

Therapist, AI coach, or both? A two-minute self-check

Tick every line that is true for the two of you. This is a guide, not an assessment.

A daily practice is enough to start if these fit

- ☐ We are mostly fine, but we have drifted apart.
- ☐ We bicker about small things.
- ☐ We feel more like housemates than partners.
- ☐ We can name the problem, and we both want it to change.

Start with a licensed therapist if any of these fit

- ☐ One of us has a mental health condition that needs care.
- ☐ There is trauma or a betrayal we cannot get past.
- ☐ We are stuck in a pattern we cannot interrupt on our own.
- ☐ We want a licensed clinician's assessment.

Ticks in both lists? Use both: a therapist for the harder work, and a daily practice between sessions.

Reach a trained person now if either of these fits

- ☐ There is abuse, or one of us does not feel safe.
- ☐ One of us is thinking about self-harm.

In the US, call or text 988 at any hour. The Domestic Violence Hotline is 1-800-799-7233.

Three questions for the first call with a therapist

1. Do you work with couples regularly?
2. What approach do you use?
3. Do you offer a reduced fee?

"Do you offer a reduced fee? Our household income is about X. We could manage about Y a session."

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.