

Issue 38 – Why We React the Way We Do

Messy story of the week

It started as a simple question.

“Did you remember to call about the appointment?”

The answer came back a little defensive.

The tone tightened.

And just like that, the conversation shifted from practical... to personal.

Now it wasn't about the appointment anymore.

It felt like:

- “*You don't trust me.*”
- “*I have to manage everything.*”

Two people. One small moment.

And suddenly, both felt misunderstood.

Later, the thought came:

“*How did that escalate so fast?*”

Because reactions don't come out of nowhere.

They come from somewhere.

Faithful God Then and Now

Key Verse: “*Take captive every thought to make it obedient to Christ.*” — 2 Corinthians 10:5

God doesn't just address our actions... He goes after the source.

Throughout Scripture, transformation isn't framed as behavior management.

It's renewal of the mind.

Because what we think in a moment shapes what we feel...

and what we feel shapes how we respond.

God invites us into awareness, not so we can become hyper-critical of ourselves,
but so we can become free.

What we can learn

- Reactions are driven by thoughts, not just circumstances
- Two people can experience the same moment and interpret it completely differently
- Quick emotional responses often come from practiced thought patterns
- Slowing down helps us notice what we're making something mean
- Changing reactions starts with recognizing the thought behind them

Behind the curtain

In coaching, this is where things begin to shift for people.

They come in focused on what someone else is doing...
but over time, they start to see how much of their emotional experience is shaped by interpretation.

Not imagined. Not made up.
But interpreted.

For example:

- A short response might be interpreted as disrespect
- A forgotten task might be interpreted as lack of care
- Silence might be interpreted as withdrawal or rejection

And once that meaning is assigned, the emotional response follows quickly behind it.

When people begin to recognize this process, something powerful happens:

They realize they have more influence over their responses than they thought.

Faithful family tools

If you're starting to notice how your thoughts are shaping your reactions, that's a huge step.

This is exactly the kind of awareness I walk through in my free course, where we slow this process down and make it practical for everyday family life.

 [Free Course](#)

Or, if you want support applying this in your specific situation:

👉 On Facebook: [Faithful Families | Christian Marriage and Parenting Help](#)

👉 Work with me – [Start the application process](#)

Faith Step for the Week

This week, focus on one simple shift:

Instead of asking, “*Why did they do that?*”

Ask, “*What am I making that mean?*”

Bible passage

2 Corinthians 10:3–5

2-minute practice

In a moment of tension, pause and fill in this sentence:

- “The meaning I am giving this issue is: _____.”

Then gently ask:

- “Is that the only possible explanation?”

You’re not forcing a new thought... just loosening your grip on the first one.

Prayer

Lord,

You know the thoughts that run quickly through my mind.

Help me become aware of what I’m believing in the moment,
and give me wisdom to align my thoughts with truth.

Teach me to respond with clarity instead of reacting from assumption.

Thank You for renewing my mind day by day.

Amen.

Coming Next

Next week, we're going to move from awareness into action:

What does it actually look like to respond differently...
especially in the moment when emotions are already rising?

Because knowing what's happening is one step.
Learning how to shift it is the next.

Did you miss an issue? Check out the archive:

<https://faithfulfamilycoaching.com/archive>