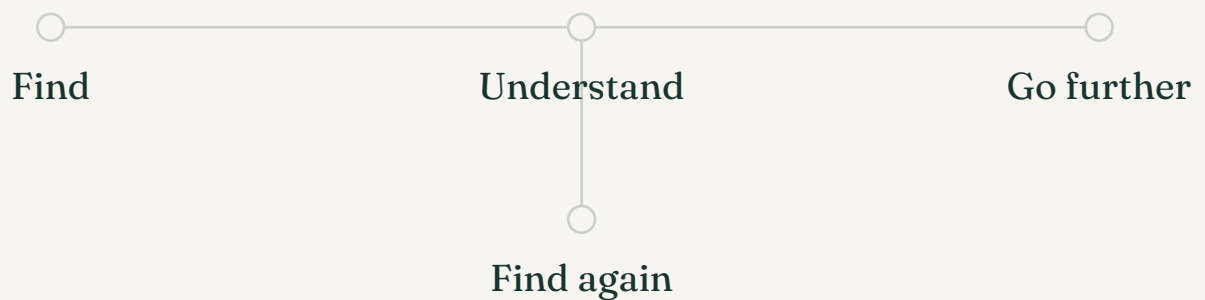




Find knowledge. Understand *connections.*

Your way through the app. With concrete steps, real screens and room for your own starting point.



At a glance

You can read the guide from the beginning or jump straight to your question. The chapter numbers match the table of contents of the web version.

01	Open the app and find a starting point	3
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A knowledge and orientation aid. Not a substitute for diagnosis, therapy or crisis care. In acute danger, call your local emergency number (112 in the EU).

Open the app and find a starting point

Marcus'Mind is a knowledge and orientation aid for Dialectical Behavior Therapy (DBT). You can look up terms, explore connections and read exercise guides. You do not need a user account.

01 Open the app

Open marcusmind.netlify.app/en/ in your browser. On Android you can also find Marcus'Mind on Google Play. On the website, “PWA – Progressive Web App” leads to the web app and “Google Play” leads to the Android app. Both open in a new tab.

02 Choose a way in

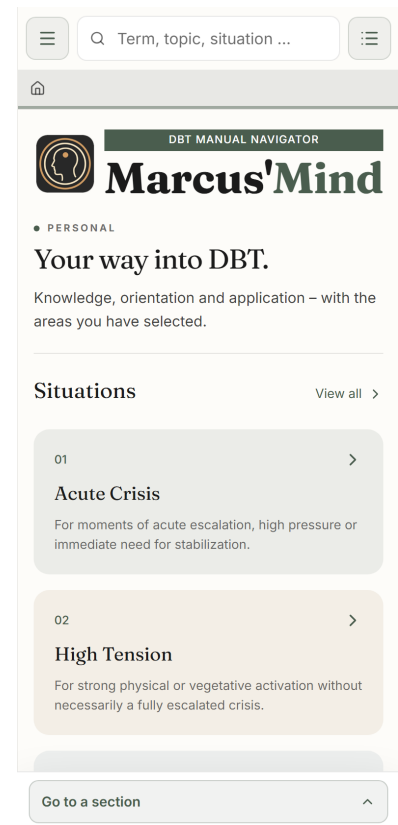
On the start page, “Start with my situation” leads to everyday starting points. Under “Get to know DBT” you begin with the basics. “Understand connections” opens topic areas; “Choose an exercise” leads to the exercises.

03 Open a piece of content

Tap the heading or the button of an entry. Read the explanation and follow a further link if you like. There is no prescribed order and no learning progress you have to complete.

04 Come back later

Mark interesting content pages with the star. You will find them again under “My bookmarks” on the start page. Chapter 8 explains the difference between bookmarks and lists.



English web app Redesign, September 2026

Good to know

This guide describes the current redesign of 23 September 2026. Depending on the installed app version, individual views may differ. The illustrations show the English web app on a narrow screen.

[Open the web app](#)

Finding your way around the interface

The header guides you through the app. On a smartphone, the menu, the search and the access to lists and bookmarks are particularly quick to reach.

01 Open the menu

Tap the menu icon with the three lines at the top left. The menu shows the DBT modules and the areas “Knowledge”, “Practice” and “Orientation”. Choose an entry to open that area.

02 Tell Knowledge, Practice and Orientation apart

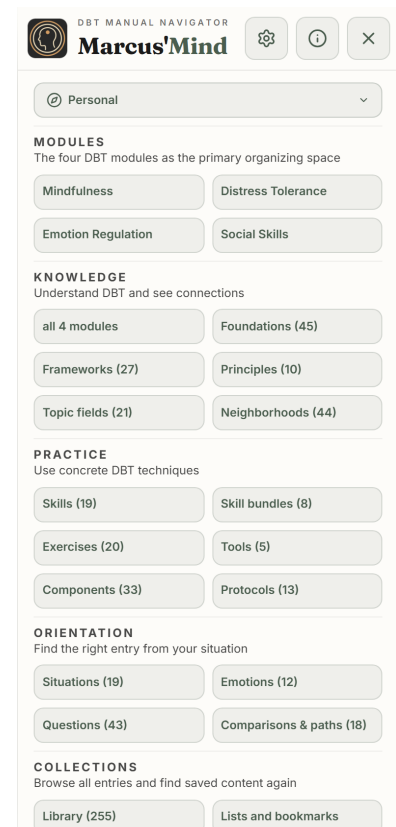
Under “Knowledge” you will find, among other things, foundations, topic fields and neighborhoods. “Practice” contains skills, skill bundles, exercises, tools and components. “Orientation” offers situations, questions and comparisons.

03 Get to the settings

At the top of the open menu you will find the gear icon for the settings. The information icon leads to “About the app”, where the professional sources are also listed. The “User guide” menu item opens the website outside the app.

04 Back to where you started

The path line below the header shows where you are. “Home” takes you to the start page. You can also use the back function of your browser. In the settings, “Back” returns you to the previous view.



English web app Redesign, September 2026

On large screens

The layout adapts to the available width. Content can sit side by side. The functions and names stay the same; for an overview, this guide mostly uses smartphone illustrations.

[Open the start page](#)

Start from your situation

You do not need to know a skill name. A situation or an everyday question can be the easier way in. From there, the app leads to explanations and related content.

01 Open situations

On the start page, choose “Start with my situation”, or choose “Situations” under “Orientation” in the menu. The start page also offers direct examples such as “Conflict with others”.

02 Choose a description

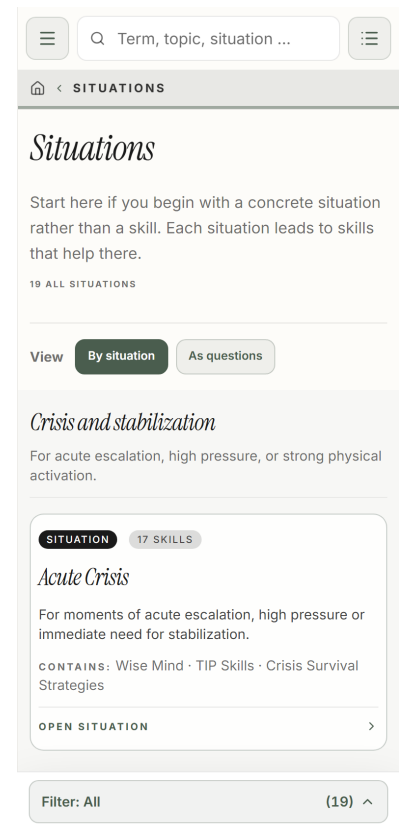
Open a situation whose description fits your question. The choice is for orientation. It is not a diagnosis and does not assess your personal state.

03 Look at the next content

Read the overview and the options offered. Open a linked skill, an exercise or a decision path. The label shows whether you are moving to an explanation, a resource or a comparison.

04 Search through questions too

Under “Situative questions” you can begin with an everyday question phrased in full. “Guiding questions” help you find your way around DBT knowledge, for example with “Which skill helps me first?”.



English web app Redesign, September 2026

The right expectation

The app organizes knowledge and possible next paths. It does not make individual treatment decisions. In acute danger, call your local emergency number; in the EU that is 112.

[Open situations](#)

Find a term or a topic

Search is helpful when you already have a word, a skill name or a topic in mind. The library also gives you an ordered overview of the content.

01 Use the search field

Tap the search field in the header. Enter a term, for example “DEAR MAN”. Wait for the results and open the entry that fits your question.

02 Play with the wording

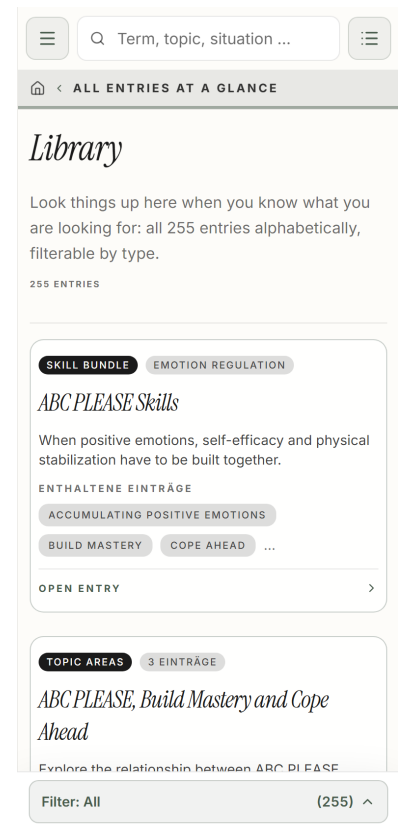
If you find nothing suitable, use a shorter term or the well-known skill name. DBT acronyms such as DEAR MAN, GIVE, FAST and TIP stay as they are in every language.

03 Open the library

Open “Library” in the menu. There you can browse by type of content and use the search and filter options on offer. Check for active filters if the selection is unexpectedly small.

04 Place content correctly

A skill is a single ability. A skill bundle combines several steps; components are its parts. Exercises and tools show practical approaches. Foundations and frameworks explain the knowledge behind them.



English web app Redesign, September 2026

When one word opens several paths

You do not have to commit for good. Open the explanation first and use its connections to place the term. A search can also lead to questions, situations or thematic collections.

[Open the library](#)

Read a content page

A content page connects the explanation with further ways in. Which additional sections are already expanded depends on your profile. The core explanation always stays accessible.

01 Start with the explanation

First read what the concept means. On longer pages, jump links such as “Explanation”, “Next step” and “Explore & connect” take you straight to the section you want.

02 Tell the next steps apart

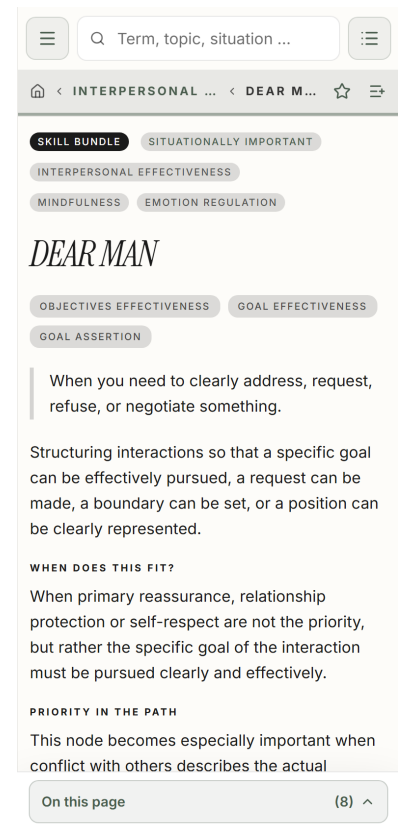
A button such as “View resource” opens a tool; “View exercise” leads to an exercise. “Open decision path” leads to an ordered choice. These links show different ways of moving on.

03 Explore a bundle

With DEAR MAN you can move from the whole format to individual parts such as “Describe” or “Express”. The single component explains one part; the bundle entry holds the overall context.

04 Go deeper and read the sources

Open additional sections via their headings. Depending on the content, you will find learning paths, comparisons, module references and sources. Not every piece of content has the same connections. Source notes within an explanation remain visible even when additional areas are collapsed.



English web app Redesign, September 2026

Overview or specific content?

“Module overview” leads to the overview of a DBT module. A link labeled with a name leads straight to that content. The two targets serve different purposes.

[View DEAR MAN](#)

Understand differences and connections

Similar terms are not automatically interchangeable. Marcus'Mind offers comparisons, decision paths, guiding questions, topic fields and neighborhoods as different aids to orientation.

01 Begin with a question

On the start page, use “Understand differences” or “Choose a next step”. In the menu you will find the shared overview under “Comparisons”. Choose a question that fits your concern.

02 Read the options and criteria

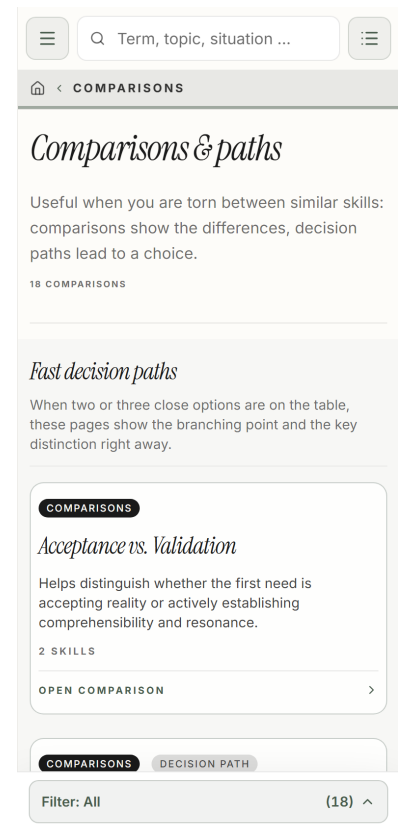
A specific comparison or decision page lists the options with their conditions. Read the differences first, then open the content you want to understand better.

03 Go deeper

Additional background texts and detail tables help with closer reading. Depending on your profile, they may be collapsed at first. The options and their necessary selection criteria stay visible.

04 Keep exploring a topic

Topic fields group related content. Neighborhoods show the professional context of a starting term. Use them when you want to learn more broadly rather than just tell two specific terms apart.



English web app Redesign, September 2026

No automatic recommendation

A decision path explains existing professional selection conditions. It does not record a personal medical history and does not replace an individual therapeutic assessment.

[Open comparisons](#)

Work with an exercise guide

In the redesign, dedicated exercise guides lead from reading to trying things out. They explain the working steps of a piece of content. They are not forms for entering or saving your answers.

01 Choose an exercise

On the start page choose “Choose an exercise”, choose “Exercises” in the menu, or follow an exercise link on a content page. One example is the “Check the Facts worksheet”.

02 Read the introduction

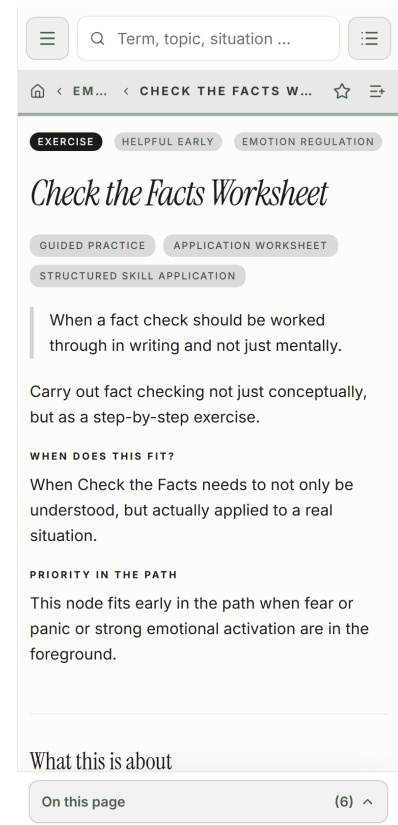
First read what the exercise is about. Also check the notes on prerequisites, limits and sources. If you are in therapy, you can discuss the choice and use of an exercise there.

03 Go through the guide

Follow the steps shown at your own pace. Use paper or a document of your own if you want to write something down. The app offers no fillable worksheet here and does not save exercise answers.

04 Find the content again

Set a bookmark or save the page to a list of your own. That way you can pick up the same guide later, even if your notes are somewhere else.



English web app Redesign, September 2026

Knowledge and practice space

Marcus'Mind explains content and procedures. Marcus'Mend, the sister app, offers a separate practice space for your own wording. The two apps are independent; your entries are not transferred automatically.

[Open exercises](#)

Remember what matters and find it again

A bookmark remembers a piece of content. A list collects several pieces of content for one purpose. “Lists and bookmarks” is the place to read your collections and the ready-made selections.

01 Set a bookmark

Open a detail page. Tap the star next to the path line; the action is called “Add bookmark”. The highlighted star shows that the content is remembered. Tapping again removes the bookmark.

02 Open My bookmarks

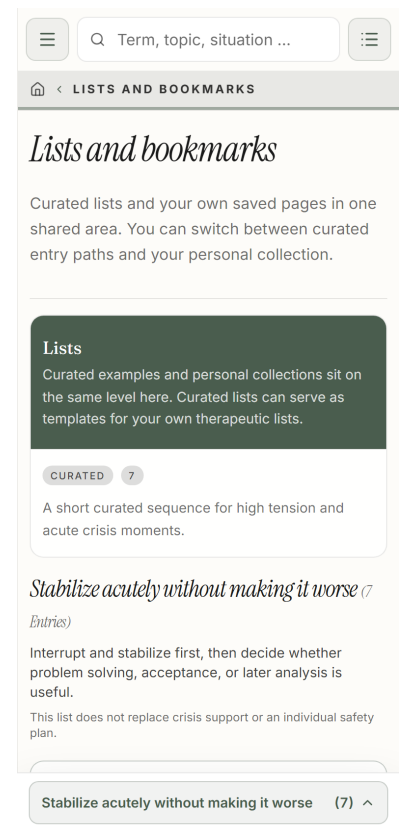
Choose “My bookmarks” on the start page, or open “Lists and bookmarks” via the header or the menu. There, choose “My bookmarks” in the list selection.

03 Read a curated list

Choose one of the ready-made selections, for example “Introduction to DBT skills training”. The list arranges content in a reasoned sequence. Open individual entries to read their full explanation.

04 Tell your own lists apart

Lists you created yourself also appear in the selection. Read their content here. To create, rename and remove them, go to “Settings” and open “Lists and bookmarks”.



English web app Redesign, September 2026

Stored locally

Bookmarks apply to this browser or this app installation. Another browser or device does not automatically have the same collection. Deleting the app or website data can remove the collection.

[Open lists and bookmarks](#)

Put together a list of your own

Lists of your own help, for example, when preparing a session or learning about a particular topic. You save references to existing content; you do not change the professional original texts.

01 Create a list

Open “Settings” and there “Lists and bookmarks”. Choose “New list”, enter a name such as “For the next conversation” and confirm with “Create list”.

02 Save from the content

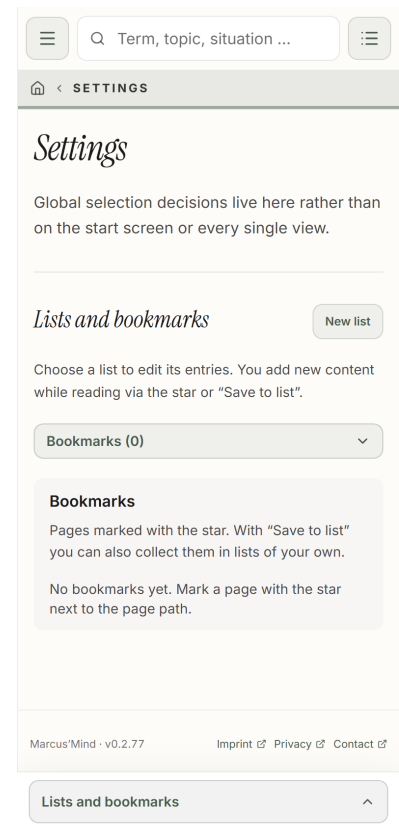
Open the content page you want and choose “Save to list”. Choose an existing list or create a new one. Confirm your choice. For simply remembering something, the bookmark star is still enough.

03 Edit the list

Under “Lists and bookmarks” you choose your own list. There you can rename it and remove individual entries. “Open list” takes you to the readable overview. Ready-made lists stay unchanged.

04 Prepare a session

“Prepare a session” can fill a preparation list from your current bookmarks. Read the confirmation: filling it again replaces the previous preparation with the current bookmarks. Before deleting a list of your own, think about whether you still need the collection.



English web app Redesign, September 2026

Delete a list and remove bookmarks

When you delete a list of your own, its collection and name are lost. Bookmarks you set separately are kept. The app asks before deleting.

[Lists and bookmarks in the settings](#)

Choose a profile and your personal view

Profiles change the focus of your view. They do not change the professional explanations and do not lock any content. Three profiles have fixed settings; “For myself” is your customizable profile.

01 Choose a profile

Open the settings and the “Profile” area. “Under stress” emphasizes situations and first steps. “For learning” puts modules and learning paths first. “For professionals” gives more weight to comparisons, connections and sources.

02 Use For myself

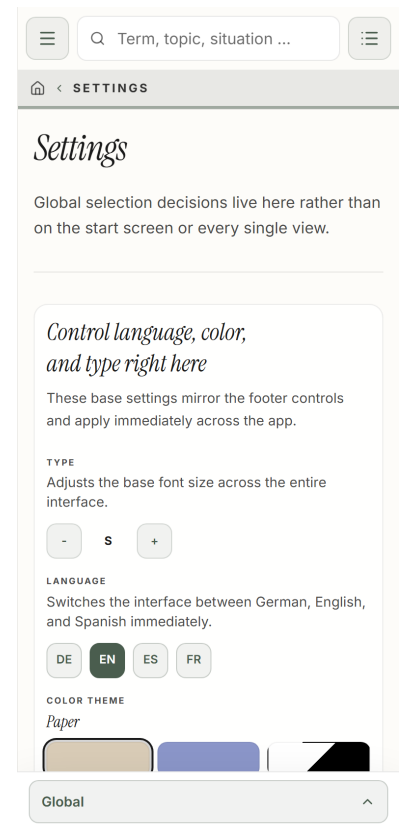
Choose “For myself” if you want to shape the view yourself. At first all functions are on and additional areas are open. You can also switch via the profile selection in the menu.

03 Adapt the start page

Open “My view”. Under “Start page” you decide which of the offered sections appear there. Without a check mark only the start page section is dropped; the area stays reachable through the menu.

04 Set how sections open

Under “Content pages” you decide whether additional exercises, learning paths, comparisons, connections and sources are open straight away. Without a check mark they start collapsed. The complete explanation, necessary guide steps and comparison options stay visible.



English web app Redesign, September 2026

Quickly see everything again

In “My view”, “Show all sections” and “Show everything directly” restore the complete personal view. The three fixed profiles are not changed by this.

[See the profiles](#)

Adjust readability and language

Under “Display” you adapt the app to your reading habits. The setting stays stored locally. Changing the display changes neither the content nor your bookmarks.

01 Open the display settings

Open “Settings” via the gear icon in the menu and choose “Display”. Here you will find the options for language, color theme and type size.

02 Choose a language

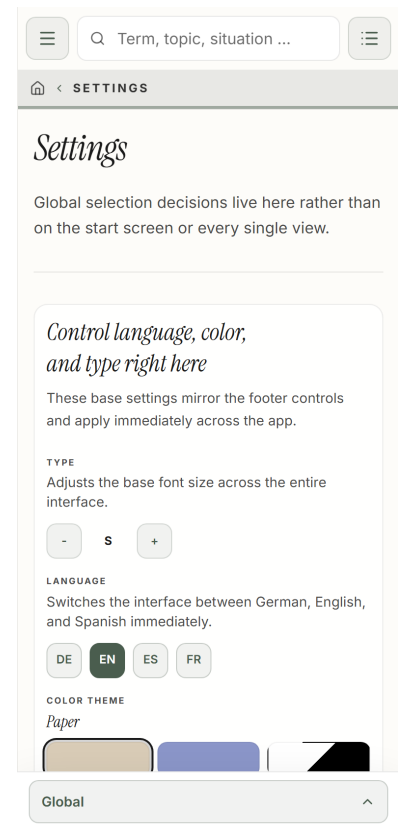
Choose the language you want from the options offered: German, English, Spanish or French. This guide describes the English names. The website and this guide are available in all four languages.

03 Adjust color theme and type

Choose one of the color themes offered and enlarge or reduce the type with the buttons provided. Afterwards check readability on a content page. At the end of the adjustable range, the button in question is disabled.

04 Return to reading

Use “Back” in the settings. If additional information is missing on a page, open the corresponding sections or check their opening behavior under “My view”.



English web app Redesign, September 2026

Settings apply on this device

Switching to another browser, to the Android app or to another device does not transfer your settings automatically. Set language, color theme and type size again there if needed.

[Open the display settings](#)

On the go, offline and with local data

Marcus'Mind can be used in the browser and as an Android app. Both ways work without a user account. Personal settings, bookmarks and lists are stored locally; there is no cloud synchronization of its own.

01 Install on Android

Open the Google Play link on the website or search for Marcus'Mind on Google Play. Install the app through the store. You also receive updates there. This guide describes the current redesign; a store update may arrive later than that.

02 Add the web app to the home screen

Open the web app, not the information website. If your browser supports installation, use “Install app” or “Add to home screen” in the browser menu. The exact wording depends on device and browser.

03 Check offline availability

The Android app contains its app files. The web app caches files; so not every piece of content you have never opened is automatically available offline. Open the pages you need beforehand and check them in airplane mode. External websites and store downloads need a connection.

04 Handle local data with care

Deleting website data or the Android app storage, or uninstalling, can remove bookmarks, lists and settings. The app offers no automatic cloud restore here. Note down important links outside the app before changing devices.

If a page does not load

Check your internet connection and reload the page. If only an external link is affected, its provider may be the cause. If problems persist, use the contact option on the website and state the page, device, browser and the error you observed. Do not delete local data hastily.

Website and app are separate

The information website is at marcusmind.vercel.app, the web app at marcusmind.netlify.app. The website does not read your local app data. Hosting and external services process technical connection data in line with the privacy policy.

[Android app on Google Play](#)

Sources, limits and the sister apps

Marcus'Mind aims to make knowledge accessible and its origin traceable. This user guide explains the interface. It is not itself a DBT training manual and not a therapeutic guide.

01 Read the sources on the content

Open the source notes on a content page. The details help you trace the origin and context of a concept. Further reading does not replace the explanation of the specific app function.

02 Open About the app

The information icon in the menu leads to "About the app". There you will find the professional context, the source books and further references. Among others, the app draws on Linehan's DBT Skills Training Manual and Handouts and Worksheets as well as the workbook by McKay, Wood and Brantley.

03 Tell the sister apps apart

Marcus'Mood supports naming feelings and recognizing your own patterns over time. Marcus'Mind opens up knowledge and connections. Marcus'Mend offers a practice space for skills and your own wording. The apps are independent and do not synchronize their data automatically.

04 Report questions or errors

Use "Contact" in the footer of the website for usage questions, error reports or professional feedback. Describe the content concerned and the steps that led to the problem. Do not send any health data. The contact form is not a crisis or emergency channel.

Limits of the service

Marcus'Mind is not diagnosis, therapy or crisis care, and not an official app of the authors named. Being guided by professional literature is no proof of the clinical effectiveness of this app. In acute danger, contact your local emergency number; in the EU, 112.

Status of this guide

Written from the redesign of 23 September 2026, app version 0.1.75. The version name alone does not reliably tell older builds apart; the views shown here are what counts. The guide is maintained separately from the app code.

[Contact on the website](#)