

INTRODUCTION (دقيقة 1 ≈)

🎯 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.

Transition

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

◇ MAIN IDEA 2: Social Exclusion Among Friends (≈ 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.