A private place for CBT homework between sessions

ThinkGO is an iPhone and Apple Watch app with 20 guided self-help exercises based on CBT techniques (thought records, worry time, behavioural activation, exposure ladders and calm tools) that keeps your entries on your device and in your own iCloud, with no account and no ads.

What clients can practise

All 20 exercises, in the groups the app uses. Each one asks one question per screen and saves a draft as the client goes.

Thought work
Thought record, ABC record, Socratic questions, Double-standard

Activities
Activity monitoring, Activity scheduling, Behavioural experiment

Exposure
Fear ladder, Exposure practice

Beliefs
Downward arrow, Core belief log, Continuum, Responsibility pie

Worry and problems
Worry time, Problem solving, Cost-benefit

Daily
Coping cards, Daily mood check-in

Calm
Paced breathing, 5-4-3-2-1 grounding

How the PDF export works

1. **The client chooses what goes in**
   A date range or single entries, which exercises, and whether to add the mood and check-in charts.
2. **Adds a password, if they want**
   The file can be locked before it leaves the iPhone. A name on the cover is optional.
3. **Shares it their way**
   Email, AirDrop, print or Files, from the iPhone share sheet. Nothing is shared automatically.

What you receive

A PDF file. No account, no app and no dashboard for you, and nothing is sent to us.

Privacy

Entries stay on the client's iPhone and in their own iCloud. No account, no ads, no ad trackers.

Not a clinical tool

ThinkGO is a self-help tool based on CBT techniques for use between sessions. It doesn't replace a therapist, a doctor or a diagnosis.

Coming to the App Store in January 2027

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More at thinkgo.app/for-therapists/ · info@thinkgo.app