

















CBT or DBT

Which Therapy Plays Better With Your Brain?

Cognitive Behavioral Therapy (CBT) is based on a simple but powerful concept: your thoughts, feelings, and behaviors are interconnected. CBT focuses on identifying unhelpful or distorted thoughts, challenging those thoughts with evidence, and practicing new behaviors that reinforce more helpful thinking patterns.

Dialectical Behavior Therapy (DBT) is a spinoff of CBT. DBT keeps CBT's core idea (your thoughts, feelings, and behaviors are related), but adds in something major: validation and emotional regulation. DBT is built on Acceptance – validating your feelings without trying to change or fix them immediately & Change – learning new coping skills to manage distress, regulate emotions, and interact more effectively with others.

SYMPTOM / NEED	CBT	DBT
Anxiety spirals		
Intrusive thoughts		
Emotional dysregulation		
Executive dysfunction		
Meltdowns or shutdowns		
Need for structure and logic		
Sensory sensitivity or trauma		
High masking or people-pleasing		

Both therapies can be life-changing, but the key is fit. And in some cases? You can combine both!
A therapist who understands your brain is more important than the model they use.