PRAGMA · AICOUPLESTHERAPY.APP

Best AI couples therapy apps 2026: six apps compared

Every app here is a coaching tool, not therapy. Prices change often, so check each app's own page before you pay.

APP	BEST FOR	BUILT FOR	AI COACH?	VOICE?	COVERS	PRICE	METHODS NAMED
Pragma	Couples who want one short practice they both do	A 15-minute daily practice for two	Yes, three coaches	Voice or chat	Each partner has their own account	$19.99 a month or $119.99 a year, per partner	Gottman, EFT, CBT, NVC, attachment, positive psychology
Figlet	A partner working through the pursue-and-withdraw pattern	Text coaching built on EFT, with an assessment	Yes	Chat	Solo, or both partners on Team Us	Solo from $19.95 a month; Team Us from $34 a month	EFT
Lasting	Couples who prefer a curriculum to a conversation	Self-paced sessions and courses for two	No	No	One subscription for two	Premium from $11.99	Not named on the listing
Paired	Couples who are doing well and want a light touchpoint	Daily questions, quizzes and courses	No	No	One subscription for two	$14.99 a month; annual offers from $39.99	Expert-written content
Lainie	Talking a situation through before you raise it	Advice chat for one person	Yes	Chat	One person	$7.99 on the App Store, with a $19.99 Lainie Pro purchase	Not named
Regain	Couples who need clinical help and can budget for it	Online counseling with a licensed therapist	No, a human therapist	Video, phone, chat	One fee for both partners	$60 to $90 a week, billed every 4 weeks	Depends on the therapist

Regain is not an AI app. It is the comparison point for licensed help online. Pragma is our app.

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.