

## INTRODUCTION (≈ 1 دقيقة)

### ⌚ Attention Getter (Story – مش كاشف للموضوع)

Imagine this situation:

You tell your close friend that you're upset because they canceled plans again.

Instead of listening, they reply,

"I'm setting boundaries. I don't owe you emotional labor."

Suddenly, a simple conversation turns into tension.

### Orientation (Background – brief)

In recent years, psychological terms have moved from therapy rooms into everyday conversations.

Words like *boundaries*, *triggered*, and *toxic* are now commonly used between friends, especially on social media.

Psychologists refer to this trend as **Therapy Speak**, which means using therapeutic language outside professional settings.

### ★ Central Idea (في آخر المقدمة – زي ما مطلوب)

We will inform our audience about the negative impact of Therapy Speak on friendships, focusing on misunderstandings, social exclusion, and emotional confusion among friends.

### ▣ Transition to Body

To understand this impact clearly, let's start with the first issue.

## ◊ MAIN IDEA 1: Misunderstandings Between Friends (≈ 2 دقائق)

### ◊ Explanation

One major negative effect of Therapy Speak in friendships is **misunderstanding**.

Many therapy terms have specific meanings in psychology, but friends often use them loosely or incorrectly.

### ◊ Support 1 – Example

For example, calling normal disagreement “gaslighting” can turn a simple argument into a serious accusation.

This can make the other friend feel attacked or misunderstood.

### ◊ Support 2 – Expert Opinion (Oral reference)

According to **Dr. Amanda Johnson**, a clinical psychologist, misusing therapy language can distort communication and escalate conflicts instead of resolving them.

### ◊ Support 3 – Explanation

Instead of encouraging healthy dialogue, these labels shut conversations down.

Friends stop listening and start defending themselves.

## 在过渡期

Beyond misunderstandings, Therapy Speak can also affect who feels included in friendships.

## ◊ MAIN IDEA 2: Social Exclusion Among Friends ( $\approx$ 2 دقائق)

### ◊ Explanation

Another negative impact is **social exclusion**.

Not everyone understands therapy language or feels comfortable using it.

### ◊ Support 1 – Example

When one friend constantly uses psychological terms, others may feel judged, inferior, or emotionally uneducated.

### ◊ Support 2 – Research (Oral reference)

A **2022 study by the American Psychological Association** found that excessive use of mental health jargon can create emotional distance in peer relationships.

### ◊ Support 3 – Explanation

As a result, friendships may become unbalanced, where one person appears emotionally “superior” to others.

## ☒ Transition

This exclusion often leads to another serious problem—emotional confusion.

## ◊ MAIN IDEA 3: Emotional Confusion and Avoidance (≈ 2 دقائق)

### ◊ Explanation

Therapy Speak can also cause **emotional confusion**, especially when used to avoid responsibility.

### ◊ Support 1 – Example

For instance, saying “I’m protecting my mental health” may sometimes be used to escape accountability instead of setting healthy limits.

### ◊ Support 2 – Expert Opinion (Oral reference)

According to **Dr. Lisa Feldman Barrett**, a neuroscientist and psychologist, emotions need clarity, not labels, to be processed correctly.

### ◊ Support 3 – Explanation

When friends hide behind therapy terms, real emotions are ignored, and relationships suffer.

## ☒ Transition to Conclusion

Now that we’ve explored these effects, let’s summarize what we’ve learned.

## ❖ CONCLUSION (≈ 1 دقيقة)

### Summary

Today, we discussed how Therapy Speak negatively impacts friendships through misunderstandings, social exclusion, and emotional confusion.

### Clincher (Meaningful & relevant)

Therapy language is powerful—but when used without understanding, it can damage the very relationships it aims to protect.

### Ending & Departure

Thank you for your kind attention.  
We'd be happy to answer any questions you may have.