BUILDWITHSEB

Chat vs Cowork vs Claude Code

Which Claude should you actually use?



THE BIG IDEA

Same brain. Different hands.

All three run on the same Claude models — what changes is where it lives and what it can do for you.

Claude Chat

WEB + MOBILE APP

A conversation. You ask, it answers. Great for thinking, drafting and quick tasks.

Claude Cowork

DESKTOP APP

An agent for everyday work. Give it a goal — it works through your files and hands back finished output.

Claude Code

TERMINAL / IDE / APP

An agent for developers and power users. Builds software, runs commands, automates workflows.

Claude Chat

The conversational one. You type, Claude answers, ideas, drafts, answers and one-off files. You steer as you go.

LIVES IN: WEB + MOBILE

USE IT FOR

- Brainstorming hooks, titles and content ideas
- Writing and editing scripts, posts and emails
- Quick research and “explain this to me” questions
- One-off documents and quick artifacts

Claude Cowork

The agent for everyone. Point it at your files, describe the outcome, and it plans the steps and delivers finished work. No terminal needed.

LIVES IN: DESKTOP APP

USE IT FOR

- Organising, renaming and sorting messy folders
- Turning transcripts and notes into polished docs
- Research projects with a finished report at the end
- Spreadsheets, decks and multi-step admin work



Claude Code

The power tool. An agent that reads whole codebases, writes and runs code, and automates workflows on a schedule. Built for developers and tinkerers.

LIVES IN: TERMINAL + IDE + APP

USE IT FOR

- Building apps, features, scripts and websites
- Fixing bugs and refactoring across a codebase
- Custom automations that run while you sleep
- Anything involving git, APIs or the terminal

SIDE BY SIDE

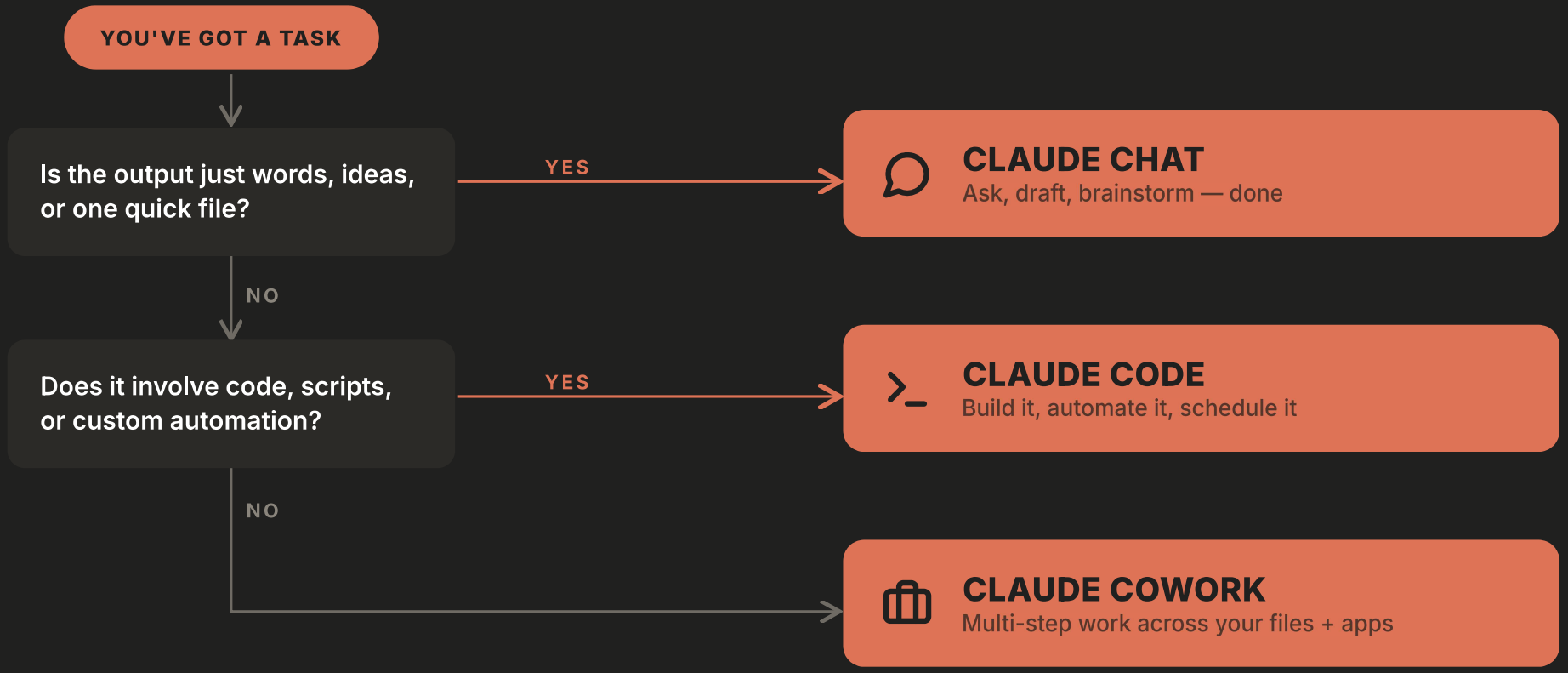
At a glance

	Claude Chat	Claude Cowork	Claude Code
BEST FOR	Thinking, drafting, quick answers	Multi-step work across files and apps	Code, builds and custom automation
YOU GET	A conversation you steer	Finished work, delivered to you	Software + workflows that run themselves
MADE FOR	Everyone	Non-technical doers	Developers + power users

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THE SIMPLE DECISION RULE

Which one should I use?



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TL;DR

Remember it like this

Words, ideas, one quick file	→ **Claude Chat**
Multi-step work across your local files + apps	→ **Claude Cowork**
Code + custom automation	→ **Claude Code**

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