

Support: Feelings Wheel: Daily Journal

Welcome to the support page for **Feelings Wheel: Daily Journal**. We are committed to providing a private, science-backed space for your emotional well-being.

Contact Information

If you are experiencing issues with the app, have questions about your subscription, or want to provide feedback, please reach out to us directly:

- **Email:** karbabrendan@gmail.com
- **Response Time:** We aim to respond to all inquiries within 24–48 hours.

Frequently Asked Questions (FAQ)

1. How do I restore my Premium subscription?

If you have reinstalled the app or switched to a new iPhone, you can restore your purchase by:

1. Opening the app and navigating to the **Settings** tab.
2. Tapping **Upgrade Now** or **Restore Purchases**.
3. The app will communicate with the App Store to verify your previous subscription and unlock your features instantly.

2. Is my data private?

Yes. Your journal entries, check-ins, and notes are stored **locally on your device**. We do not have access to your data, and we do not store it on external servers. If you delete the app, your history will be permanently removed unless you have a device-level iCloud backup.

3. How do I cancel my subscription?

All subscriptions are managed directly by Apple. To cancel:

1. Open the **Settings** app on your iPhone.
2. Tap your **Name** at the very top.
3. Tap **Subscriptions**.
4. Find **Feelings Wheel: Daily Journal** and select "Cancel Subscription."

Troubleshooting Tips

- **App not loading:** Ensure you are running the latest version of iOS. Try force-closing the app and restarting your device.
- **Reminders not firing:** Check your iPhone Settings > Notifications > Feelings Journal and ensure "Allow Notifications" is enabled.

Medical Disclaimer

Feelings Journal is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. If you are in a crisis or experiencing a medical emergency, please contact 911 (US/Canada) or your local emergency services immediately.

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