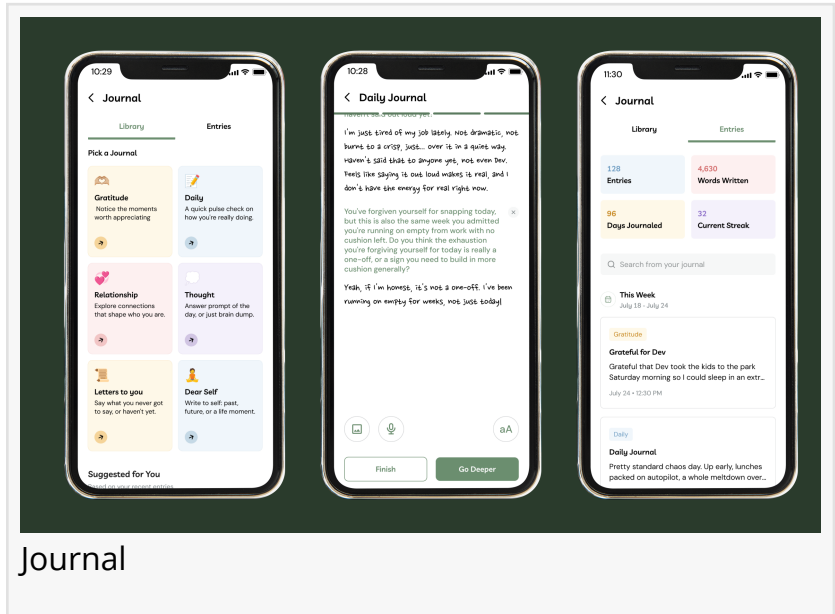


Renée Space Introduces AI Journaling: A Journal That Writes Back

Renée's journaling feature gives people a structured way to reflect daily, with ability to dig deeper.

TORONTO, ON, CANADA, September 5, 2026 /EINPresswire.com/ -- Journaling is one of the most consistently recommended tools in mental health care. It is used to process emotion, track mood over time, and build the kind of self-awareness that typically takes months of therapy to develop on its own. But it's hard to do consistently, because a blank page with no starting point feels impossible to return to.



Journal

Renée Space today introduces [AI Journaling](#), a new way to make journaling part of daily life. A person can write a full entry using guided journals, speak a voice note, or capture a single thought. With Dig Deeper, Renée reads the entry and responds, helping the person reflect on what they are feeling, asking relevant follow-up questions, and connecting new entries to patterns from earlier entries and conversations.

Curated Journal Types

Renée supports different ways of journaling, each designed for a different kind of reflection, including Daily, Thought, Relationship, Gratitude, Dear Self, and Letters to You.

A [daily journal](#) offers a short pulse check on how someone is doing. A thought journal is built for unpacking something that has been sitting with the person, unresolved. A relationship journal focuses on the people and connections that shape someone's life. A [gratitude journal](#) directs attention toward specific moments worth noticing. Dear Self and Letters to You give people a format for writing directly to themselves, to a future version, a past version, or someone they never said something to out loud.

Personalized Through Memory

Every journal type opens with its own set of questions, built for that specific kind of reflection, so

a person always has a starting point. From there, someone can choose to dig deeper and get a personalized prompt, generated from their own history, prior entries, prior conversations, so it reflects what is actually happening in that person's life rather than a template question. This is powered by Renée's psychological framework, informed by cognitive behavioral therapy, Internal Family Systems, and narrative therapy, which treats each entry in the context of the person's history and surfaces a recurring pattern across their writing.

Personalized Journal

Renée Space was built to support people through anxiety, burnout, loneliness, and depression. Journaling extends that same support to daily life. Clinical research consistently links regular self-reflection to improved emotional regulation and reduced anxiety over time, independent of whether a person is in active distress. Renée Space is designed to make that kind of regular reflection available any day, on the same platform someone already turns to during a harder one. The feature tracks a record of entries, words written, and streaks, giving each person a view of their own consistency over time. A tone setting adjusts the style of an entry, Witty, Dreamy, Punchy, Starry, so it matches one's personality.

Talk to your journal

Journaling with Renée is not limited to writing. A person can ask Renée directly what she has noticed across their entries, revisit and discuss a past entry, or move from a written entry straight into a live conversation with Renée. The journal and the conversation draw from the same memory, so someone can move between writing and talking without repeating themselves or losing context.

AI Journaling is available at no additional cost and no limit on entries or words, regardless of the subscription status. It is a fully free feature of Renée Space, available now at reeneespace.com/journal.

Grishma Rajput

Renée Space

hello@reeneespace.com

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