How is re-origin different from CBT or meditation?

Conditions and Effectiveness · https://www.re-origin.com/support/how-is-re-origin-different-from-cbt-or-medication

re-origin takes a different approach to supporting your brain and nervous system compared to CBT or meditation alone.

CBT (Cognitive Behavioural Therapy) primarily focuses on identifying and changing thought patterns. Meditation often helps with relaxation, awareness, and calming the mind. Both can be helpful tools.

Re-origin builds on these ideas but goes further by focusing on **neuroplasticity**—your brain's ability to rewire itself through repeated practice. The program combines multiple approaches, including visualization, somatic practices, and pattern interruption techniques, to help retrain how your brain responds to stress and symptoms.

Rather than working only at the level of thoughts, re-origin also works with the body and nervous system. This can be particularly helpful if you feel stuck in automatic responses like anxiety, fatigue, or heightened sensitivity that don't shift with thinking alone.

Another key difference is the structured, step-by-step program and the support available. Alongside the practices, you'll have access to a community, coaching, and accountability tools designed to help you stay consistent over time.

Many people choose to use re-origin alongside approaches like CBT or meditation, rather than replacing them.

Can I do re-origin alongside CBT or meditation?

Yes. Many members combine re-origin with other approaches. The tools can complement each other and support your progress in different ways.

Is re-origin better than CBT or meditation?

Not necessarily better, just different. It offers a more integrated approach that includes brain retraining, nervous system regulation, and behavioural support.