CBT vs. Flourish: What ADHD Women Actually Need

A one-page visual comparing traditional CBT approaches with the Flourish neurodivergent-affirming model of care.

Standard CBT Focus	Flourish Approach
Restructure thoughts	Validate nervous system experience
Increase productivity	Reduce burnout, protect capacity
Break tasks into goals	Break shame cycles and build pacing
Focus on behaviors	Focus on environment, body, and context
Prioritize logic	Prioritize nervous system regulation and sensory needs
Often therapist-directed	Collaborative, self-honoring, adaptable