

Category	App	Description	Neurodivergent support
Emotional Regulation	Animi	An emotional awareness application specifically dedicated to treating and improving alexithymia through somatic mapping.48	Acts as an interoceptive digital prosthetic. It assists users who cannot cognitively identify their emotions by allowing them to log physical, bodily sensations, systematically mapping those sensations to specific, identifiable emotional states.48
Emotional Regulation	Clear Fear	An application utilizing a CBT framework specifically designed to help users alter anxious behaviors and calm acute fear responses.93	Provides immediate, structured coping strategies during moments of high panic or sensory overwhelm. The incorporated "grit box" feature actively builds emotional resilience and redirects negative thought spirals in real-time.94
Emotional Regulation	How We Feel	A science-based mood journal, built with Yale researchers, that maps emotions on a highly visual energy/pleasantness matrix.51	The unique quadrant-based system provides a logical, non-abstract framework for naming complex emotions. Included one-minute video strategies assist neurodivergent individuals in processing these feelings, breaking cycles of emotional dysregulation.51
Emotional Regulation	Kinder World	A cozy, low-stakes wellbeing game focused on nurturing virtual houseplants through short, daily self-care exercises.57	Engineered specifically to be judgment-free and non-punitive, making it highly effective for individuals suffering from Rejection Sensitive Dysphoria (RSD). Gamifies mindfulness entirely without the anxiety-inducing mechanics of losing streaks.57
Emotional Regulation	MindDoc	A clinical psychology-based mental health companion facilitating mood tracking, journaling, and structured CBT courses.55	Aids in complex emotional regulation by tracking mood over extended periods to identify invisible triggers. Provides actionable, clinically-backed CBT strategies to manage the severe anxiety and depressive symptoms frequently comorbid with neurodivergence.55
Emotional Regulation	Molehill Mountain	An evidence-led app developed with Autistica specifically to help autistic adults understand and systematically self-manage anxiety.61	Features crucial autism-specific CBT modifications. Helps users track unique sensory and social anxiety triggers, providing a vital therapeutic tool that circumvents the intense social anxiety barrier inherent in traditional clinical therapy.61
Emotional Regulation	Moodnotes	A CBT-grounded mood tracker and journaling application designed to capture emotional states and identify thought patterns.64	Helps externalize the internal thought process to explicitly identify cognitive distortions and "thinking traps" common in ADHD and autism, facilitating the conscious development of healthier, more resilient psychological perspectives.64
Executive Function	CocoonWeaver	A private, offline voice-memo application that instantly records, transcribes, and spatializes audio notes into categories.23	Radically lowers the barrier to capturing fleeting thoughts. Voice-to-text functionality provides a frictionless brain-dumping tool for hyperactive minds, preventing the loss of vital ideas due to working memory deficits without breaking the user's flow state.23
Executive Function	Goblin Tools	A suite of AI-driven utilities including a task breaker (Magic ToDo), a tone interpreter (Judge), and a text modifier (Formalizer).12	Bypasses executive dysfunction by instantly converting vague tasks into step-by-step lists. The Judge and Formalizer act as crucial social translators, helping autistic users interpret neurotypical subtext and seamlessly mask their communications.13
Executive Function	Google Keep	A rapid note-taking application supporting checklists, voice memos, images, color-coding, and location-based spatial reminders.6	Offers extremely low-friction capture for impulsive thoughts. The sticky-note interface and color-coding logic appeal directly to visual thinkers, providing an uncluttered, immediate space for managing ideas before working memory fails.6
Executive Function	Inflow	A science-based ADHD management program featuring educational CBT modules, an AI coach, and live coworking focus rooms.21	Moves beyond basic task tracking to provide clinical education on neurobiology. The virtual "body doubling" focus rooms provide the critical social accountability necessary for many ADHD individuals to initiate and sustain difficult work.21

Executive Function	Notion	An AI-powered, highly customizable workspace designed for note-taking, complex task management, databases, and structural project organization. ¹	Acts as a digital "second brain" for massive cognitive offloading. The flexibility of its databases allows users to create tailored structural systems that perfectly mirror non-linear neurodivergent thinking patterns, bypassing the constraints of rigid, neurotypical filing systems. ²
Executive Function	Sunsama	A digital planner focused on mindful productivity, incorporating time-blocking, realistic goal setting, and daily reflection routines. ¹¹	Prevents the chronic burnout commonly experienced by neurodivergent professionals. By enforcing guided daily planning and shutdown rituals, it forces users to acknowledge realistic capacity constraints rather than overcommitting. ¹¹
Executive Function	TickTick	A comprehensive task manager integrating to-do lists, calendar sync, habit tracking, and an embedded Pomodoro timer. ⁹	Consolidates disparate productivity tools to prevent app-switching distraction. The built-in Pomodoro timer aids task initiation, while the unified calendar and Eisenhower Matrix features remove the executive burden of prioritizing overlapping duties. ⁹
Executive Function	Todoist	A highly streamlined task manager featuring natural language parsing, quick capture functionality, and cross-platform synchronization. ⁵	Minimizes the executive function load required to input a task. The frictionless quick-capture prevents working memory from dropping vital information, while the clean interface prevents visual overwhelm associated with complex planning tools. ⁵
Habit Building	Finch	A deeply engaging self-care application where completing real-world daily habits actively nurtures a virtual pet bird. ⁷⁰	Transforms mundane hygiene and tedious daily routines into an engaging narrative. The immediate positive reinforcement is highly effective for severe ADHD and depression, making task initiation rewarding rather than neurologically draining. ⁷¹
Habit Building	Forest	A gamified focus timer where navigating away from the application to check the phone causes a growing virtual tree to wither and die. ⁷⁴	Leverages a gentle form of psychological loss-aversion. It provides a striking visual incentive to overcome digital impulsivity, assisting users in building prolonged periods of uninterrupted concentration by penalizing distraction. ⁷⁵
Habit Building	Habitica	An application that gamifies real-life daily tasks and habits by transforming them into a retro Role-Playing Game (RPG) ecosystem. ⁶⁸	Provides intense dopaminergic stimulation by converting mundane to-do lists into experience points, avatars, and quests. Peer accountability mechanics leverage social motivation to enforce consistent habit completion. ⁶⁸
Habit Building	Study Bunny	A gamified focus timer wherein users earn virtual currency to purchase upgrades and accessories for a digital bunny companion. ⁶⁵	Artificially inflates the perceived value of non-preferred tasks (studying/working) by providing immediate, extrinsic dopamine rewards. This gamification makes initiating work significantly easier for chronically under-stimulated brains. ⁶⁶
Impulse Control	One Sec	A screen time intervention tool that intercepts app-opening actions, forcing users to undergo a brief deep breathing animation. ⁷⁶	Directly combats ADHD impulsivity and dopamine-seeking behavior. By introducing strategic friction, it interrupts unconscious habit loops, affording the prefrontal cortex the critical time required to regain executive control and abandon the distraction. ⁷⁶
Sensory Processing	Brain.fm	An auditory application utilizing neuroscience-backed functional music and specific amplitude modulation to enhance cognitive states. ⁵	Provides vital sensory modulation. The engineered soundscapes stimulate neural pathways associated with sustained attention, creating an auditory "cloak" that shields the distractible brain from unpredictable, disruptive environmental stimuli. ⁵
Sensory Processing	Speechify	An advanced text-to-speech application leveraging AI to read documents, PDFs, and web articles aloud with human-like voices. ⁸⁴	Considerably alleviates the cognitive fatigue associated with ADHD and dyslexia. By converting visual reading tasks into auditory processing tasks, it allows for physical movement while learning, maximizing comprehension and retention. ⁸³
Social Connection	Kaboose	A dedicated community platform engineered for autistic and neurodivergent individuals to connect based on shared specific interests. ⁸⁷	Directly addresses profound social isolation by providing a neuro-affirming space. It bypasses neurotypical social algorithms to foster connections based on Special Interests (SpIns) and facilitates neurodivergent-friendly employment matching. ⁸⁷

Time Management	Brili Routines	A visual planner and dynamic timekeeper built on ADHD clinical research, designed to execute daily routines sequentially. ⁴³	Transforms unstructured morning and evening routines into gamified, automated playlists. The dynamic visual clock constantly recalculates remaining time, mitigating time blindness and keeping the user anchored to the immediate task. ⁴³
Time Management	Countdown (Visual Timer)	A calming, visual, and entirely quiet timer engineered specifically to eliminate both visual and auditory distractions. ³⁴	Essential for autistic individuals or those with profound sensory processing disorders. By removing jarring alarms and ticking sounds, it provides vital temporal awareness without triggering sensory overload, panic responses, or transition anxiety. ³⁴
Time Management	Pomodoro Focus Timer	A highly customizable timer application utilizing the Pomodoro technique, integrated with strict app-blocking modes. ²⁹	Scaffolds fragile attention spans by fracturing daunting workloads into manageable, finite intervals. Integrated white noise helps mask environmental audio distractions, allowing users to enter and maintain a state of hyperfocus. ²⁹
Time Management	RoutineFlow	A routine builder specifically tailored for ADHD that strings discrete tasks together into a seamless sequence of linked timers. ⁴⁵	Eradicates the friction of transitioning between tasks by automatically triggering the next timer in a sequence. This provides essential structure and psychological momentum, particularly during complex, multi-step morning routines. ⁴⁶
Time Management	Structured	A visual daily planner that synthesizes disparate tasks, calendar events, and routines into one continuous, intuitive timeline. ³⁸	Radically reduces the overwhelm of traditional planners by visualizing the day as continuous blocks. Integrates AI to automatically break down monumental tasks into manageable sub-tasks, effectively neutralizing executive paralysis. ³⁸
Time Management	Tiimo (Adults/Teens)	A visual daily planner featuring an AI Co-Planner, embedded focus timers, and color-coded timelines, awarded 2025 iPhone App of the Year. ¹⁷	Uniquely designed by and for ADHD/Autistic individuals. It spatializes time to directly combat time agnosia, utilizes AI to deconstruct overwhelming tasks (circumventing executive dysfunction), and reduces cognitive load via calming, visual timeline topography. ¹⁷
Time Management	Timo (Kids)	A visual countdown timer that slowly reveals engaging images and provides short video rewards upon the completion of a timed duration. ³⁵	Specifically combats time blindness in neurodivergent children. Translates abstract time concepts into a highly visual, gamified progression, which drastically reduces the anxiety, stress, and meltdowns typically associated with task transitions and chores. ³⁵