

# REACTIONS SPEAK LOUDER THAN WORDS

## Cause and Defect

*Andy Stanley*

*Note: The following content is a raw transcript and has not been edited for grammar, punctuation, and word usage.*

**0:00:00.0 Andy Stanley:** So here's something that always causes us to stop and stare, perhaps at times, duck and run for cover, and it's an over-reaction. An over-reaction, you've seen this, you've seen people over-reacting to something and you just have to stop and stare, in fact, somebody might say, "Don't stare, just listen." It's when somebody over-reacts, it always gets our attention. It's typically... Or something we've all experienced is the parent in the grocery store or at the mall who's over-disciplining their child because the child has embarrassed the parent and the child embarrassed the parent by acting like a child, and now the parent is acting like a child, and they're over-disciplining, they're over-reacting and it's just... You don't know whether you wanna rescue the child or get your phone out and just post it somewhere, 'cause it's just like it's... Or maybe at work, we've all seen somebody over-react at work, and when they overreact at work, the whole office freezes, everybody gets kind of tensed up if you're overhearing this in an office or a cube, or you walk by or walk in on a conversation.

**0:01:03.8 AS:** And when you see somebody over-reacting or what you consider as an over-reaction, we always think the same thing, we generally think, "Wow, there must be something else going on," right? Because that cause did not warrant that effect, it's like, "Here's what happened, but here's how they're reacting, they're over-reacting." If your parents were over-reactors, you can remember, or maybe you're still kind of getting over the damage that that did to your relationship with your parents, they just over-reacted to everything they thought, and some of you are parents now, so you understand this, your parents thought that they were coaching and correcting and you thought, they've lost it, right? And consequently, you sort of got lost.

**0:01:45.7 AS:** You just, you withdrew, you could not wait to get out of that and get out of there. And again, it damaged the relationship, on the flip side, we've all had our moments where we have damaged a relationship potentially or strained a relationship because of our emotional outburst, I mean, your latest apology may have been a follow-up to an unwarranted outburst of emotion, and you were right, what you were saying to the person was right, but you weren't right the right way. Have you ever not been right the right way? You were over-right. Have you ever been over-right, like you're right, but you're kind of over-right. In fact, you're so over-right, that your rightness overrode the point you were trying to make, and you had to circle back around and apologize even though you're right.

**0:02:28.9 AS:** So the point of all this, and this isn't where we're going for the next few weeks, but it is interesting, we can learn a lot about ourselves by our reactions, by monitoring our reactions, you monitor your reactions, you learn a lot about yourself because, and I'm the same way, but I'm picking on you, you are so predictable. I mean, we are all so predictable when it comes to our reaction to certain environments, certain words, certain types of people, certain names, they trigger us. When you hear, "You're just like your mother," that's not an emotionally neutral statement, is it? And you're just like... It's not like, "You know what, you're right. Now I know what to work on. Thanks for..." No, and you're just like your dad, why can't you be more like your sister? Why don't you get a job? Why don't you grow up? Why can't you be more responsible?