

Grounded- a weed-quitting app

Positives	
Effective and Trackable	Many users find Grounded's tracking features helpful to monitor their progress and identify triggers. They appreciate the ability to track cravings, moods, and withdrawal symptoms.
Motivational and Supportive	Users find the app's motivational messages and community features encouraging. They appreciate the daily goals, achievements, and support groups available.
Easy to Use	Most users find the app's interface intuitive and user-friendly. They appreciate the clean design and simple navigation.
Comprehensive Features	Grounded offers various features beyond tracking, including mindfulness exercises, educational resources, and tips for quitting. Users find this comprehensive approach valuable.
Helps with Short Breaks	Some users appreciate that Grounded caters not only to quitting completely but also to taking breaks from cannabis use. This flexibility is valuable for various goals.
Negatives	
Limited Customization	Some users find the app lacks customization options, especially regarding reminders and notifications.
Occasional Bugs and Glitches	A few users report encountering occasional bugs and glitches within the app.
Limited Free Features	While the core tracking features are free, some users find the paid features essential for a holistic experience.

Could Use More Community Engagement	Some users feel the community features could be more active and engaging.
Needs Improvement for Specific Needs	Some users with complex needs or specific conditions find the app lacking in addressing their individual requirements.

I am sober

Positives	
Comprehensive Addiction Tracking	Users appreciate the app's ability to track various addictions beyond just alcohol, including drugs, gambling, and smoking.
Motivational and Supportive Features	The app offers daily affirmations, inspirational quotes, and a strong community forum, providing users with encouragement and support.
Detailed Statistics and Insights	Users find the app's detailed statistics and insights valuable for understanding their progress and identifying patterns in their recovery journey.
Personalization and Customization	The app allows users to personalize their experience with custom triggers, cravings, and mood trackers.
Helpful Resources and Activities	Users find the app's educational resources, including articles, videos, and mindfulness exercises, helpful for learning about addiction and managing their recovery.
Negatives	
Limited Offline Functionality	Some features, like the community forum, require an internet connection, which can be inconvenient for some users.
Subscription Model	While the app offers a limited free version, some users find the subscription fee necessary for accessing essential

	features to be expensive.
Focus on Individual Recovery	While the community is helpful, some users feel the app could benefit from more group activities and challenges to foster a stronger sense of connection.
Potential for Unrealistic Expectations	Some users report experiencing frustration due to the app's potential to create unrealistic expectations about the recovery process, which can be discouraging.

Quit Vaping:

Positives	
Simple and Effective Tracking	Users appreciate the app's straightforward interface that allows them to track their progress, cravings, and triggers easily
Motivational and Encouraging	Many users find the app's daily achievements, motivational messages, and progress charts helpful in staying motivated and on track with their goals.
Personalized Tips and Insights	Quit Vaping provides personalized tips, advice, and insights based on individual user data and progress, making the experience more tailored and effective.
Community and Support	The app offers a supportive community forum where users connect, share experiences, and offer encouragement to each other.
Gamification Elements	Some users find the app's gamification elements, like badges and rewards, engaging and motivating, adding a fun layer to the quitting process.

Negatives	
Limited Free Features	While the core tracking features are free, most users feel the paid features are necessary for a complete experience, including personalized plans and additional support resources.
Repetitiveness of Content	Some longtime users find the app's content and tips repetitive after a while, suggesting a need for more diverse and dynamic content over time
Lack of Tailoring for Different Vaping Habits	Some users feel the app could benefit from more tailoring to different vaping habits and dependencies, offering more specific strategies based on individual needs.
Emphasis on Quitting Cold Turkey	While effective for some, a few users feel the app could benefit from offering support for alternative approaches, like gradual reduction, to cater to a wider range of quitting preferences.

Days Since

Positives	
Simple and visually appealing interface	Users find the app's design clean, intuitive, and visually pleasing, making it easy to track progress and stay motivated.
Customizable countdowns for various goals	Users appreciate the ability to set countdowns for various goals beyond sobriety, including birthdays, holidays, or other personal milestones.
Motivational quotes and prompts	The app provides daily quotes and

	prompts to stay inspired and focused on achieving their goals.
Trackers for moods and triggers	Users find the optional trackers for moods and triggers valuable for understanding their emotions and identifying potential relapse triggers.
Shareable progress and achievements	The app allows users to share their progress and achievements with friends and family on social media, providing additional motivation and support.
Negatives	
Limited features in the free version	While the core countdown functionality is free, most users feel the paid features offer significant benefits, including reminders, widgets, and additional trackers.
Occasional syncing issues	Some users report occasional issues with syncing data across devices or encountering glitches within the app.
Limited customization options for notifications	Some users would appreciate more control over notification frequency and customization to better fit their needs.
Potential for repetitive content	Longtime users suggest the app could benefit from more diverse motivational content and prompts to avoid repetition.
Limited community features	While sharing progress is possible, some users feel the app could benefit from a more integrated and active community for support and connection.