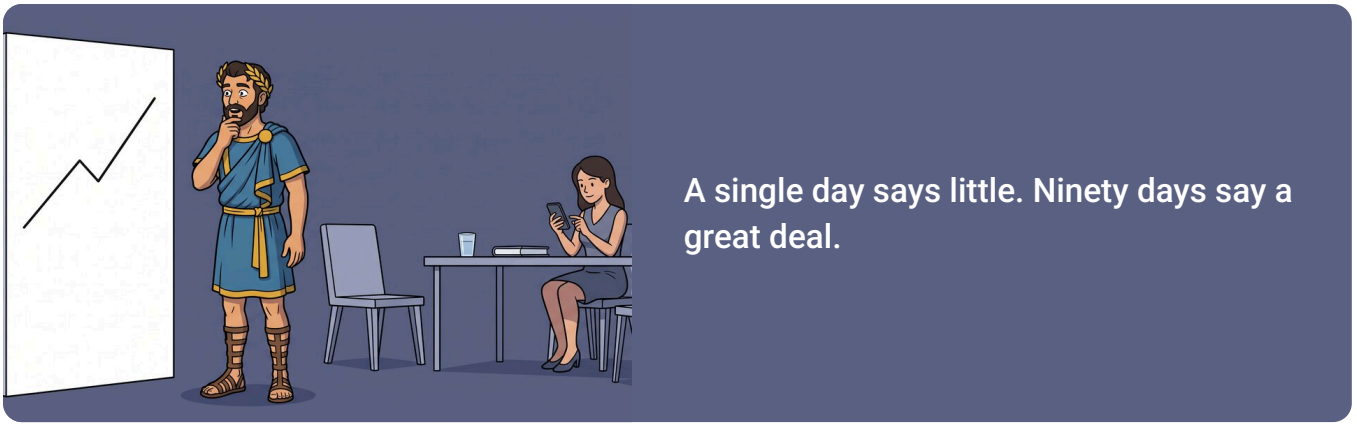
Personal Skill Matrix. Your own crisis plan, arranged by tension and effort.

What you can create yourself

- **Your own skills** — agreements from therapy that are not in any standard library.
- **Skill matrix** — a 4×3 grid by tension level and availability: what works right away, what takes effort.
- **Skill chains** — two to five skills in a row as a programme, for recurring situations; up to nine chains.
- **Scenarios** — up to five matrices for different situations in life, switchable; preset are Standard, Work and Home.

CHAPTER 5

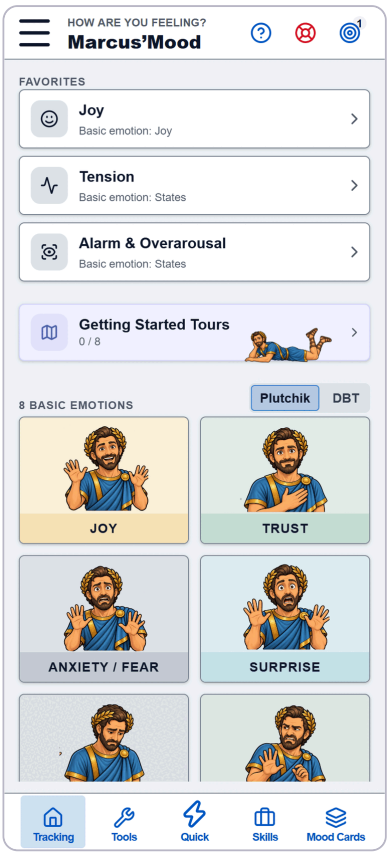
Seeing patterns instead of guessing



The real value does not come from recording but from looking back. Several reviews show the same data from different angles — the most important ones come with an interpretation, rule-based or by AI.



Charts and weekday patterns. Up to six feelings as lines, below them the average per weekday.

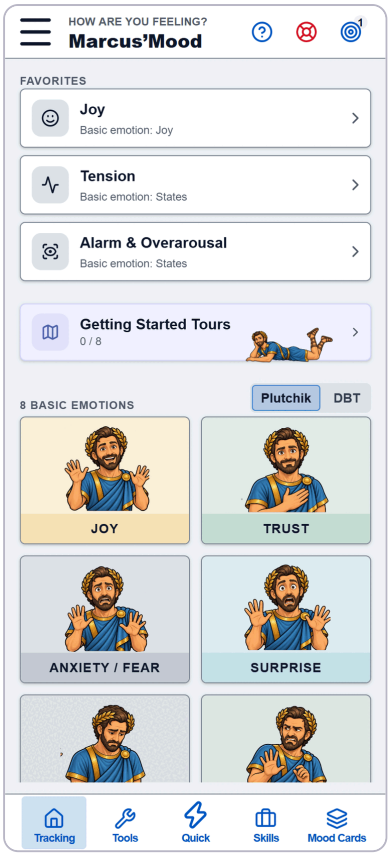


Daily peaks and calendar. Your strongest feeling per day, 13 weeks as a grid, below it the month in detail.

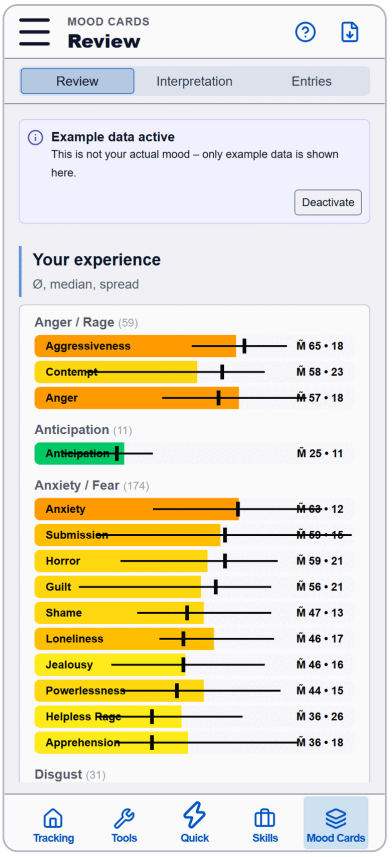
MoodCards: looking deliberately

Daily tracking records what is there right now. MoodCards also turn your attention to feelings you notice less often in everyday life: a card shows a feeling at one intensity level, and you deliberately rate **how often** you experience it, **when** you last did and **how strongly** compared with the card. The app then gives feedback on the level it has identified. Each level of a feeling comes up once per round — so the data per feeling become comparable.

From many ratings grows a baseline mood profile with weighted statistics per basic emotion. A feeling only counts from five rated cards on, and below 200 of your own ratings the personal interpretation shows clearly labelled sample data instead of a profile.



Rating a card. Frequency, recency and intensity — the feeling's name and description are on the card.



Baseline mood profile. Weighted statistics per basic emotion from all your ratings so far.



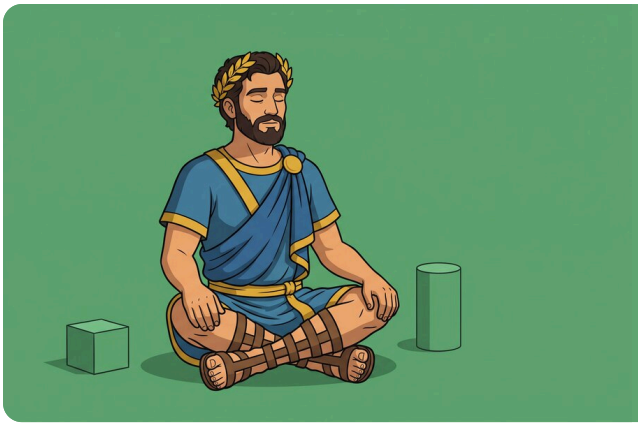
Why the app stays silent when data is thin

Because a profile from twenty ratings is not a profile but a snapshot claiming to mean something. This is exactly where most self-tests fail: they always deliver a result, even when the data does not support one.

Marcus'Mood marks this state visibly and does not dress it up. That is unsatisfying — and right.

CHAPTER 6

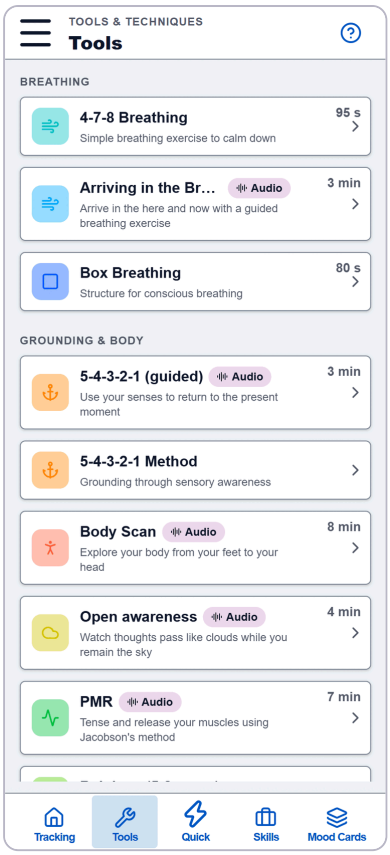
Tools for the moment



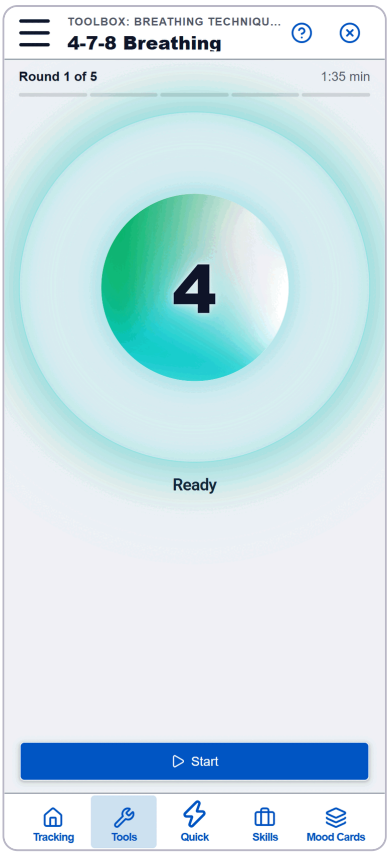
Sometimes what you need is not analysis but four seconds of breathing out.

Reviews help later. For right now there are exercises that work without preparation — most of them are distress tolerance skills from DBT. In the Android app, a light vibration marks breathing changes and the end of an exercise – and can be switched off.

EXERCISE	WHAT FOR
4-7-8 Breathing	Four seconds in, hold for seven, eight out — the long exhale can help you calm down.
Box Breathing	Four times four seconds in a square. Quick, discreet, possible anywhere.
5-4-3-2-1 Grounding	See five things, feel four, hear three, smell two, taste one — to arrive in the here and now.
Rainbow Exercise	Seven colours, seven tasks: a mindfulness exercise with a progress bar.
Guided audios	Body Scan, Progressive Muscle Relaxation and more exercises to listen to, playable right in the app.
Binaural Beats	Five frequency ranges from Delta to Gamma, 5 to 30 minutes. Only useful with stereo headphones.
Sudoku & “Name 10 things”	Cognitive distraction when calming down is not working right now.



Toolbox. All exercises in one place, without a detour through a menu.

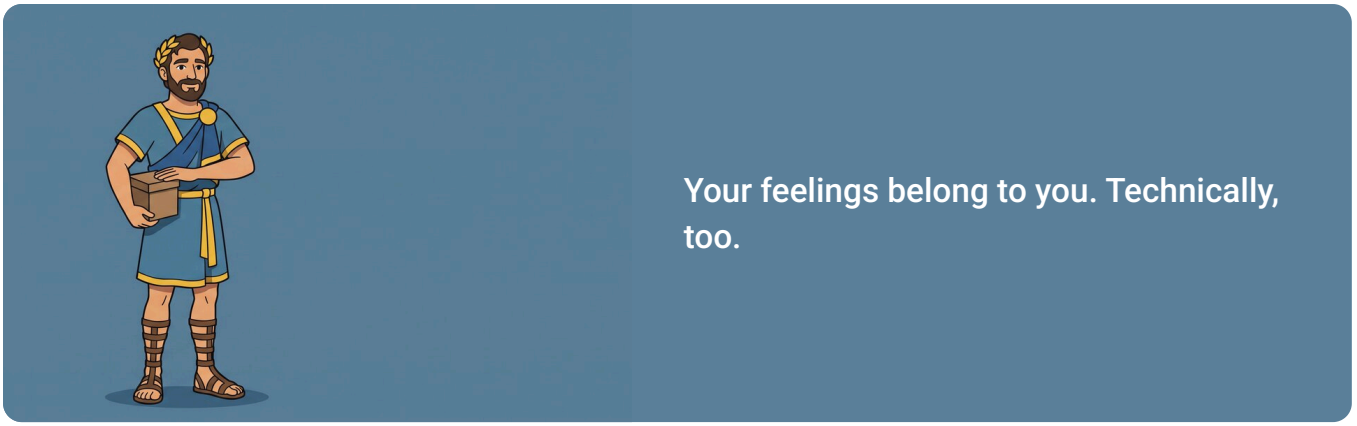


Breathing exercise. A circle that grows and shrinks with the phases, with a seconds counter.

When it gets acute. The red life ring on the home screen and in the menu opens “Help & emergency” at any time; at very high or very low intensity levels the app opens the window by itself: a calm message, your saved personal contact, crisis lines matching the app language — in English Samaritans (UK & Ireland, 116 123) and the 988 Lifeline (USA, 988), both free and around the clock — and the emergency number 112 (UK: 999, USA: 911).

CHAPTER 7

Data, AI and limits



Your entries stay on the device

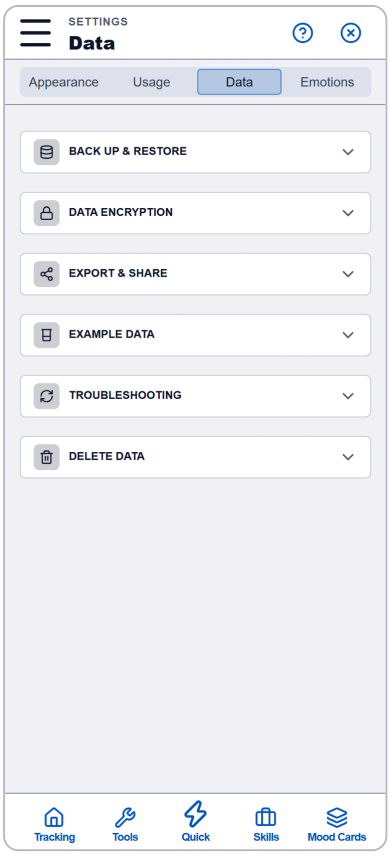
Marcus'Mood has no account, no server of its own and no cloud sync; we do not receive your entries. Your entries stay on your device. Only with your explicit permission is data sent to your chosen AI provider or, on Android, to Google Backup. There are no analytics services and no advertising partners.

Encryption, if you want it

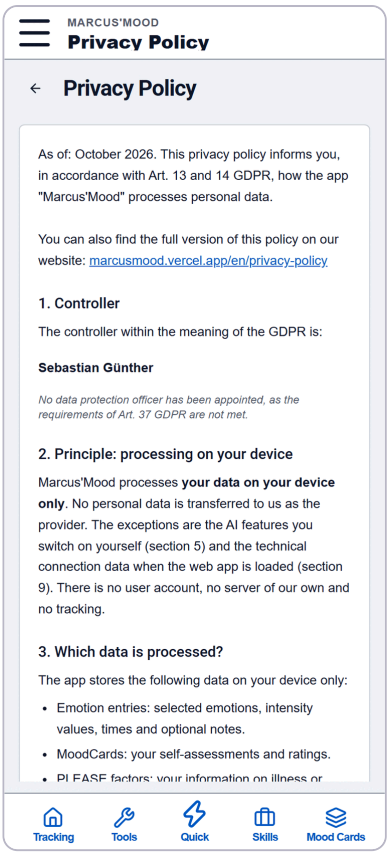
Under *Settings* → *Data* you can encrypt all your data with a password (AES-256-GCM with PBKDF2). The app then asks for it at startup. In case you forget it, there is a **12-word recovery phrase**.

The AI is optional — really

Six reviews can provide an AI interpretation. **The AI is off by default:** without your consent and your own API key (Google Gemini, Groq or OpenRouter), nothing goes to a provider, and every review has a rule-based mode without AI. So for every analysis you decide yourself whether data leaves the device.



Data & encryption. Export, import, password protection and recovery phrase in one place.



Privacy in the app. The full privacy policy can be read offline — it is in the app, not on a website.

Limits

Marcus'Mood is a tool for self-reflection and for practising DBT skills. It is **not a medical device**, makes no diagnosis and does not replace treatment. The AI interpretations are reading aids for your own data, not clinical findings. Whether a skill is the right one in your situation is up to you — and, where available, your therapist.

Back up, take along, show

PDF progress report for therapy (without diagnostic labels), MoodCards PDF, JSON backup for switching devices, Google Backup on Android only and only if you want it, import of older backups.

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

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Marcus'Mood

Mood diary with skill recommendations: name the feeling precisely, see your progress, get suitable DBT skills recommended.

Info page 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.

Info page 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.

Info page marcusmind.vercel.app/en
Web app marcusmind.netlify.app/en



Marcus on YouTube

The same character who guides you through this document explains DBT skills there in short videos — as a complement to practising in the app.

Channel youtube.com/@MarcusModus-DBT

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