

Getting started with Pragma, in three steps

Pragma is an AI couples therapy app in the sense people search for: a coaching tool for two, not therapy.

1. Each of you gets a private account

Download the app or start on the web and pick a coach. Pair with your partner using an 8-character code. One of you can start alone and invite the other later.

2. Fifteen minutes a day, by voice or chat

Each partner has a daily session with an AI coach. You describe one situation. The coach asks what happened before it, names the pattern, and ends with one thing to try tonight.

3. A program of 7 to 10 days, one task a day

The Practice offers 13 programs, such as The Six-Second Kiss and The Soft Startup. Each day has a task, a tip and a short reflection. The Blueprint shows your sessions, exercise days and recurring patterns over time.

What your partner sees

Your partner sees that you completed a session or an exercise day, never your words.

What it costs

\$19.99 a month, \$44.97 for three months or \$119.88 a year, per partner. The 7-day free trial starts on the web with no card.

Pragma, the AI relationship coach for two

A private 15-minute session a day for each partner, by voice or chat. 7 days free.

App Store: apps.apple.com/app/id6781943495 · Google Play: [search "Pragma AI couples"](#) · Web app: app.aicouplestherapy.app

Pragma is an AI relationship coach, not a therapist. It does not diagnose or treat. In the US, call or text 988 at any hour if you are in crisis.