

## The Joe Sikorra Show

### Show Notes

#### 4<sup>th</sup> Quarter, 2018

October 1, 2018 (Producer's Notes: felt good)

Hour 1 (Car: yes, Christendom: 6:49)

- Joe cites a study about the treatment of people wearing brand name clothing. God wants us to recognize the dignity of every person.
- Joe reviews factors that might be keeping you "stuck."
- Joe discusses why people might be losing interest in you.

Hour 2 (JP Catholic: 7:33)

- Joe discusses the mediocrity of his fried chicken. If you are being overcome with strong negative emotions, it may be a faith issue. He also speaks about the psychological aspects of constant argumentativeness.
- Joe speaks not just about angry people, but disputatious people. How many times can Joe use "disputatious" during the show? Do you have an anger problem? Don't give in to the anger!
- It is your job to let go of the anger.

October 2, 2018 (Producer's Notes: Fun show)

Hour 1 (JP Catholic: 6:34)

- Joe welcomes resident Zimmennial, Cecilia, to the show. Cecilia reveals feedback from a phone app about her usage.
- Joe speaks about processes of radicalization and how it relates to social media.
- Joe and Cecilia discuss some research regarding laughter. If you take callous disruptive young men, what happens to their brains when you expose them to fake laughter, genuine laughter, or crying.

Hour 2 (Car: yes, Christendom: 9:49)

- Joe and Cecilia discuss fear and courage. Cecilia discusses her fearlessness regarding dangerous animals. Joe recalls Cecilia's stories about swimming with sharks and holding snakes.
- Cecilia shares about her fears about getting another dog after her childhood dog had to be put down.
- Cecilia speaks about receiving a care package from her teacher. Being anxious about something might
- Joe and Cecilia discuss anticipating fears and preparing for them.

October 3, 2018

Hour 1 (Christendom: 6:33, Car: yes)

- Joe discusses some disturbing statistics regarding opiate addiction and eating disorders in midlife. Life satisfaction tends to reach its lowest point in midlife. Joe tells the story of Lonnie, a middle aged woman who had an epiphany when she recognized signs of anger in herself.
- Joe tells the story of Beth who dealt with a parent's death by observing the life cycles of her garden plants. What started as just observation, led her into self-reflection.
- Joe discusses the practical ways to make you better. When is the last time you actually complimented yourself?

Hour 2 (JP Catholic: 7:33)

- When you actually take responsibility that is when you can learn and grow. That is how you can become a better person. Joe recalls a fellow police officer who was more likeable because, even though he made mistakes, he took responsibility for his actions.
- If you are angry right now, figure out how to let go of the anger. People will like you more, and you will like yourself more. Joe tells the story of Simon the leper.
- Caller: 6 months ago, my boyfriend broke up with me suddenly after helping me to move to a different area to be closer to him. He went on a ski trip over a weekend, came back, and promptly broke up with me. I've held on to some of the anger since we last spoke. I also find myself angry with God sometimes.
- God gave you life..look at it, embrace it and live it.

October 4, 2018

Hour 1 (JP Catholic: 6:35)

- Does your success actually make you happier? Joe reveals the results of a study regarding the relation to happiness and success in your career.
- Happy people enjoy better workplace success; they do better on evaluations, and earn slightly higher income. Happy people were also more likely to get job interviews. Happy people are less likely to lose their jobs and are more likely to find a new job if they have to leave a job.
- Joe describes a memory that was seared in his mind of bullies and their victims. He hopes that he did enough to stop bullying when he was younger. What can you do to put an end to bullying? Joe tells you.
- Caller: I was bullied in school. My mom asked about why my glasses were broken. I gave her an excuse. I'm in my 50s and I still haven't told her the truth.

Hour 2 (Christendom: 7:33)

- Caller: I was bullied for a long time because my father didn't want me to fight at all. I feared that he would hit me if I got into a fight. Eventually, I got bigger and became the bully even through adulthood.

- Caller: What can I do about workplace bullying? A group of veteran employees at my firm are bullying the new people.
- Joe speaks about how to destroy a relationship. Are you in a relationship with a narcissist?

October 5, 2018

- Talks about the unnecessary stress over dangers that are not really threats. Joe suggests that we worry about the wrong things. Your faith can support you through these difficult times in life. God offers you an incredible forgiveness called grace. Joe talks about the availability heuristic and how it affects us.
- Joe speaks about online dating and the advantages and disadvantages of online dating. Meaningful dating can be done at a distance. Joe recounts his personal experience with long distance relationships.
- Joe speculates that one of the reasons that there is a rise in the divorce rate is that there are so many choices. Is there such a thing as a perfect couple? You bring to your relationships all of your imperfections.
- When you apologize you are not taking the blame for everything that has gone wrong in the relationship.
- “You will never move forward if you stay anchored in the past.” – Joe Sikorra

Hour 2

- Joe speaks about anxiety and what you can do about it. Joe gives some tips in dealing with anxiety. If you are feeling unsure about the world, practice gratitude.
- Caller: After 40 years my husband died. I found out he was living a double life. Some people thought he was single, but others knew him as married with children.

October 8, 2018

Hour 1 (Christendom: 6:34)

- Do you find that your life is a mess?
- **Caller:** A week ago, I gave birth, but my baby didn't make it. I feel like this is a punishment from God. Joe shares about his own son.
- Caller: I'm 73. I have children and grandchildren, but I feel like there is something missing in my life. What is my purpose at this stage in my life?
- Caller: I feel like my life is messy, and then I feel guilty because of the mess. I just went through Hurricane Florence. I feel disconnected. I just want to get back on track.

Hour 2 (JP Catholic: 7:09)

- Have you ever thought, “I wish that I could just go to sleep and not wake up?” You might think that if you go to a therapist and tell him this, that you will be locked up. That isn't what happens. Don't fear, you can get help.

- In Joe's experience, many people who reveal these thoughts to him are relieved that he doesn't act surprised or judgmental. Joe discusses passive suicidal ideation
- Caller: I was suicidal because I was bullied and felt I could not bother my parents. I have regrets during this period. I had the chance to help someone...but I didn't.
- Caller: I'm 91 and I love your show. I praise God that my surgery went well.
- Joe discusses reframing and how you can help you to see struggles differently. He gives an example of Paul.

October 9, 2018

Hour 1 (Car: yes, JP Catholic: 6:48)

- Joe welcomes resident Zimmennial, Cecilia to the show as well as [Dr. Julia Klausli](#), Professor at [Divine Mercy University](#). Dr. Klausli discusses her research about the relationship between insecure attachment and attitudes toward spirituality.
- Dr. Klausli discusses how someone who grew up with insecure can recover and heal. Dr. Klausli reveals an important intervention you can do to help young people. She cites a study about the importance of a certain relationships to combat depression among young people.
- Cecilia discusses making plans to "hang out" with some class mates. One mentioned that this night of conversation and interaction was the best night he has had in a while. Cecilia reveals part of her productivity strategy: Naps! Joe reveals some things that successful people do to remain productive.

Hour 2 (Christendom: 6:34)

- Joe discusses the importance of youthful appearance in our society. Cecilia speaks about her quest for longer eye lashes.
- Joe and Cecilia discuss the importance of a smile, and how a smile can improve mood.
- Joe tells a story of a friend who gave him very bad dating advice. Cecilia discusses the advice she has gotten from her girlfriends regarding dating. "If you meet the right person, you'll know right away." Initial attraction doesn't mean that you've met Mr. or Mrs. Right.

October 10, 2018 (Producer's Notes: Felt Good)

Hour 1 (JP Catholic: 6:34)

- Talks about the unnecessary stress over dangers that are not really threats. Joe suggests that we worry about the wrong things. Your faith can support you through these difficult times in life. God offers you an incredible forgiveness called grace. Joe talks about the availability heuristic and how it affects us.
- Joe talks about the things we do not worry about that we should maybe be more concerned about. We think the things that we see on the news are bigger threats to our wellbeing than they actually are. Our connections and relationships are the things that keep us alive the longest.

- Joe talks about the danger of having wants. Joe shares a story about his life where he wants a boat and a truck. He learned that he had to let go of his want to benefit his family. Letting go of what he wanted actually worked in his favor. Enjoying life's greatest pleasures is far more important than material wants.
- Joe talks about what we actually focus on when we are looking at our wants. Be aware and thoughtful on your wants. We are always focused on the things that we want but our level of happiness actually returns to the way it was before we received what we wanted.

#### Hour 2 (Christendom: 7:34)

- Joe talks about loneliness, and how to deal with the loneliness. God wants us to look around and see the people struggling because we thrive in community, when we give and receive love. When you feel lonely the brain actually feels it as pain.
- Loneliness can be a part of your emotional and spiritual growth. Come before the Lord and share the emotions, be patient. When you pray and connect with God the focus will shift from you to God. Loneliness might be an opportunity to sense God's grace.
- Joe talks about how loneliness can allow the space to find real connection with what really matters. The goal should not be to run from loneliness, instead learn the lessons it allows. It feels better to embrace the difficult emotion. Joe talks about how important it is to have social support.
- Joe talks about things to help eliminate the loneliness. It is serving and being kind, notice those around you. Service is the act of connection that can get rid of loneliness. When you feel down reach out to someone else, it changes your perspective. Lose yourself in the service of others.

October 11, 2018

#### Hour 1 (Christendom: 6:34)

- Joe discusses social interactions in the midst of the pervasive influence of social media. Why are you on your phone during social interactions face to face? Joe discusses some unwritten rules about sneakily using your phone while with others. Research indicates that people feel worse when trying to juggle text/email while in social interactions.
- Caller: I was abused when I was a child. I developed the belief that I had to keep my mouth shut. Things started to turn around when a friend in class treated me with respect.
- Caller: I learned to tell little white lies growing up. My father was a functioning alcoholic. Caller: I've had a very poor self-image for most of my life. I had a dysfunctional family. I grew up with domestic violence.

#### Hour 2 (JP Catholic: 7:34)

- Caller cont'd. Joe explores the source of her negative self-image. Caller: I've always felt like I didn't measure up. My dad compared me to my siblings constantly.
- Joe reminds you that you're lazy. Most things in nature seek the path of least resistance. Joe cites a study in which participants became biased when an insignificant amount of resistance was applied. If it's so easy to do what is easy, you might not be doing what God wants you to do.

- Joe discusses the concept of seeking “low hanging fruit” and how it relates to arguments in your relationship. Joe also reveals what Scripture tells us about low hanging fruit.

October 12, 2018

Hour 1 (JP Catholic: 6:34, Car: yes)

- Joe welcomes Dr. Bill Creasy of [logosbiblestudy.com](http://logosbiblestudy.com). Joe describes his exciting extended lunch break. Dr. Bill and Joe recall when Dr. Bill was corrected by a caller.
- Dr. Bill reviews the book of Wisdom and Sunday’s readings. We can never know true Wisdom without knowing true Love. Joe and Dr. Bill also discuss Macabees and Dr. Bill’s online lectures.
- Dr. Bill speaks about the interaction between Abraham and God regarding Sodom. Why did Abraham stop at ten people instead of going to 5? Dr. Bill raises a unique point.
- Dr. Bill discusses the Gospel for Sunday, Mark 10. He speculates about why Jesus states, “Why do you call me good? No one is good but Got alone.” He also points out the commandments that Jesus *doesn’t* present to the rich young man.

Hour 2 (Christendom: 7:50)

- Joe reviews advice that will help your older self be happier. Is work supposed to be miserable? Joe analyzes the work of man after the fall of Adam and Eve. Imagine yourself looking back at your life when you’re older. Are you happy with what you did?
- Caller: I’m not sure that I’m doing what I need to be happy when I’m older. I’m at an overpriced business school and I don’t love business. I’m miserable right now. Joe shares about his youth and how he thought he had it all figured out.