Existential Thinker — Native App Privacy Policy

Effective November 21, 2026. Operated by Erick Alan Flores. Privacy contact: assist@existentialthinker.com.

Scope

This policy describes the current Existential Thinker app for iPhone, iPad, and Mac, including its local reflection tools, optional nearby sharing, and optional support email. The app is intended for people aged 9 and older. The app and all its features are free. It does not describe a website or an online account service.

Information on your device

The app saves journal answers, their creation and update dates, prompts, reflection collections, and a reflection profile containing recommended collections and a completion date in a local database on your device. If you choose to record audio, the recording is stored on your device. Optional transcription is processed on your device. You may also import writing from files you choose; the app reads those files on your device. It also saves local preferences such as welcome completion, reflection pace, whether reminders are enabled, and question-list position. These records support writing, browsing, searching, editing, and showing your recommendations. Reflection Finder calculates recommendations on your device; it does not send your answers to an AI service or server.

On-device title suggestions

When you request a title suggestion on a device with Apple Intelligence available, the app uses Apple's on-device model to generate a title from your entry text and any available voice recording transcripts. This processing stays on your device and does not send your writing, recordings, or transcripts to a server. You choose whether to use, edit, or ignore the suggested title.

Optional Apple Journaling Suggestions

On supported iPhone and iPad devices, Apple's system picker displays Journaling Suggestions. The app receives details only from a suggestion you choose to share. The app can use those details, such as a place or a song title, to suggest an editable entry title, show a writing prompt, or display a temporary photo preview. The photo preview is not saved as an attachment. A title you keep becomes part of the entry when you save it. You can manage Journaling Suggestions in your device settings.

Optional Apple Health logging

On iPhone and iPad, if you grant permission, the app saves the start and end times of active reflection intervals to Apple Health as Mindful Minutes when you save a new reflection. The app requests permission to write Mindful Minutes only. It does not read Health data or send journal text, prompts, or recordings to Apple Health. The developer does not receive those times. You can change the app's permission or delete recorded minutes in the Health app.

Collection and sharing

The current app has no online accounts, developer-hosted database, advertising, tracking, analytics SDK, or payment processing. It does not automatically transmit your journal content or reflection profile to the developer, and the developer cannot read your local journal through the app. The app does not sell your local reflections or share them with advertising services.

Optional nearby sharing

Your profile → Nearby sharing pairs your devices once by comparing a verification code and approving on both. Paired devices then automatically exchange saved journal entries, associated audio recordings, and prompt context over encrypted local connections whenever the apps are available nearby, without visiting the sharing screen again. Keep the iPhone or iPad app open; it reconnects when you return. The Mac app can keep sharing while you use other apps. Transfers do not use iCloud, an online account, or a developer server. This device stores its signing identity and trusted device keys in the device-local Keychain, and saves your automatic-sharing preference locally. Discovery advertises a generic label and a device-key fingerprint. Only cryptographically authenticated paired devices can share automatically. Turn off Nearby sharing or forget a device in Your profile. The other device keeps its own copy; deletions remain local. Local deletion receipts prevent deleted writing from returning. Edits update the same entry across paired devices; independent conflicting edits are preserved as separate versions. The latest reflection profile is shared. Reminders and other settings are not transferred.

Sharing entries you choose

Use Share Entry for one saved entry or Share in selection mode for multiple entries. You can share written entries, audio entries, or entries that contain both. The app prepares the selected entries on your device and opens the system share sheet. The shared content can include written responses, their prompts when present, and playable copies of voice recordings. You choose the receiving person, app, or service. That destination may keep or forward copies under its own policies.

Exports and restores you choose

Your profile → Your data → Download my data creates a ZIP on your device. It contains an HTML copy of your journal with playable copies of voice recordings, a printable PDF with recording filenames, and the journal data and original recording files used for restoration. The journal data includes entries, prompts, reflection collections, personal journals, and saved reflection profiles. To restore the journal and its recordings, choose the original ZIP in Import my data. You choose where to save the ZIP through the system file picker. Saving it to iCloud Drive or another cloud file provider may upload it under that provider’s settings and policies. Exporting leaves the originals in the app. Anyone you give the ZIP to may be able to read or listen to its contents.

Device backups and security

Local storage does not mean that data can never leave your device. Depending on your settings, Apple device backups or computer backups may include app data. The app does not provide its own cloud sync or backup service. Device-level backup and restoration are controlled by Apple or your backup provider. The app’s journal ZIP export and restore work on your device. Protect your device and exported files; this app does not provide a separate journal passcode or promise end-to-end encryption.

Optional reflection reminders

Optional reflection reminders are local notifications scheduled on this device. Alerts stay off until you choose Enable reminders; selecting a reflection pace alone does not enable them. Enabling requests notification permission if needed. Once a week schedules Sunday at 6 p.m.; twice a week schedules Sunday and Wednesday at 6 p.m., in the device’s local time. Notification text is generic and includes neither journal answers nor collection names. You can turn reminders off in Your profile → Reflection reminders or change notification permission in device settings. Turning reminders off cancels this app’s pending reflection alerts and removes its delivered reflection alerts. No developer server is used to send these reminders.

Voluntary support email

If you are under 13, ask a parent or guardian to contact support for you. Contact Us opens your mail app with the selected topic and the text you enter. You can review, change, or cancel the message before sending. Journal entries and answers are not attached automatically. If you send an email, the support recipient receives your sender address, message, and anything you choose to add. Email providers process and store the message under their own policies. Only the operator accesses the support mailbox. The operator uses support messages to answer requests, investigate reported problems, and improve the product. The operator does not use these messages for marketing, testimonials, research, or processing with AI tools. Avoid including sensitive journal writing you do not want to share.

Retention and deletion

Local records remain until you remove them or delete the app's data. You can edit or delete journal answers in the app; deletion offers a brief Undo opportunity. Deleting an answer does not remove copies you already shared, exported, or backed up. To remove the app's local database and preferences, use Settings → General → iPhone Storage (or iPad Storage) → Existential Thinker → Delete App. Offload App keeps its documents and data. Manage exported files and backups separately with their storage providers. There is no online account to delete, and support cannot remotely delete your local journal. We keep support correspondence while a request is active or unresolved. When a request is resolved, or closed for nonresponse after a warning allowing 14 days to reply and no newer reply, we manually review and confirm the case before moving its received and sent messages to iCloud Trash. We also delete downloaded files stored in that case's designated folder. This routine does not automatically locate other separately saved or forwarded copies; those require separate handling. iCloud normally permanently erases messages in Trash after 30 days. We may retain the minimum information needed for an applicable legal obligation or dispute. Our cleanup cannot delete copies in your mailbox or provider-controlled backups. You can email the privacy contact to request deletion of support correspondence.

Optional yearly revisit notifications

Yearly revisit notifications are separate from weekly reminders and stay off until you enable them in Your profile. They use saved answer dates to schedule generic device-local notifications at 6 p.m. on the first anniversary. Notifications contain no answer text, prompt, or collection name. Tap a notification to open the dated A year ago section in Journal. Turn them off in Your profile to cancel pending and delivered yearly notifications. No developer server is used.

Privacy contact and changes

Erick Alan Flores operates Existential Thinker. For privacy questions or requests concerning support correspondence, email assist@existentialthinker.com. If the app's data practices change, we will update this policy and its effective date. The current policy is available in English at https://existentialthinker.com/privacy/ and Spanish at https://existentialthinker.com/es/privacy/.