	Process Builder	Visual Workflow	Workflow	Approvals
Complexity	Multiple if/then statements	Complex	A single if/then statement	A single if/then statement
Visual designer	✔	✔		
Browser support	All (Chrome recommended)	All (Safari not recommended)	All	All
Starts when	• Record is changed • Invoked by another process	• User clicks button or link • User accesses custom tab • Process starts • Apex is called	Record is changed	• User clicks button or link • Process or flow starts that includes a Submit for Approval action • Apex is called
Supports time-based actions	✔	✔	✔	
Supports user interaction		✔		
Supported Actions				
Call Apex code	✔	✔		
Create records	✔	✔	Tasks only	Tasks only

Invoke processes	✔			
Delete records		✔		
Launch a flow	✔	✔	✔ (Pilot)[1]	
Post to Chatter	✔	✔		
Send email	✔ (Email alerts only)	✔	✔ (Email alerts only)	✔ (Email alerts only)
Send outbound messages without code			✔	✔
Submit for approval	✔	✔		
Update fields	Any related record	Any record	The record or its parent	The record or its parent

Invoke processes	✔			
Delete records		✔		
Launch a flow	✔	✔	✔ (Pilot)[1]	
Post to Chatter	✔	✔		
Send email	✔ (Email alerts only)	✔	✔ (Email alerts only)	✔ (Email alerts only)
Send outbound messages without code			✔	✔
Submit for approval	✔	✔		
Update fields	Any related record	Any record	The record or its parent	The record or its parent