

The Joe Sikorra Show

1st Quarter 2018 – Show Notes

January 2, 2018

January 4, 2018

Hour 1

- Falling in love - what is it all about? What are your expectations when you date? Unrealistic expectations are a set-up for failure.
- Love is a "power"; it must be used wisely. Make a rational decision about who you want to spend the rest of your life with .
- Caller: I ultimately discovered after marriage that my wife doesn't want children; I do. Father Dave: The Church doesn't specify a number of children a family must have, but a couple must at least be open to life.

Hour 2

- Reasons why it is important to discuss expectations with your future spouse - before you are married. Caller: I got married with faulty expectations, and wasn't prepared for my husband's reaction to my friendships with other men.
- Previous caller, continued. Joe advises her to "guard her marriage", especially with a husband having trust issues.
- Caller: I married a man who was ultimately much more introverted than I thought. Occasionally our expectations become realized!

January 5, 2018

Hour 1 Harry Show 6:45

- How can we turn to God and his will and set aside our own desires? Caller shares about getting disconnected and isolated from God after a breakup.
- We can take responsibility of our own feeling
- Caller: I feel stuck taking care of my daughter-and ex-husband
- Caller: I find myself in a relationship where I don't like my husband

Hour 2 JP Catholic University 7:25 PM Principles 8:36

- Are you living the life God wants you to live?
- Listener email: Can marijuana be used for medicinal purposes?
- Caller: How can we find truth in God?
- Caller: How can I trust God when I have so many financial difficulties?

January 8, 2018

Hour 1 (Harry: 1818)

- What can death teach us about living? Joe shares a little bit about the death of his son.
- Caller: My brother died last month. I just went to the funeral.
- Joe reflects on his time as a Police Officer and dealing with death. He also reflects on the death of his friend Father Joe who died of cancer.
- Caller: I lost my 10 year old son. It led to my conversion.

Hour 2 (JP Catholic: 1918, Christendom: 1947))

- Caller: My mother said on her deathbed, "I want to see the Lord."
- Suffering can actually build compassion in you. Joe shares about Father Joe living in his home for his last days.
- Caller: I have type 1 Diabetes. The threat of death has helped me put my priorities in order. I hug longer, give more compliments, and love those close to me.

January 9, 2018 (Good for Encore)

Hour 1 (Harry: 1818)

- "Out of the depths I cry to You..." Psalm 130. The heart gets broken, and the brain actually responds.
- Caller: After 25 years of marriage, my wife and I separated. I thought I might die.
- Caller: I have two sons that are facing lengthy prison sentences. I feel like it has ruined my life and their lives. I just can't get past it.
- Caller: I was an addict for 20 years and destroyed my family.

Hour 2 (Christendom: 1935, JP Catholic: 1947)

- Caller: I have trouble forgiving myself. I didn't listen to God when I knew I should have.
- Caller: My husband left after 38 years of marriage. My grandchildren fill me with joy.
- Caller: I am heartbroken. I told the girl I loved how I feel. She is dating someone else.

January 10, 2018 (Good for Encore)

Hour 1 (Harry: 1816)

[presents-family-rosary-across-america/"](https://relevantradio.com/2018/01/relevant-radio-presents-family-rosary-across-america/) HYPERLINK
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Hour 2 (JP Catholic: 1918,

- Caller: I was depressed, and got off medications. I've moved forward, but now I have Cancer.
- You don't have to keep focusing on the problems. What CAN you do?
- Joe discusses the role of medication to treat depression. If you are depressed, you may feel like you can't do anything. One mistake you might make is relying too much on others.

January 12, 2018

Hour 1 (Harry: 1837)

- Do you focus on what is wrong with your life, or what is actually working?
- Update caller: My brother passed away before holidays. I had to let go and let God.
- Caller: I've lived with anxiety for my whole life.
- When the disciples asked him how to pray, he gave them the "Our Father." Forgiveness is central to that prayer.

Hour 2 (JP Catholic: 1936, Christendom: 1947)

- Guest: Pete Shilaimon, Producer of "Forever My Girl."
- Caller: I was an addict and my husband divorced me and married another woman. We have a valid marriage. How can I be a good co-parent? Caller: My engagement was broken off. What
- Caller: My husband didn't take me to the hospital. I died and God brought me back to life.
- Caller: I have an elderly friend who keeps falling for a scam artist from Ghana.

January 15, 2018

Hour 1 (Harry: 1847)

- Do you feel like your relationship isn't safe? God wants you to be stronger, but you will not grow if you deny your weaknesses.
- Should you become less trusting and less compassionate because there are unsafe people? No! You might have to learn how to recognize a safe vs an unsafe person. Joe lists characteristics of unsafe people.
- Caller: I believe my stepmother is an 'unsafe' person.
- Some unsafe people actually use religion as a mask.

Hour 2 (Christendom: 1920, JP Catholic: 1935)

- Caller: I used to be an unsafe person. I blamed other people and I was very angry.
- Caller: My husband became abusive. He has isolated me from my parish and my support network.
- Joe shares about when he laid his bills out before him and said, "I can't do this God. Take it."

January 16, 2018 (Good for Encore)

Hour 1 (Harry: 1836)

- Are you a lone wolf? What is it about relationship that scares you?
- Caller: My husband and I are living in separate bedrooms.
- Caller: I think that I'm just supposed to be alone.

Hour 2 (Christendom: 1921, JP Catholic: 1935)

- Caller: I disagree Joe. You can't keep giving without getting something in return. I had a breakup. The friends I thought I had weren't there for me.
- Caller: My husband was abusive. I left and received a decree of nullity. I just broke up with another relationship.
- Caller: I feel alone. I lost my job. I have one friend whom I talk with, but I don't think I could count on him.
- Caller: I am choosing to remain single now to work on my relationship with God.

January 17, 2018

Hour 1 (Harry: 1817)

- What do you do when you're faced with setbacks? How do you teach your children resilience? What lessons did you learn as a child, and what do you want to impart to your children?

- Are you still throwing temper tantrums?
- Caller: I learned forgiveness because my father was forgiving.

Hour 2 (Christendom: 1935, JP Catholic: 1947)

- If you see yourself as weak, you can grow in strength! If you were taught compassion as a child, you were also taught strength. You won't stand up for someone else if you cannot have compassion.
- Resilience is a learned behavior. God wants you to be resilient and strong through faith. Caller: I'm so happy that you are on live right now. Relevant Radio has helped me to be strong. I'm going through a divorce.
- How do you find strength? Find purpose in your life. Caller: My dad abused me. I'm strong because of Jesus Christ. I started listening to this program and it's so positive. Caller: I had a near death experience.
- Without the support of people around you, family and community, you're not going to survive as well.

January 18, 2018

Hour 1 (Harry: 1820)

- Your feelings are trying to protect you, but they can also hinder you. What is fear keeping you from doing?
- If you could check your fear, what would you do? Jesus knew that he would have to face his own death, but he wasn't paralyzed by fear.
- Caller: I'm afraid of pursuing a career in music because it might not pay very well.
- Caller: I'm afraid my son will use drugs again. Caller: I'm afraid that I will go into deeper depression.

Hour 2 (Christendom: 1917, JP Catholic: 1935)

- What do you need to do about your fear? Act in spite of it. Caller: Fear is preventing me from dating.
- Caller: I am afraid of having to go back to Florida. It's too hot.
- Fears are often overblown and seriously irrational. Call a board meeting to address overblown fear you in your life. Bring Fear, but also Logic, and Reason.
- Do you give those around you the benefit of the doubt? Do you give God the benefit of the doubt?

January 19, 2018

Hour 1 (Harry: 1836)

- Joe interviews Husband and Wife duo “Love & The Outcome” who will be performing at One Life LA. <http://www.loveandtheoutcome.com/>
- Caller: My doctor said that my baby is no longer growing inside of me and I will have a miscarriage soon.
- Caller: A woman I ran into after a long time, seemed to share too much with me earlier tonight. Could there be something nefarious going on?
- Caller: I can't stop being angry about my husband's affair 12 years ago.

Hour 2 (JP Catholic: 1920, Christendom: 1935)

- Caller: My daughter is troubled like I was when I was a teen.
- Update Caller: I was suffering with panic attacks when I called you last. You gave me permission to feel these negative feelings. I was able to sleep without medications.
- Caller: How can I communicate better with my teenage daughter?
- Caller: I love the Lord, but I have a secret. I hate myself. Caller: I am a widow. I can't seem to find a good man.

January 22, 2018

Hour 1

- Joe speaks about an embarrassing moment with Archbishop Gomez at One Life LA. Are you having trouble letting things go?
- Joe shares about a friend who was kind and smart, but was unable to let go of her anger. Caller: My husband and I have been separated for many years. I see how destructive our relationship is even co-parenting.
- Caller: I feel like I can't share my mother with my adopted sister. I pray about this a lot but I am making zero progress. Joe: You didn't have a stable environment growing up. Focus on how you are loved by your family. Acknowledge you are having a difficult time forgiving and loving your adopted sister.
- Joe mentions a tweet about Pope Francis. He said, “Don't Photoshop your heart, be who you are...”

Hour 2 (Harry: 1906, JP Catholic: 1917)

- Caller: My parents give me the silent treatment when I tell them I want a better relationship with them.
- Joe shares an embarrassing story about starting out in therapy.
- Update caller: You told me to surrender and give it to God. Even though my wife didn't want it, the courts allowed unsupervised visitation of my children by the grace of God.

January 23, 2018 (Good for Encore) (Producer's Notes: Tried new format with several different topics per show, which worked very well)

Hour 1 (Harry: 1817)

- Why is it so important to learn how to assert yourself? What do you do when you're not getting along with the ones you love? How do you stop ruminating about someone? Joe shares a story about his neighbor yelling in the middle of the night. Words can kill. The gospel equates some words with murder. Joe describes the yelling of the crowd, "Crucify Him!"
- If you aren't getting along with the one you love, the first step is to check yourself. Joe describes a demon possessed man yelling at Jesus. When you say, "You make me so mad!" it isn't appropriate. You are responsible for your reactions. God takes your problems seriously enough that He sent His Son to give you peace. Caller: I just had a bad conversation with my wife. I just wanted to be right, and my wife just wanted to be independent.
- Paul speaks about using ALL of your energy to get along with one another. Your life is meant to be shared and celebrated.
- How do you let it go when someone offends you? You love them. When you see your spouse, brother, sister or parents as the enemy...Love your enemies. The best way to live out your Christian faith is to love your enemies. Allow your enemies to help you grow spiritually.

Hour 2 (Christendom: 1919, JP Catholic: 1935)

- Caller: How do I have a relationship with my niece. She came out as a lesbian and I'm wondering how I can love her. Caller: My girlfriend paid more attention to another man when we went out, but I feel like I can't let it go. Joe: Real "esteem" comes when you realize how God loves you.
- Caller: I am having a hard time loving a girl as a friend. I keep getting jealous when I see her with her boyfriend. Joe shares the story of he and his wife with the caller. Caller: I was molested at 10, raped at 12, pregnant at 16 and hated the people that hurt me. I went to therapy for 7 years, but when God gave me the grace to love those that hurt me, I finally let go.
- Deal with the biggest problem first. The biggest problem is not the person who offended you, but it is how you deal with your feelings. Why would you worry about figuring out someone else, when you find it difficult to figure yourself out? We are not good judges of ourselves or others. Joe discusses the book of James. You are not your feelings, and your thoughts are not facts.

- It is difficult for you to ask for what you want and need? The main reason you should be assertive: if you don't ask, you probably won't get what you need. Assertiveness is between being passive and aggressive. What gives you the confidence to ask for what you need? Your faith. It's the key to becoming appropriately assertive. Joe shares a story about a fellow therapist who blew up at his boss. If he had directly addressed it initially, he wouldn't have blown up at the worst moment.

January 24, 2018

Hour 1 (Harry: 1835)

- Joe tells us the benefits of being assertive to get your needs met. He tells the story of a friend at dinner, who wouldn't send back an expensive meal when an error was made. God wants you to be assertive and tell your needs to Him.
- Guest: Paul Maxy, joins us in the segment, "Journey of a Young Seminarian." Paul speaks about the Requiem Mass for the Unborn and taking part in One Life LA. He also speaks about relating to St. Augustine in his book "Confessions." Paul shares his feelings about the daunting prospect of ordination looming in the distance and how he focuses on his spiritual life in this moment on his journey.
- God wants to have a conversation with you and he wants you to listen to him. But he also wants you to ASK for what you need. If it is difficult for you to ask for what you need from others, Joe suspects that it is also difficult for you to ask God for what you need. Caller: I find it hard to say no to friends who want to hang out. I end up going with them even though I'm very tired and need rest. This might be because my brother needed a lot of attention, so I felt put to the side. Joe: If you didn't learn that it was ok to express your wants earlier in your life, it might have contributed to your current trouble expressing your wants. You might have felt safer avoiding intimate relationships than having to say "no" in a relationship. Joe gives an exercise for the caller to try with a good friend.
- Anxiety will go down as you learn to assert yourself and face the fear of rejection from others. Life isn't just about what you want, but all healthy relationships are reciprocal. Have you ever had an itch on your back that you couldn't scratch because you don't take yoga? When you ask a friend to scratch your back, you are very specific. The same applies when speaking about your needs in a relationship. Well-formed love banishes fear. Joe analyzes Matthew 14: The story of Jesus walking on the water. Peter makes a request of Jesus in the midst of fear. You don't have to wait for the fear to subside to ask for what you need.

Hour 2 (Christendom: 1918, JP Catholic: 1935)

- Joe discusses how to get someone out of your head. Joe discusses some steps that will help you move on from hurt. One step is to ask yourself a question: "How do I grow from this experience?" It interrupts the anger, judgement, and the lava flow of negative emotions, and it gives your brain another task. Often we think suppression or ignoring the hurt will help, but looking at it from a different angle and seeing how you can learn from the hurt is what will help

you to move on. God wants you to look at what lies ahead. Paul says that if you have something less total commitment, God will clear your blurry vision.

- Jack Cornfield, a famous psychologist says for you to move forward, forgive for your own sake. God says the same thing. When you become so “loyal” to your suffering, you get stuck focusing on the trauma of what happened to you. Forgiveness is not about letting someone “off the hook” but it is about not treating that person better than he has treated you. Joe shares a meditation from a fellow therapist: “I imagine that I am at the very bottom of a deep blue ocean.” When Joe imagines this, he thinks to himself, “Oh no...I sunk another boat!” Joe describes the humiliation of running aground while he was portraying himself as the only one who could navigate through the sandbars.
- Caller: I was involved with a woman for 7 years long distance. When I was finally free to see her, she was agitated. When I left and was 500 miles away, she revealed that she was with another man. Joe: You’ve been spared from this woman. She couldn’t live in truth, and if you ended up marrying this woman, you’d soon discover that difficulty of being with her. Jesus forgave us even though we didn’t realize what we were doing. God commands us to forgive in the same way.
- Joe tells the story of a now divorced couple. The husband wanted to work it out even though his wife continually cheated on him. She rejected his love. The husband had to understand her lack of capacity to love. Caller: I was engaged after 4 months, we broke up because he was abusive. I apologized to him but he said that I didn’t have anything to apologize for. Joe: Why were you apologizing for breaking off a relationship that was abusive? You ended that relationship, but then entered into another relationship that was abusive. Think back to those situations and I think you see the red flags so that you recognize these signs in future relationships.

January 25, 2018

Hour 1 (Harry: 1835)

- If you were abused or neglected as a child, you might struggle to experience joy. God has given you all the tools to help you move on from your hurt. Some of them are very simple. The first key is to accept to what you are holding on, and to let it go. Unconsciously you may be holding on to the past, and it may keep you from enjoying the future. The brains of children who have been neglected are neurologically different, but the good news is, they can change for the better!
- Neglected children may grow up feeling a sense of shame and self-blame that can rob them of joy. Caller: I was divorced when I was 21. My husband had 3 children from 2 different women. It may have robbed me of my joy now. I recognized that I was the only one in love. I feel like my parents didn’t love me as much as my other sisters, but I think my parents loved me. Joe: When we don’t feel loved by our parents, we can sometimes feel that we don’t deserve love. You’ll have to work out your fears before you can fully give yourself in another relationship.
- When you don’t have joy, you don’t have energy. Caller: I don’t have a lot of joy. I grew up feeling “lost in the crowd” as child 8 of 9. I ended up marrying an abusive man. It took me a long time to actually leave him. Now I don’t want people to know me, and I’m finding it hard to make friends. Joe: God thinks so highly of you that He wants YOUR friendship. I encourage you to

“check” your self-blame. Start to take in the love from others. It will be a slow growth process and start small.

- Researchers at Duke University studied brain changes in neglected children. They found that the brain can be helped to “bounce back” from this. Caller: I don’t live joyfully. I think it’s because of my husband, but he was also neglected as a child. My husband was unfaithful, possibly with several women. I was his caregiver before he passed away. I still can’t move past the infidelity. We didn’t really work through our problems before he got a stroke. He didn’t want to go to counseling. Joe: I want you to forgive yourself. I don’t think you were given the opportunity to deal with the hurt. There was no real reconciliation. Look at yourself and recognize the beautiful life of service that you’ve lived. Please accept my praise to you. Maybe you can check out your local parish for some bereavement counseling or social groups.

Hour 2 (Christendom: 1918, JP Catholic: 1935)

- Psychologist Jack Cornfield tells us that to let go means to let be. When we let be with compassion, things come and go on their own. Past hurts will stay with you as long as you keep holding on to them. Caller: I don’t feel joyful or free. I probably have all the ingredients to be happy, but I believe it is because of the ending of a relationship. It wasn’t even a breakup. Caller had reception problems. Caller: I feel a lot of anxiety. It is hard to live joyfully. Others see me and think I have everything, but I can’t help but feel bogged down. Joe: If you feel that you don’t deserve to feel the way you do, you can heap shame upon your current problems. The first step would be to acknowledge that you don’t feel good.
- Caller (cont’d): I’m angry about a lot of things. My parents were always arguing. My dad was very disloyal to my mom. My mom used us as an outlet for her frustrations. I have left therapy, I didn’t tell her about this issue. Joe: There are understandable reason why you are where you are. But you can heal. Will you give therapy another try?
- Caller: I think my unhappiness is from the abrupt and ambiguous end of a relationship. Joe: His immaturity is on him. It should not keep you from moving forward. You’re giving him too much forward. Caller (cont’d): I felt important and adored when he was in my life. Joe: Your sense of self was tied to him. No matter where you go, your traits are yours. You can bring these gifts to another relationship. The work that you need to do is the interior work.
- Sometimes you let go of the past by looking ahead. Live today with the sight of tomorrow. Caller: I was molested by my Grandfather, and my brother. I wasn’t protected by my mother. My husband was abusive. When discovered the gifts God has given me, I realized that I had to leave my husband. I left and came to California. Joe tells the story about someone who had the courage to look for answers.

January 26, 2018

Hour 1

- Joe welcomes Bible Scholar, Dr. Bill Creasy to delve into the scriptures for Sunday. Dr. Creasy discusses Moses speaking about a great prophet that is to come. There are 3 main figures in the Hebrew Scriptures, the King, the Priest, and the Prophet. The King ideally leads the people by God's law, the Priest speaks to God on behalf of the people, and the Prophet speaks to the people on behalf of God. Dr. Bill speaks about the book of Deuteronomy. It is written in the voice of Moses, but was written after the time of Moses.
- Doctor Creasy speaks about Deuteronomy as Moses' farewell address. He tells the people what they need, and foretells another great Prophet. Caller: How do you worship God in "spirit and truth?" Dr. Creasy: God sent His Son to help us to worship in "spirit and truth" because it is difficult. Dr. Creasy shares a story about the Northridge Earthquake. Dr. Creasy discusses the Psalm for Sunday, "If today you hear His voice, harden not your hearts." Moses foretells a great Prophet, but tells the people the need to listen for His voice and be attentive. The second reading is 1 Corinthians 7. In this reading, Paul tells us that he would like us to be free from anxiety. If THE Prophet is coming, we won't be able to recognize His voice if we are trapped in anxiety.
- Caller: where is the Rapture in scripture? Dr. Bill: All of the first generation Christians believed that Christ would return in their lifetime. Paul addresses this in the letter to the Thessalonians. "We will be 'caught up' to meet the Lord in the air." Dr. Creasy speaks about the Gospel reading for Sunday. Jesus teaches at Capernaum and a demon possessed man proclaims who He is.
- Caller: What is the significance of the liturgy of the hours in relation to scripture? Dr. Creasy: The Liturgy of the Hours is a way to "pray" the scriptures. Caller: What is the Nazarite vow, and are there any women who took the Nazarite vow? Dr. Creasy: The Nazarite Vow is a temporary vow of separation TO God. You do not cut your hair during the vow. When the vow is over, you cut the hair that grew and offer it to God. Samson, Samuel, and John the Baptists all took a lifelong Nazarite Vow.

Hour 2 (Harry: 1923, Christendom: 1935, JP Catholic: 1946)

- Caller: I've read bible passages, been through counseling and tried medication. I can't seem to escape my depression. Joe: Perhaps you have been given this cross so that you can now help others with similar problems. When you find that meaning in your cross, it sometimes lightens the weight.
- Sometimes what you keeps you "locked up" is self-defeating beliefs. Maybe it is time to challenge those thoughts; God is on your side. Jesus keeps walking when blind men ask for mercy. They follow Him into the house. They tell Jesus that they believe He can heal them. You become what you believe.
- Caller: My relatives are fornicating. I could tell them they are going to Hell. Joe: Do you think that they would change your behavior if you told them they were going to Hell? Speak the truth in love. You can share your conversion with them or lay out why living together might not be a good idea from a secular standpoint.
- God works in your weakness. Paul tells the Corinthians that Jesus was humiliated and killed, but that is not the end of the story.

January 29, 2018

Hour 1 (Harry: 1817)

- On Today's show Joe will discuss making up, breaking up, and acting tough. Is it difficult for you to make up?
- Caller: My fiancé needs a night to mull through things when we have a disagreement, but I like to talk out my emotions. When he speaks to me again, I can see that he has Joe: This may be one of those things that you will have to accept if you decide to get married. Focus on your own acceptance of who he is. He sounds like a good man.
- Caller: I was married for 4 years and divorced after complaining about me not being available. My current girlfriend of 6 years broke up with me complaining about my insecurity. I came from another country and didn't really date because my parents told me to be cautious. Joe: I think you might need to work on your insecurities. Joe lays out an exercise to face insecurities. On a piece of paper the caller will write about his own strengths and also weaknesses. Face the weaknesses and see where you can work on them.
- Joe tells about a strange tweet he sent out while half asleep. Caller: My husband and I are having trouble making up. We dated for a year, engaged for a year and got married. My family thinks he's a mama's boy. We live across the street for his mother. Joe: In Genesis it speaks about a man and woman separating from their respective families and becoming one flesh.

Hour 2 (Christendom: 1917, JP Catholic: 1946)

- Joe speaks about the focus required in the Police Academy and how it applies to relationships.
- Caller: My boyfriend has been very abusive. I'm having trouble letting go. Joe: meditate on Psalm 139. When you recognize how God has made you to be and how He sees you, the less likely you will go back to this abusive relationship.
- Caller: I'm married but separated. My husband is talking about divorce. I don't feel that I've been heard or understood in my marriage.
- Caller: I think that my husband was willing to reconcile. Was I wrong? He never apologized. Joe: The fact that he never actually apologized is a huge red flag.

January 31, 2018

Hour 1

- Science has something to say about the good and bad ways of breaking up. Also, are you faking it? Do you have real mental strength? Ending a relationship by just “ripping it off” like a bandaid is not a good way of ending it. It can hurt you and your significant other for years to come.
- Joe shares a hypothetical situation about being dumped by not showing up for a date. Speaking about the difficult things during a breakup is actually an act of intimacy, and can help you develop intimacy for future relationships or even save the relationship. Research shows that when you have a sudden breakup with great pain, people tend to spend a lot of effort “reconnecting” or following the other. Caller: I wanted to break up, but I had a child with a woman. Is it still a good idea to break up with her? Joe: You owe everything you’ve got to being a great dad. You don’t have to be together to do that, even though it is best for a child to have a married Mother and Father.
- Caller: I’m in a relationship with a guy who has been married before. We’ve been together for years. He has a lot of problems communicating his feelings. He is kind and generous. He doesn’t share things that are important to him. Joe: Intimacy is not just about sharing good things, but also the darkness and our weaknesses.
- Caller: I’ve been in an abusive relationship for 40 years. He has agreed to divorce but says I need to do it the “right way.” He has threatened those close to me and myself. In between these episodes, he’s really a good guy. Joe: Make a plan, get your ducks in a row, get support and get to safety!

Hour 2 (Harry: 1907, Christendom: 1920, JP Catholic: 1935)

- Joe addresses the last caller, Anonymous’, situation. When someone is threatening people, go to the police. This is part of getting support. Caller: I left my husband 3 years ago. We were married 42 years. He’s an alcoholic, addicted to porn, drugs and prostitution. I’ve realized I was abusive toward him. Jesus and Mary helped me to let go of my hatred.
- Are you tempted to “ghost” to end a relationship? Give yourself the opportunity to grow. You will have difficulties in life, and you will have to face them. Caller: My boyfriend says he wants to stay with me for the rest of our lives, but does not want to get married, just live together. We are 65 and 59. He hasn’t been married before. Joe: If he doesn’t want to get married and hasn’t really had a serious relationship at his age that is a red flag. When we marry it isn’t just about a legal document, it is about coming before the Lord and laying down your life for your spouse. His lack of commitment might rear its ugly head later on.
- Caller: My husband has been depressed for a long long time. He’s gone with me to counseling, but he’s left and now it seems he just wants us to leave us alone. I was the one afraid of commitment because my father was never present in my life. Joe: There is no easy answer, he may have some mental health issues.
- Joe: Focus on 1 John 4. You learned fear and insecurity because your father wasn’t there. But there is no room in love for fear. Caller: I’m afraid that my children will grow up without their

father like I did. Caller: I was able to leave an abusive relationship with only 15 dollars. I was on the street, but I made it. I want to tell the women who are abused, you are stronger than you think.

February 1, 2018

Hour 1

- Joe tells a story about Riley, his black Labrador, and a man with an orange vest. Riley sometimes tries to act tough, but is actually very friendly. Let go of the “growl” and just be who you were meant to be. Pretending to be strong can shorten your life by 5 years. Men who act tough, visit the doctor less often. One of the signs of “acting tough” is putting down others or blaming others.
- Joe recalls a strange recording he took from his police academy days when a one person continued to fight even though he lost his arm. When you recognize that your self-worth does not come from other people, you’ll be free to live as God wants you to live. Joe gives the example of Peter denying Christ three times. He was not yet ready to stand up for Jesus.
- Caller: I’m a physician who lost his license due to addiction. I realized I was my own god. Right now I am delivering pizzas. I used to be very judgmental. I’m looking at a prospect in my new life and it is scary. I am thinking about possibly becoming a medical ethicist. Joe: You had a great fall because of pretense. Joe tells a story about his own friend who is about to lose his license as a psychologist in Florida. The greatest lesson that you’ve learned is humility. You might make a great ethicist. Be honest about who you are from now on. I think that God is going to use you in a great way.
- Caller: I’m kind of faking it because I’m afraid to get a test from the doctors. Joe tells the story of his brother who avoided going to the doctor and didn’t get tests performed. It turned out he had cancer. Joe recalls a time when he avoided going to the doctor. He finally went at the prodding of his wife. He almost died. Real strength is admitting that it hurts and using it as an opportunity to become better.

Hour 2 (Harry: 1906, Christendom: 1917)

- What is causing you stress? You might not be able to achieve your goals right away, but you can learn to tolerate life’s setbacks. Paul tells us that we continue to shout praises even when hemmed in with troubles. You’ve formed certain beliefs in negative circumstances that are causing you stress. Are you open to seeing life from God’s perspective?
- Sometimes you are stressed out because you are looking at life through your binoculars. Binoculars make small things seem large. This causes you stress because you’re just focusing on a problem and making it larger than it actually is. In the parable of the seeds, Jesus speaks about a seed being strangled by stress. Caller: I became homeless because I took care of my terminally ill dad. I started a janitorial business while I was homeless. It was difficult to not “look” homeless. I had to keep going. My car is not working now, and I need that for my business.
- Caller: I was fired unjustly. I have some support but lost a good friend of mine. I’ve been looking for a job, but it hasn’t materialized yet. Joe: Jesus called Peter as a fisherman to become a fisher

of men. Perhaps you might be called to something different and outside your field. Sometimes being overwhelmed is exactly where you need to be, because you are more open to God working in your life.

- We do not know what will happen tomorrow. Sometimes we get stuck because we're blaming others for our life's difficulties. If you want to set your life free from the stress, take responsibility and turn to God to ask for the answer.

February 2, 2018

Hour 1

- Joe welcomes guest: Dr. Bill Creasy, Bible Scholar. Dr. Bill discusses his course logosbiblestudy.com and discusses this Sunday's readings. He compares Job and Solomon.
- Dr. Bill: In our lives we can see that even if we do all that is good, we might still have suffering. Where do you find meaning in life? Caller: What does Mark 3:29 mean, when it says that the blasphemy of against the Holy Spirit is an unforgivable sin. Dr. Creasy: The job of the Holy Spirit is to convict the world of the reality of sin, the Holiness of God, and the judgement that will follow. You cannot take a step closer to God without realizing your need to be saved. Blaspheming against the Holy Spirit is refusing God's mercy. Dr. Bill then reviews Paul's first letter to the Corinthians, Chapter 9.
- Dr. Bill: returns to his analysis of 1 Corinthians 9. The Church in Corinth calls into question Paul's Apostolic position. Paul points out that he gives the Gospel for free. He is obligated by Christ. Caller: is Luke 22:36, justification for self-defense? Dr. Bill: The Church is persecuted soon after this time. This may be Jesus telling His Apostles to be ready. In the Gospel last week, Jesus drove out a demon, this week's Gospel walks to Peter's house across the street.
- Dr. Bill: Jesus sees Peter's mother and she does not look well. She probably had malaria. By the time she is brought upright by Jesus, the fever is gone. Everyone heard about the demon that Jesus drove out, and comes to Peter's house to see Jesus and be healed. In these Sunday readings, we can see a route to genuine happiness by identifying your purpose. Caller: Was it Satan as the personification of evil working against Job, or just an accuser? Dr. Bill: Satan is a genuine real force.

Hour 2 (JP Catholic: 1918, Christendom: 1935)

- Do you think you would be capable of murder? In the Millgram experiment, Stanley Milgram performed a study showing that a large majority of competent adults would commit murder when told to do so by an authority figure. The subject was told to administer electric shocks to an actor (that was not actually shocked) for every wrong answer, increasing voltage each time. What did it take for people to continue shocking? The phrases, "please continue," "the experiment requires that you continue," "you have no choice, you must go on." Who do you have in your life saying

“you must keep doing this?” Who is the authority in your life? 65% continued on to “kill” the person being shocked.

- What can we learn from this study? Who are YOU listening to? Joe recounts the story of Shelly, a woman who called last night in need. Joe contacted his friend at St. Vincent de Paul. Others called in and emailed and will mail financial help to St. Vincent de Paul to help Shelly fix her car. Jesus tells us that you cannot serve two masters. Meaning is more important than money in what you do. Jesus paid a huge price, but He gives to you for free. Do you recognize the gift you are given?
- A 1977 study shows that people justify their actions, but usually don't acknowledge the real reason for their motivations. In the study, two groups of people viewed the same movie, one group with a loud noise in the background, and one in quiet. The people who viewed the movie with a loud noise mentioned that they did not like the movie, but they gave reasons other than the noise. Caller: I'm working two jobs, and I think that I am where God wants me to be, but I'm struggling. I want to make more money. Joe tells the story of the widows mite and relates his experience of financial struggle.
- Caller: I am stressed at my job. I feel like I want to pray more. I have considered religious life, but the convent wouldn't take me because of my health issues. Joe shares about caring for his son with special needs. When Joe starts to grumble, he reminds himself that he is serving God by serving his son.

February 5, 2018

Hour 1

- Joe describes a certain play during the Superbowl yesterday. Do you find yourself with anxiety when things are not perfect?
- Dr. Thomas Curran and Dr. Andrew Hill performed a study on different types of perfectionism. They had a multi-dimensional perfectionism scale, all types of perfectionism increased with this new generation. Young people are reporting UNREALISTIC academic and social expectations. Caller: My son had a great job, but he quit his job because he couldn't fit in with the other people. He kept comparing himself to others and felt inadequate. Joe: Encourage him by pointing out what he does well. Joe tells about the body that is the Church, the Body of Christ. God made your son with gifts talents and abilities. Joe speaks about his song, “Think of Life” and how he is reworking it with a talented singer, Anne Bosko.
- When you act on behalf of someone else out of love, you can avoid feeling anxious because you are getting out of your own head. For perfectionists, life is an endless report card. It is often paired with depression and eating disorders. Instead of being oriented toward success, perfectionists end up oriented toward avoiding failure. Your perfectionism can end up causing your children anxiety.
- Caller: How can I not be perfectionistic in my pursuit of mental healing and peace? Joe: People think you have to retreat to a monastery to have peace, but the longer journey to peace will teach

you to have peace in any circumstance. Joe speaks the seeing beauty in the imperfect. One example would be nature. Nature is seemingly chaotic, but beautiful.

Hour 2 (Christendom:1958 JP Catholic: 1935)

- Do you find it hard to ask for what you want? Why is it difficult? Jesus tells to ask for what you need. Joe tells an embarrassing story of the remaking of his song “Think of Life.” He asked a friend to sing with him in this version of the song. Joe repays her with a prank. Joe turns on the autotune to put her voice in the wrong key. Joe discusses a study where people were told to ask strangers to use their cell phones. The participants anticipated they would have to ask 3-4 people before one would let them use a cell phone. It turns out 3 out of 4 people let the participants use their cell phones. This tells us that most people will help you if you ask. Why are people actually inclined to give when asked?
- How do you deal with fear of rejection? Faith. Jesus did not come to reject you, but to save you. People are more willing to give to someone in need because of the way it makes the person feel. Joe describes having someone scratch your back. You guide the other person specifically to the spot that itches. Joe describes a study where subjects asked others to take a survey. Some participants were given cash, but the response was the same. But requesters felt more comfortable when offering cash.
- Caller: I felt guilty growing up when I was asking my parents for things. Joe: there are different ways to say no. Perhaps your parents were saying no in such a way that made you feel guilty. Practice with your boyfriend asking for what you need.
- Caller: I have a dream of recording an album, but I would have to ask friends. I don’t feel like there is a way that I could repay them. Joe: I’ve had friends give me many things over the years. God has given many many things that I will never be able to pay back. People actually love to give because it’s part of how God made us. How will you feel if you never ask, if your request is rejected, or if your request is accepted? If you are really rejected, you may feel a little bad, but you’ll be ok. Joe asks for a copy of the album when it is finished.

February 6, 2018

Hour 1

- What would you be doing differently now – if you could muster the courage? The Norse concept of “sisou”. The power of Faith, and the helps of God’s grace.
- Are you living courageously? Caller: I’m a grad student, but I really should be investigating a different line of work. The company I work for doesn’t care about people. Joe shares about his transition from being a cop to being a psychotherapist.
- The evolutionary influences on courage. The biology of courage. Dealing with uncertainty.
- Signs that you’ve found “the One” – or, signs that you’ve found the wrong one! Objective perspective on your relationship. What are “red flags”?

Hour 2

- Caller: I think I've found "the One". Joe analyzes the caller's previous substance problems that led to his divorce – and discovers an impulsive, feelings-based plan that the caller was following.
- Caller: I disagree with your last analysis, Joe; I do think that "love at first sight" exists – at 14 years of age! Joe and the caller discuss what couples really need.
- The chemistry of eye gaze: How a couple looks at each other is a powerful indicator of their true feelings. Caller: My wife has been cheating on me; she has confessed it to me. But I love her and my family! How can I go on with no trust?
- Have you found "the One"? Joe gives you the tools to find out. Caller: I was divorced after 30 years. I thought I'd never marry again – but I found a wonderful Catholic man. I now have trust, communication, altruism – and it's all enhanced by a common Faith. Is it okay when people are "dependent" on your spouse? What the research says. . .

February 7, 2018

Hour 1

- Joe describes a certain play during the Superbowl yesterday. Do you find yourself with anxiety when things are not perfect?
- Thomas Curran and Dr. Andrew Hill performed a study on different types of perfectionism. They had a multi-dimensional perfectionism scale, all types of perfectionism increased with this new generation. Young people are reporting UNREALISTIC academic and social expectations. Caller: My son had a great job, but he quit his job because he couldn't fit in with the other people. He kept comparing himself to others and felt inadequate. Joe: Encourage him by pointing out what he does well. Joe tells about the body that is the Church, the Body of Christ. God made your son with gifts talents and abilities. Joe speaks about his song, "Think of Life" and how he is reworking it with a talented singer, Anne Bosko.
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- Caller: How can I not be perfectionistic in my pursuit of mental healing and peace? Joe: People think you have to retreat to a monastery to have peace, but the longer journey to peace will teach you to have peace in any circumstance. Joe speaks the seeing beauty in the imperfect. One example would be nature. Nature is seemingly chaotic, but beautiful.

Hour 2

- Do you find it hard to ask for what you want? Why is it difficult? Jesus tells to ask for what you need. Joe tells an embarrassing story of the remaking of his song "Think of Life." He asked a friend to sing with him in this version of the song. Joe repays her with a

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- How do you deal with fear of rejection? Faith. Jesus did not come to reject you, but to save you. People are more willing to give to someone in need because of the way it makes the person feel. Joe describes having someone scratch your back. You guide the other person specifically to the spot that itches. Joe describes a study where subjects asked others to take a survey. Some participants were given cash, but the response was the same. But requesters felt more comfortable when offering cash.
- Caller: I felt guilty growing up when I was asking my parents for things. Joe: there are different ways to say no. Perhaps your parents were saying no in such a way that made you feel guilty. Practice with your boyfriend asking for what you need.
- Caller: I have a dream of recording an album, but I would have to ask friends. I don't feel like there is a way that I could repay them. Joe: I've had friends give me many things over the years. God has given many many things that I will never be able to pay back. People actually love to give because it's part of how God made us. How will you feel if you never ask, if your request is rejected, or if your request is accepted? If you are really rejected, you may feel a little bad, but you'll be okay. Joe asks for a copy of the album when it is finished.

February 8, 2018

Hour 1

- Joe tells the story of a boy drowned by an alligator at Disney World. There were attacks on parents and much blame to go around. Instead of being empathetic, are you blaming? If you don't feel understood, maybe the people around you lack empathy. Joe describes his usual morning. He opens his eyes and says, "Thank you God" and then gets coffee so that he can think more complex thoughts. Joe compares this with a difficult time in his life as a Police Officer.
- Your worry might be telling you that you're taking on too many responsibilities, or that you might have to make your needs known in your relationships. Anxiety is there to help you sometimes. How can you tell the difference between worry and anxiety? Joe shares the differences between worry and anxiety. Worry ends when you complete the task, anxiety lingers. Caller: I had a dream about getting lost on the way to elementary school. I've had these dreams since about 5 years ago. Joe recalls when he had his bad dreams as a cop. He realized that he had to step back from his job when he clocked out. Caller: I'm worried because my husband is not finding a job. He's not helping himself.
- Joe: It is frustrating when someone doesn't want to do what is best for themselves. But you have to manage your own anxiety. You can't control him. Caller: I feel anxious at work and tired when I get home. I'm almost too tired to play with my daughter. Joe: Would someone else say that you were a good mom? Yes. Where did you learn that you were not enough? You might be being too

hard on yourself. Caller: Past relationships, and my parents. Joe: When you pray, ask God to show you that “you are enough.” Imagine the Lord holding your hand and walking with you through your brokenness and struggle. Ask Him if you are enough. Combat those negative message that you’ve internalized.

- Joe discusses Cognitive Behavioral Therapy. Caller: I believe that my mom has anxiety. She makes endless lists and doesn’t sleep well. She grew up in the foster care system. Joe: Sometimes people with a tumultuous upbringing make excessive lists in order to have some semblance of control. Be a peaceful presence in her life. Unless she is willing to change, she isn’t going to take steps to help herself. You may have to back off sometimes to take care of yourself.

Hour 2 (Christendom: 1920, JP Catholic: 1935)

- Joe mentions the story of the child drowned by an Alligator at Disney World. Some people, instead of empathizing, lead with blame for the parents and the Disney World staff. Joe recounts the Gospel when the Disciples asked who sinned (the man or his parents) that caused him to be born blind? They asked this instead empathizing and asking Jesus to heal him. Which is more important, the moral outrage that you have, or compassion? Joe discusses the story of the Good Samaritan, in the light of empathy and compassion. Joe shares an experience with hatemail and relates it to his days training police recruits. His advice was to say whatever you mean to say, as long it would be ok to say these things in front of the Chief of Police.
- It is important to become ‘other-focused’ because you might miss another’s need if you lack empathy. Science gives us an idea why our culture is less empathetic. Highly individualistic societies and people tend to only look at life through our own lens and blame others more.
- Job was a righteous man, yet he experienced calamity. His friends did not have empathy. They expressed that Job must have done something wrong to experience hardship. Caller: I have a hard time empathizing with outside groups, but I can sympathize. Joe shares a story from his days as a police officer. He tells about that moment when he was not empathetic and thought “I’ll never get home tonight,” while dealing with a homeless man who threatened to kill himself. Joe reminisces about finally bringing the man to a hospital and spoke with him about his struggle and began to empathize with the man.
- Why do we blame parents more today? There is a time to judge, but life has become staggeringly safer for children since 1907. Children dying from accidents used to be much much more commonplace. People were less inclined to have the expectation of safety at the beginning of the 1900s. Caller: I suffer from anxiety. Sometimes I get anxious about not being taken seriously. I find that with my ailments, I can empathize with others more. Joe tells about being isolated while facing deadly threats, and knowing that he wasn’t alone when he heard friendly sirens coming. God wants us to look at each other as brothers and sisters.

February 9, 2018

Hour 1

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m. The first reading this Sunday is Leviticus 13. The high priest examines those with skin conditions and may be declared unclean. The passage outlines the rules for those with leprosy and skin conditions. They must remain outside the community, and warn people of their presence by saying, "Unclean! Unclean!" Joe: Why does leprosy get such special attention? Dr. Creasy: Leprosy as it was known then is not the same. It could have included several different diseases. They had to protect the community from infectious diseases. Moses leads the people out of Israel. Leviticus is part of the implementation of the Law from Mount Sinai. Leviticus focuses on the priesthood.

- Caller: Why isn't there a Gospel of Peter when he was so important to the early church? Dr. Creasy, books were hand copied at that time. Jesus told his Apostles to go out and preach. You could reach a lot more people more quickly preaching, rather than spending half a year writing one copy of a manuscript. When the generation that witnessed Jesus was beginning to die, they began to write down accounts of their interactions with Jesus. Regarding Leviticus and the rules regarding leprosy, the early Church Fathers saw Leprosy as emblematic of sin. It starts small, but if you leave it unchecked, it takes over your life and you are cast out of the community. Regarding the psalm it continues a theme of leprosy as emblematic of sin in Psalm 32. In 1 Corinthians 10, Paul tells us to do everything for the glory of God.
- Caller: What does Exodus 22:2 say about self-defense? Dr. Creasy: The passage speaks about giving a fatal blow to a thief breaking into a home at night. The person who struck the thief is not guilty of wrongdoing. Joe: What about the Gospel for this Sunday. Dr. Creasy analyzes Mark 1:40-45. A leper breaks the laws by moving through the crowd to get to Jesus. He was touched by Jesus and healed.
- Caller: Why are there different versions of the 10 Commandments? My protestant says that Catholics make graven images. Dr. Creasy: They are the same words, but just numbered differently. Also, Moses makes a 'graven image' of a snake to heal the people. Hezekiah later finds the snake in the temple and people were praying to that image. He threw it out. When you start praying TO an image rather than THROUGH it to God, that is the problem. Caller: Why does Jesus tell people not to tell that they are healed when he knows they will tell? Dr. Creasy: A theme in Mark is Jesus telling people not to tell. Jesus did not want groupies because of miracles. The miracles were just his credentials. If people just talked about the miracles, it might

overshadow his true mission. Caller: Jesus seems to take the place of the leper...outside the community. Dr. Creasy: Jesus takes on Himself our sin. That is a great analysis.

Hour 2 (Christendom: 1917, JP Catholic: 1935)

- When you think back at the hardest times in your life, you might have thought, “How do I get through this?” In the moment you can’t imagine the answer. Whenever you think about how much further you have to go, think about how far you’ve already come. Joe tells about his childhood. His mother told him that every time he ran up the stairs and saw the Divine Mercy picture, he was told to say, “Jesus I trust in Thee.”
- In the book of James, he says it is a gift when tests and challenges come at you from all sides. Your faith shows its true colors and will grow. It is only in struggle that you can discover strength that you did not know you had. That strength is God. Caller: I’m dealing with loneliness in my life. I struggle with it often. I feel undeserving of God’s Love. Joe: I don’t think you learned that from God, I think you learned that from life. The Gospel says the opposite. We are the lepers and Jesus entered into our lives to cleanse us. Caller: My brothers were hard on me growing up. They were quick to anger when I slipped up. Joe: You seem to be projecting that onto God. The answer is to focus on your faith and realize that God’s love isn’t dependent on what you do. When you are abused by others, yes you are a victim. But don’t let that become your identity.
- Caller Shelly: I called to ask for prayers for my car. They’ve worked! My car is running now! My livelihood was saved. Joe: Many called to help you through St. Vincent de Paul.
- Caller: I’m losing a little bit of hope. I’m homeless now. I’m trying to believe that there will be an end to this. I realize that I haven’t been as close to God as I am right now. Joe prays with Gina.

February 12, 2018 (Good for Encore)

Hour 1 (Grab call in second segment for possible promo)

- How are you getting support? Middle aged men with emotional support were less likely to die a study shows. Joe speaks about challenges, obstacles. How do you create the mindset to keep moving? Why do some people seem to be able to overcome any obstacle? Could you become like that also? Yes! Support may even be more effective when it is invisible. Dr. Juliana Breines, tells us that it might seem obvious that support would be more effective when seen, but it turns out to be more effective when "invisible." One study found that when people knew they were being supported, they were more stressed, and romantic partners felt worse being supported by their significant other. Joe speculates that one of the reasons might be because men tend to try to "fix" their wives/girlfriends.
- Is the support you're offering having negative effects on the person? Would you be able to tell your spouse/significant other the EXACT support that you need at this moment? Research suggests that receiving overt support may cause you to feel dependent and ineffective. This can rob you of confidence. Dr. Breines tells us that the support is best when the "giver-receiver"

dynamic is not as emphasized. God tells us that when you "give in secret" it is better for others. Instead of directly telling someone what to do to get over a breakup, you can give a story about a friend who overcame a similar situation. Caller: I don't feel supported by your husband. He just wants me to cut to the chase. Joe: The reason he may be doing it is because typically men want to solve your problems. Try letting him know that he would be a hero to you if he could just listen about your day for 15 minutes and not give advice.

- Caller: I have a posterboard with a heart and ears that I show my husband when I need someone to hear me and not just solve things. Joe: It sounds like you've married a good man. Dr. Breines tells us in her study that suffering is unique. Sharing your experience might minimize empathy. Putting yourself in someone else's shoes requires that you ask questions, listen attentively and withhold judgement.
- Joe shares an embarrassing story. He was a younger therapist seeing a veteran of OIF. Joe made the mistake of equating his experiences with his veteran client. The veteran shared an harrowing experience of war, and Joe shared an experience as a police officer. The client came back and expressed his resentment when Joe equated his experience with his horrible experience in combat. Joe learned from that mistake. Sometimes sharing your experience might minimize a story shared by someone else. Showing is better when it comes to support. There is nothing that

Hour 2 (JP Catholic: 1926, Christendom: 1936)

- Life will present all kinds of challenges and you won't have all the answers. Joe shares a story about when he didn't have all the answers.
- Life is a team sport. When you get into an argument, the brain is telling you to look at all of the bad things going on. The brain is trained to look at what is negative for survival. For most of us, we are not in constant danger, but our brain goes into a similar mode when we get into an argument. We have to retrain the brain by refocusing on what is positive about the loved one with which we argue.
- Caller: I struggled with OCD and had thoughts of harming my children. I was afraid to be alone with them and even to touch them because of these thoughts. My faith and learning more about it helped me through it. Joe: Allowing yourself to speak the truth, helped you to get through it.

February 14, 2018

Hour 1

- Joe addresses the shooting in Florida. We live in a society that is in constant connection, which might overwhelm us emotionally. You can turn your compassion back on.
- Guest: Holly Curtis, author of "Large Fry, Small Fry, Medium Orange." Holly recounts how things changed after her father left. She describes scooping money out of fountains to be able to

have money for a meal at McDonalds. Her Mother committed suicide, and she and her siblings were sent to boarding school.

- You don't have to shut down at every tragedy. It is more likely that you will support an individual suffering than a group of people. Why? When you see mass suffering, you think about the financial and emotional cost of intense compassion.
- Joe tells about the Apostles coming to Jesus when it was mealtime. He tells the disciples, "You do it." When you see the masses suffer, that is not the time to turn off compassion. When you realize that you can turn it off, then you can turn it on. Place what you have before God, like the loaves and fishes. God gives you the command to feel and to act, but he also gives you the capacity.

Hour 2 (JP Catholic: 1935, Christendom: 1942)

- How would you know if you are too sensitive? Do you tend to take things too personally? Do you have negative expectations? You might be too sensitive.
- Life will be tough, and you will have to learn to regulate your emotions. learn to not take everything as personal assault. Caller: My son has a negative mindset. He's 40 years old and is divorced. Joe recommends the "Feeling Good Handbook" by David Burns, MD. He sees the destruction of his marriage as the failure of his entire life. Joe discusses the problems with "should" statements. You should not assume that your feelings are facts. You might not feel lovable, but you are.
- When you are too sensitive you jump to conclusions and latch on to the negative. When you start to recognize your overwhelming emotion, you're able to hold it out and examine it. When you examine it with mindfulness you can detach yourself from the feelings, analyze and take action steps.
- God wants you to act to manage your responses to emotions. When you try communicating your feelings to others, try using "I" statements. When you realize your emotions are getting in the way of your joy, and your relationships, you can start to address it.

February 15, 2018

Hour 1

- Joe recalls speaking with his wife after the Florida tragedy. His wife told him of a local girl who just died of a flu. Tragedy can
- Caller: My brother committed suicide, and my son's words helped to get me to church.
- Caller: My father raged when I was younger. It was difficult to get over.

Hour 2 (JP Catholic: 1941, Christendom: 1947)

- Caller: I suffered a job loss, but I don't think I've gotten over my father's passing when I was 12.
- Caller: I'm a physician. My wife died 4 years ago.

- Joe recalls the 1994 North Ridge earthquake with his little babies. He remembers that any little shake triggered his reaction to prepare for another massive earthquake.
- Caller: I was sexually abused when I was a child. I'm having trouble dealing with the anxiety and stress from the trauma. Joe shares a story about someone in a similar situation. When the woman processed her trauma, she found that she began to heal.

February 16, 2018

Hour 1

- GUEST: Dr. Bill Creasy, Bible Scholar. Joe and Dr. Creasy discuss Dr. Creasy's translation of "The Imitation of Christ" by Thomas a Kempis. In the first reading for Sunday, Genesis 9:8-15, God gives a sign in the rainbow that he will not flood the Earth again .
- Dr. Creasy remembers going through Genesis again with his students and the comprehensive classes online at www.logosbiblestudy.com. Dr. Creasy reviews 1 Peter 3:18-22. What does it mean that Jesus preached "to the spirits imprisoned?"
- What does it mean in the Apostles' Creed that Jesus descended into Hell? What happened in between his death and Resurrection? Dr. Creasy: When he died, he descended not to Hell as we know it, but Hades the land of the dead, where souls were awaiting judgement.
- Caller: How can I interpret 2 Kings 6:15-17. Dr. Creasy compares the scene to Butch Cassidy and the Sundance Kid. Elisha sees the Army of God fighting with them even though they are surrounded. This is a veil of separation between our reality and the full reality of God.

Hour2 (JP Catholic: 1918, Christendom: 1935)

- Joe speculates that the more we live good lives in our families and relationships, the less violence there will be in the world. Joe presents the idea that God knit you in your mother's womb. Joe tells about a friend who tells him, "I guess we're happy. But I tend to run away when we discuss things." Joe analyzes studies by Dr. John Gottman. When you get stuck in a pattern of running away from issues, you have an 80% chance of divorce within the first 5 years.
- Joe speaks about how you may better communicate in your relationship. It is not realistic to expect a dreamy blissful state throughout our marriage. Scientists discovered that Oxytocin released during the first stage of your relationship changes over time.
- If you find a lack of sex in your relationship, you might want to start with the emotional satisfaction of your spouse. Joe tells us that 1Corinthians Chapter 7 speaks about sex.
- Joe suggests letting positive tension to build in your relationship by allowing your spouse to grow anticipation for a special event. Have fun and court again. Practice flirting.

February 26, 2018 (Producer's Notes: Good for Encore)

Hour 1

- Joe discusses how to recognize the lies you tell yourself to avoid real change, and offers some tools to calm the anxious mind.
- How do you begin making a bold change in your life? God tells Joshua not to focus on his fears, but on God Himself. Don't be timid and don't be discouraged, because God will be with you every step you take. Caller: I drink and take drugs so that I will appear happier to my children. I'm separated from my wife. Joe: You've learned somehow that you have to abuse prescription drugs and alcohol to feel happy. Congratulations for speaking truthfully about this right now! From the position you are in now, you can get help!
- One lie that you might be telling yourself, I've got to change all of this.....tomorrow. Joe discusses one of Newton's laws of motion. Joe discusses one of the lessons of "Al-Anon" a group for families and friends of addicts. The lesson is "I didn't cause it, I didn't do it, and I can't cure it." Caller: I have a problem with procrastination. I don't put in the time for the goals in my life. One example is that I want to become a write. Joe: I want you to write this book, but start with just one sentence tonight.
- Joe mentions a book that will be published soon by Ignatius Press. Joe recalls how difficult it was to actually sit down to write the book. He procrastinated by cleaning bookshelves, etc. He finally sat down and wrote it, pouring his heart and soul into it. He submitted it to the publisher, who said it was horrible. Slightly discouraged, he wrote another draft, which was also rejected. After many rejections and difficult processes, the book was taken on by Ignatius Press.

Hour 2 (Christendom: 1950, JP Catholic: 1954)

- One of the reasons you may resist change is that it causes anxiety. This leads to overthinking, which leads to more anxiety. Joe discusses cognitive distancing. Regarding anxiety it means that you realize that sometimes your anxious thoughts are not actually fact. Look at the evidence for your worry. Is it true? Is it possible that something good will happen instead? Caller: My son is anxious because he knows he's going to Hell.
- Joe: What are you doing to model the Peace and Love of God in your son's life? Caller: That is a good question. But he's not accepting Jesus as his Savior and he knows he's going to Hell! Caller: I've had cancer before and now I might have cancer again. I give rosarys to people that deliver packages to me. Joe and the caller agree to pray for each other.
- Joe speaks about stress response and the anthropological reasons why we might have this stress response today. Caller: My father committed suicide and from listening to the show I realize I might have some anxiety issues. Joe shares about a family friend whose son committed suicide. Caller: I am worried about committing suicide myself. Depression runs in my family.
- You have beliefs about yourself, but they are not necessarily true. Caller: I am anxious because my children have left the Church. They were in CCD and active in the Church when they were younger. Joe: You're not alone. Joe tells the story of the Prodigal son. If you are focusing on the fears,

February 27, 2018

Hour 1

- Why is it so necessary, but so difficult to ask for help? Jesus tells us, "...whatever you ask in My Name, I will do, so that the Father may be glorified in the Son." Joe tells the story of a friend who is usually joyful but this day she felt overwhelmed. Joe asked if she reached out for help, but she responded through her tears that she didn't have support. Instead of asking for help, do you start blaming others?
- When other's say, "Well, everything is going to be fine" you might feel dismissed. Joe tells a story about his good friends. They are very generous, but they don't allow others to help them. Does something inside you think that if you accept help that you are inferior or inadequate? These are signs that you might be too proud. Paul in his letter to the Philippians, thanks the Philippians for praying for him and coming to him in his time of need. If you can't accept help from other people, it will be difficult for you to accept help from God.
- Where did you learn that you don't deserve help? You might have been dismissed by a parent when you were younger and asking for help. Guilt is the emotion that prevents you from asking for help. You might even ask yourself now, "Why would God give me anything in this life?" Were you ever told, "How dare you ask for this!" Or were you given something but had it hold over you head? Joe tells of a friend that gave an appliance, but attached some strings to it later. Joe tells about one of his favorite toys, a stick with a piece of plastic on the end. Jesus compares a bad parent to the people with whom he's speaking. How much greater is our Father in Heaven?
- Perhaps your trust was betrayed and you were manipulated. You might have learned to live with that lasting distrust and it can prevent you from asking for help when you need it. It becomes more difficult when you get older, and you realize that asking for help might mean letting go of your independence, but remember that you are always dependent on God.

Hour 2 (Christendom: 3rd Segment, JP Catholic: 4th Segment)

- Joe speaks about growing up with 7 siblings. Joseph in the Old Testament, who was sold into slavery by his own siblings. He ended up receiving a position of power in Egypt and came in contact with his brothers later in life. Joseph wept when he was contacted by his brother's again and didn't hold a grudge against the brothers who sold him into slavery. Moses also recognized that without forgiveness, he couldn't go on. Without forgiveness, you can't go on with your life as God wants it to be. Forgiveness allows you to move on, whether you are religious or not.
- Joe speaks about God's consequences as related to His forgiveness. You are always called to forgive, but you should just keep submitting yourself to abuse. Joe gives a theoretical example of a sister who was very pretty, and got more attention from Mom and Dad because of it. You might have to go back and realize that Mom and Dad were doing the best they could as flawed human beings. Your job is to let go of your resentment, or it will only keep hurting YOU. When you are choosing to forgive, you have to go through some of the same stages of grief. Joe refers to "On Death and Dying" by Elisabeth Kubler-Ross.
- Forgiveness is not just a destination, but it is a process. Perhaps part of your process of forgiveness is to start helping others that have been hurt as you have been hurt, or changing the way you look at your past. Joe suggests actually apologizing, and portrays asking for forgiveness

as a noble act. Joe speaks about someone who wrote a rude email about the show, but might not have been listened to the show at all. Joe realized, as he was getting worked up about it, that he should let it go. He realized that even though he might have been treated unfairly, ruminating over this would only hurt him even after he wrote a strongly worded response email.

- There is poison that can be affecting your relationship: Resentment. It doesn't happen all at once, it can sneak up after years. You might need to take a step back and see where you might be overreacting, or gain a realistic perspective about yourself. When you can learn from your experience, you can turn those moments around when you are treated unfairly.

February 28, 2018

Encore of January 10, 2018

Hour 2

March 1, 2018

- Joe discusses the image of millennials and how they have some unique struggles compared to other generations. What problems are you facing as a millennial? Have you felt frustrated because of your age?
- Guest: Dr. Derry Connolly, President of John Paul the Great Catholic University. Dr. Connolly speaks about his inspiration by Pope St. John Paul, and how he saw a great need for Catholics in the media.
- Joe speaks about the pressure from his father to become an Engineer.
- Caller: I'm leaving the military. I think millennials are between a rock and hard place. Caller: I'm a millennial and I'm being called by debt collectors. I've started Massage Therapy. What do you think about my girlfriend and I living together but in separate rooms.

Hour 2 (Christendom: 1924, JP Catholic: 1948)

- Guest: Patrick Walsh, Creator of the show, "Living Biblically," a comedy about a man who decides to live biblically. Patrick discusses the challenge of creating a religious comedy without offending people. He also discusses the filming in front of a live audience.
- Negative emotions can actually give you the energy to make change, but if you go through your life angry, what is it trying to tell you? Paul sent a letter that he knew would distress the Corinthians, but good things came out of it.
- Caller: I think God uses my negative emotions from making bad choices. I am attracted to a woman that I'm not supposed to date as a Catholic. What is acceptable? Joe: what is more important? Your faith or feelings?
- If you find yourself getting angry after the 15th time you are offered help, you are feeling underestimated. If you are feeling lonely and you're unsure why, it may be instructing you to change your life. Joe tells the story of a very beautiful woman who is very lonely. She tended to date a lot and was promiscuous. Joe helped to realize she was missing love in her relationships and going about things the wrong way.

March 2, 2018

Hour 1

- Guest: Dr. Bill Creasy of logosbiblestudy.com joins Joe to provide insight on scripture and Sunday's readings. Dr. Bill mentions his new podcast "Scripture Uncovered." In this podcast he will answer questions on scripture. Exodus 20:1-17 is the first reading. Dr. Creasy speaks about oddity of monotheism in the polytheistic ancient world.
- Caller: Can you help me understand the Trinity? Also, doesn't Jesus say He can't be a two places at once? Caller: How can I understand when God says that He will forgive the sins of the Israelites to the third and fourth generation.
- The law is good, but no one can keep it. 2 Corinthians 1:22-25 the second reading mentions living a relationship to Christ, and not just wisdom or signs.
- Dr. Creasy discusses the Gospel, John 2:13-25. This recounts Jesus triumphant entrance into Jerusalem. You would think that he would go to the religious authorities and He would be proclaimed the Messiah, but instead He goes to the southern steps of the temple and whips those selling animals for sacrifice. Putting following the legalism of the law but ignoring a relationship with God had caused the environment that fostered the hypocrisy of the Pharisees and Merchants in the Temple area.

Hour 2 (JP Catholic: 1935, Christendom: 1950)

- Joe tells an embarrassing story. He was a police officer and realized that he needed to make a change in his life. After 3000 hours of training to be a therapist, he took one test and aced it. When he took the second test, he was overconfident and failed. He was shaking with embarrassment. He had to wait for 6 months before taking the test again, and missed it by one question. He felt guilt and humiliation. The humiliation drove him to start studying that night. He passed the next time. Bad feelings can motivate you to do the right thing. Caller: How can I deal with an administrator who doesn't seem to listen? Joe: first speak about the things of which you agree to lay the groundwork. Don't say "but," but instead present your idea.
- It is a problem if you want to just avoid negative emotions. Would Paul have been such a great evangelist if he was not humiliated? Joe reflects on how amazing it is that he has a radio show. Caller: I've been struggling all my life with jobs and relationships. Something probably happened in my childhood but I can't remember it.
- Caller (cont'd): What can I do about these "automatic" bad thoughts? Caller: What movies were you in as an actor? I want to know everything about you! Caller: You were speaking about the good that can come from "negative" emotions. As a flight trainer, I instilled a little good fear in my students.
- Embarrassment and feeling terrible can motivate you to change something wrong in your life. When you assume an embarrassing posture, people look at you and like you better. When you express feelings of guilt, they empathize and are more likely to offer help. Joe tells the story of a woman anointing his feet with perfume and assuming a humble posture.

March 5, 2018

Hour 1

- Joe welcomes guest, Kevin Sorbo, director and producer of “Let There Be Light.” faithfilmsnetwork.com. Kevin mentions an upcoming pilgrimage with him and his wife, to Israel. [Link](#)
- Joe discusses negativity bias. The brain has a natural tendency to seek out the negative because it helped humanity survive in more primitive times. If you start going to Disneyland every single day, after the thousandth time, you might say to yourself, “well...it’s alright.” This is called hedonic adaptation. The brain likes new experiences. How do you counter negativity bias and hedonic adaptation to prolong your joy?
- Studies show that making a list of the things of which you are grateful helps you overcome negativity bias. Virginia Wolfe says, “For pleasure has no relish unless we share it.” A study showed that the more people shared good things about a given day, the happier they were that day. There is no escaping suffering in this life, but if you want to increase your joy, the science says, “Share it!” Caller: God gave me a little saying to say to people. “There’s a chair in Heaven with your name on it...be there!”
- People who are good at sharing joy are more joyful. Participants wrote about a joyful, neutral or negative experience. Those that shared a neutral or negative experience were less joyful than those that shared a joyful experience in this study. Caller: I try to make every I can smile during the day. My son won a water polo tournament and I was able to share my joy with all the parents.

Hour 2 (Christendom: 1954, Christendom: 1935)

- Joe discusses about the good side to worry. Joe speaks about a specific incident where his worry helped to protect him. He pulled over a car, who pulled into an alley known for unsavory activity. The woman kept walking away from him. Joe called for backup and restrained her. After searching the car, a giant throwing star was found in the car. If he had not restrained this woman because of his worry, she might have grabbed the weapon and used it on Joe. You might not be a cop, but a moderate amount of pessimism increases productivity. In Joe’s case, it kept him alive that day. [Link](#)
- Joe speaks about how you might be able to tell when your worry might be too much. Both good and bad moods have their upside and downside. Caller: My worry helped a woman choose life for her child.
- The wrong kind of worry is about things that you can’t control. A study showed that those in a sad mood were more likely to make logical bets. When everyone in a workplace is too happy, it can discourage appropriate criticism. Joe tells about one company with a culture of “terminal niceness.”

March 6, 2018 (Good for Encore)

Hour 1

- Joe addresses a listener email about worry. She says that she was confused and disheartened after the show last night because she had been taught that "worry is not from God." Joe reiterates that worry or stress can serve a purpose. It becomes a problem when it is debilitating or when you

ruminate about things you can't control. Joe speaks about being a young parent. You might be thinking, "How can I raise a child when I just finished being a child."

- Caller: I never finished high school, and my son is in high school right now. He has been living with his mom in Washington State and I can't seem to relate to him. He likes to talk about politics. Joe: Even if you don't agree with him, you can hear and try to understand him. Just be curious about his life. Right now you have to win your son back.
- Caller: I had my child when I was 18. Now she is in college. Thanks to the support of my family and husband, I was still able to go to school and get my degree. She's now in college and getting her degree. Caller: I had my first child in my mid 20s. I was still growing up at the time, but I'm glad I had the energy with my little one.
- Joe discusses some of the derogatory comments when you're a young parent. "Did you plan this?" "Aren't you sad throwing your life away like that?" Hopefully you are getting supportive comments as well. Joe discusses some of his personal challenges as a young parent. Caller: I had children young in my first marriage.

Hour 2 (JP Catholic: 1947)

- Joe welcomes Guest: Dr. Joyce Mikal-Flynn, who specializes in recovery from trauma. (www.metahab.com) Dr. Mikal-Flynn had a sudden death experience. She was a provider (nurse practitioner) and experienced treatment as a patient. She noticed that she was constantly told about what she would never be able to do again. Now she helps those who have undergone trauma to focus on what they want to do and what they can do.
- Forgiveness is a central part of our faith. Are you stuck right now because you are holding on to resentment? It can keep you from obtaining your dreams or going after your goals. Offering forgiveness doesn't mean that you offer someone a pass on their behavior. Your feelings might remain murky until you write them down. Perhaps you can try writing a letter to the person who offended you even if you never send it.
- Caller: I was able to forgive my ex-wife after our annulment. She was unfaithful. A deacon guided me through healing and forgiveness. I was able to go deeper into my faith. Caller: I just let go of my resentment today! My mother and stepfather abused me. I found my mother was terminally ill, and I contacted them. It was very cleansing and I feel like a burden has been lifted from me.
- Have you gotten comfortable with being the victim of your story, and comfortable with the pain? Acknowledge what has happened, and bring yourself into this moment. Be the hero of your story. Caller: I used to hold a lot of grudges. Joe: have you figured why? Caller: I never really thought about why. I've had more than my fair share of major betrayals. As I forgive, how do I not continue to be a doormat? Joe: Learn the lessons from being hurt. You don't have to become a pessimist. Recognize that that might not stop and people will let you down. When you realize that others are not in charge of your happiness and joy then you will be able to tolerate when others let you down. Internalize that God knows you intimately and loves you. Then more you recognize that the less you will seek that in other unhealthy ways.

March 7, 2018 (Producer's Notes: asked many question)

Hour 1 (JP Catholic makeup mention: 1846)

- Do you feel like you were prepared for marriage? Are you considering marriage? Stop looking for Mr. or Mrs. Right. If you have the willingness to do what is necessary, you can create a successful relationship. Joe speaks about Peter's response to Jesus asking about his love for Jesus.
- No matter what you do, there is a certain amount of flexibility in marriage. Are you prepared to say, "I do?"
- Caller: My girlfriend and I have different views on guns, but other than this, we are both in line with Catholic Values. Joe: Can you speak about your differences with respect? Caller: Yes. But she does get worked up sometimes. Joe: You can always appreciate someone else's point of view. Men and women change each other. Joe admits that because of his wife, he lives a healthier life. One of the top fears we have in life is rejection. You may feel rejected when you have a disagreement.
- Joe tells about his friend who came to Joe for advice 2 weeks before a wedding. Communication or lack of it, is not what causes divorce, distance is what causes divorce. Joe recalls a couple that told him about a fight but didn't reconcile until a week or two had passed.

Hour 2 (Christendom: 1916, JP Catholic: 1947)

- Joe discusses issues of body image? Is it about shaping the body or shaping the heart? Joe speaks about an abusive relationship. The woman had so much chaos going on around her that she focused on one of the few things she could control...eating. Joe speaks about his experiences with women with anorexia.
- If you're having trouble with body image, maybe it's time to create a "code." The words that you use with yourself and others reveal what is in your heart. You might think that if you can look in the mirror and think "wow!" that you will be fulfilled. Joe hates to break it to you, but you are not immortal, and you will age. If how you feel about yourself is based on that you might find yourself lost when it is gone. Caller: when I look into the mirror I see someone who is too thin and someone who I wish could be smarter. I think, God couldn't you have given me just a little bit more? Joe: Paul speaks about the parts of the body. Many people in your position might have just given up, but you didn't. Studies have shown that popular people in high school are usually not the most successful people long term.
- When you keep comparing your achievements to others you might become unhappy even though your situation is good. Joe tells the story of a birthday party at which everyone spoke about what each of them appreciated about the birthday celebrant. Joe remembers watching the Oscars and how much focus is on appearance. It makes sense that your brain focuses on the flaws because it used to help us recognize threats as primitive man.

March 8, 2018

Hour 1

- Joe opens the show with "Millennial Problems." What are you anxious about? This millennial generation is faced with many unique challenges.

- Joe welcomes Cecilia on the show. She mentions that it is difficult to balance everything, and trying to stay out of too much debt. Cecilia also presents questions from friends. How can we create an environment for connection when everyone is on their phones? I know that moving in with my girlfriend is probably not a good idea because of my faith, how can we make it work.
- Joe asks about specific struggles of millennials. Cecilia tells us that some struggle to create an "Instagram" life. I have tried to separate myself from Instagram. One of Cecilia's friends is concerned about knowing what his "right career" is. Caller: I'm a part of many clubs on campus, but it seems I don't have any close friends.
- Cecilia asks for a friend: How do you give up a hobby that won't be a career. Joe: Sometimes we think that just one activity defines us. The best thing to do is to open ourselves up, broaden ourselves and look at our other traits and qualities. Caller: For those coming into their late teens/early twenties how can we discern if college is right for you?

Hour 2 (JP Catholic: 1935)

- Joe discusses the difficulty of being patient with a child who is taking forever because she just learned how to tie her shoes, or changing diapers, or being bothered while just trying to sit quietly. Joe looks back on his parenting. He realizes that bad moments came from his own anxiety when he was frazzled. If you cultivated just this one trait, patience, you would become a better parent. Caller: I don't know how to get my youngest son to move out. He has a degree in Engineering and he lost his job.
- Joe: Are both of you ready for him to move out? Caller: I'm not sure if my husband is ready to do it. Joe tells the story of a friend who was writing a college paper for her son. She told him he has terrible anxiety and was a terrible writer. If you are always living in a world where mom and dad pick you up, you'll never grow. You'll be dependent and anxious. When you are kind and patient with your children, they learn that they have to be patient with themselves.
- When children are out of control, you are the one that needs to be in control. This way you will teach them that he/she matters and you model how they should be. Later on they will figure out how to soothe themselves. Caller: I was a single parent. My adult daughter gets impatient. I remember that I used to do that with her when I was her age. Joe: At a certain point you have to let it go. You can be a calm place in her life, but you can't solve her problems for her anymore. Caller: I've raised 3 kids and my ex-husband was very ill. My son has discovered marijuana. He is 18 and is considered an adult. Joe: I have seen many young people whose motivation has been killed by marijuana.
- Being patient with your child can show your child that you take joy in his accomplishment. Caller: we have a 9-year-old. We try to be patient but we fail miserable every day. Every morning we chase him around. He doesn't have a sense of urgency. Joe: Perhaps he is trying to tell you something. Maybe you should schedule time to just be present with him and slow down. Do what he wants to do. Caller: We really don't spend a lot of time together. We wonder sometimes if we give him too much of our time. Everything revolves around him. Joe: The greatest gift that you can give to your son is a loving marriage.

March 9, 2018

Hour 1

- Joe welcome Guest, Dr. Bill Creasy, bible scholar. He tells about his new podcast, "Scripture Uncovered." www.scriptureuncovered.com
- Dr. Creasy discusses the book of Chronicles and the point of view from the altar, that is, the point of view of the priest. Dr. Creasy speaks about the Psalm for this Sunday.
- Dr. Creasy reviews the reading from the Letter to the Ephesians. Paul spent 3 years in Ephesus.
- Joe and Dr. Creasy recount how they have failed in little ways during this Lent.

Hour 2 (Christendom makeup: 1929, JP Catholic: 1935, Christendom: Segment 4)

- Only 13% of people say they are happily engaged at work. These people are twice as productive. What is preventing your happiness at work? 50% of your happiness is influenced by genetics. The good news is that the rest of it is up to you. The one thing that might be making you unhappy could be your attitude. You control your attitude. You are no longer in control of your attitude when you scoff at others that get promoted before you.
- **Caller: I've been struggling with eating. I've been bingeing and I can't stop. Most of my eating is alone. It's too late for me to be in a relationship.**
- **Joe: Sometimes when we don't have that relationship that we crave, we are more prone to anxiety and stress and also we sometimes can try to find satisfaction in unhealthy ways. Food from a psychological perspective, is soothing.**
- When you live outside of God's designs you tend to be less happy.

March 12, 2018

Hour 1

- How has prayer helped you from making disastrous decisions? A study Fincham, Lambert and Beach, shows how praying for your spouse or significant other was a better indicator of fidelity, than even your satisfaction in the relationship.
- Joe outlines how romantic partners were asked to pray for each other in this study. Those instructed to pray specifically for their romantic partner's wellbeing reported less thoughts of unfaithfulness and less unfaithful behavior. In the analysis, they found that there was a feeling of sacredness about the relationship when participants were asked to pray specifically for their romantic partners. The prayer actually changed the heart of the one praying. Joe extrapolates these results to pray for the individual from whom you are withholding forgiveness.
- Dr. Rutledge tells us that prayer helps improve our self-control. Other studies have looked at how prayer helps reduce alcohol consumption. We know that life is going to be tough. Pray for them and you actually can get a better sense of control.
- **Caller: I realized that prayer doesn't help God, it helps me. As a young man I used to think I could just do it myself, but now I recognize I can't do it without prayer. I quickly recognize that I**

wasn't in charge of everything. I'm a single dad and a widower. Joe cites another study that shows how prayer helps strengthen unity. Caller: Do you think keeping prayer in the classroom would have kept violence out? Joe: When you are praying for someone you are less likely to commit acts of violence.

Hour 2 (JP Catholic: 1921, Christendom: 1935)

- Joe references the movie "Gaslight (1944)" starring Ingrid Bergman. Joe also cites an article sharing 4 types of gaslighting you may have experienced as a child. [Link](#) One is the "Double Blind Parent" in which the parent unpredictably goes from intense love to coldness or hatred. Another is the "Unpredictable, Contradictory Parent." This parent reacts to the same situation drastically differently on different days. Another is the "Appearance Conscious Family" and the last is the "Emotionally Neglectful Family."
- Caller: I just wanted to tell about the plot of the movie, "Gaslight." Joe tells the story of a young girl whose parents ignored her feelings and problems.
- Caller: I grew up in a gas lighting home. My dad was a Pentecostal preacher, but he was gaslighting. He didn't want us to cry. I couldn't even cry at my son's funeral. Joe: What would your dad say when Jesus wept at the tomb of Lazarus?

March 13, 2018 (Producer's Notes: Few Calls. Check Ratings.)

Hour 1

- Joe tells the story of the prophet Samuel sulking about King Saul when God tells him to go to the house of Jesse to find God's anointed one. None of the sons presented to him were the one God wanted to be anointed. David, the 8th son was the anointed one. Joe tells about David's musicianship and Saul's attempt to spear David while he was playing the Harp.
- Joe gives a short history of sadness. Joe recounts his experience in the theater and portraying characters in Greek plays. Jesus speaks about the sadness around those who follow Him and love Him.
- Why do you see things more accurately when you have the blues? When you are happy, you're content with keeping things the same, but when you are sad you look at what is most important you. Joe cites a study in which they showed a sad movie or happy movie. Studies have shown that bad moods affect how you form impressions and it reduces gullibility. People in mild bad moods also are less likely to rely on shallow stereotypes. If you're in a bad mood, maybe God is trying to tell you something. One study found that those that were in bad moods performed mental tasks better, tried harder and persevered more.
- Joe tells of a study that showed people in bad moods used more persuasive and better arguments when communicating. Joe speculates that this might be why Paul can boast about the cross. He wasn't free by the happiness. A mild bad mood might help you to reflect on how to improve yourself. Jesus does not tell you to run from your cross.

Hour 2 (JP Catholic: 1920, Christendom: 1935)

- Joe speaks about the lessons you can learn from a good salesman. Joe tells the story about a salesman trying to sell him a truck. You can apply some of these things to your relationship. Good salesmen are attentive to you when trying to sell a product. Joe discussing the importance of “stopping.” Paul didn’t keep trying to control people, he moved on when he met resistance from people.
- Do you know how to ask and listen? That is the next step after “stopping” Find the problem behind the problem by asking and listening. Joe goes back to the example of the salesperson selling the truck. He didn’t get defensive when Joe mentioned some other issues about the truck.
- Are you stuck fighting? Focus on the process instead of the content. Jesus tells us that it is easy to see other people’s faults, but you should hold up the mirror to your own behavior. Are you just playing your “holiness” part, or are you actually living it out?
- “A sound mind makes for a robust body,” says the book of Proverbs.

March 14, 2018

Hour 1

- Noah, Sorry if I don’t complete these by the end of the night. I might just email you.
- **No worries! ‘Doesn’t have to be much. I can update the podcast later.**
- Millennial problems
- **Caller: I almost killed myself.** Continue notes.
- 3

Hour 2 (Christendom: 1917, JP Catholic: 1935)

- Joe recounts how Dr. Bill Creasy lied about using soy sauce in the stir fry. He quickly realized his mistake. Joe tells another story about lying about a jet boat in school. Do you know why you lie? When you lie, do you see your life as a mess?
- Do you lie because you don’t want to disappoint other people?
- We tend to look for the easy way. That is why we begin lying, but they can start to snowball. Paul speaks about the anti-Christ. All of his miracles and signs will be a lie/slight of hand. People will begin to hate the truth.
- Paul speaks about how dismissing God leads to a spiral downward in his letter to the Romans chapter 1. Even the demons recognized Truth. They recognized Jesus when they saw Him. Joe speaks about the revelation to the disciples on the road to Emmaus. They recognized Him in the breaking of the bread. You were created to live in the Truth. Joe recalls people lying to try to get out of tickets. He found it refreshing when people told the truth and owned up to their mistake.

March 15, 2018

Hour 1

- Joe welcomes Madeline Carroll of the cast of the movie "I Can Only Imagine." Madeline recalls her nervousness at the premier meeting the person she played in the movie. Madeline explains why she considered leaving the industry when there wasn't any work. After crying out to God, she was asked to audition for this film.
- Joe admits that he has t-shirts from High School. Why is it so hard to get rid of clutter? What is the psychology behind it? Joe discusses the book, "The Life Changing Magic of Tidying Up" by Marie Kondo. Instead of looking at things and saying "those are my things," do you look at your things and think, "this is ME."
- Joe admits that has waterskis in his closet. Even though they will probably never be used again, but each time he looks at them he remembers how he taught his kids how to water ski on those. Joe also tells the story of letting go of a paper that just told of his attendance in 8th grade. Caller: I can't let go of my childrens' clothes. My kids are now 40 years old. It reminds me of the joy of bringing my kids back from the hospital. Caller: I also have trouble letting go of baby clothes. I can't seem to let go of the thought of having another child. My husband was worried about being able to provide for another child, and I didn't feel it was my place to mention it to him again. Joe: It's not important that we get everything that we want, but it is important in a healthy relationship to express those wants.
- Joe admits that he hoards some books. Caller: I hold on to magazines because I fear that I'm going to miss out on something. I also hoard diabetic magazines even though noone has diabetes. I feel like it's a way to keep my family healthy. Whenever I make these healthy meals, they turn out horrible. I feel like a little bit of a failure. Joe: You know what is even more important than eating healthy food for our health? Connection. If you have loving connections with our family, you're more likely to survive illness. What you want is good; what you can give them is your love. What could you have instead of the magazines

Hour 2 (Christendom: 1927, JP Catholic: 1936)

- Part of the reason people love rollercoasters is because they are out of your control. Most of life you cannot control, but be ok. There is a superior kind of control that has nothing to do with you, but it has to do with your trust in God. Joe discusses Psalm 91. You can rewire your brain to feel safer even when you're not in control. The brain has the ability to build neural pathways. You have to build a new behavior or thought. 45 days is the amount of time to change the neural pathways. Joe discusses the power of "giving up" something for Lent. Moses tells the Israelites to not do the same things when they enter the Promised Land.
- When you start to control others because you can't deal with the anxiety, you do yourself a disservice. In the book of James, scripture says that our lives are like a whisp of fog. Start with a small thing, like making a small mess and then learning to live with it. You might have to learn how to color outside the lines for 45 days.
- Joe tells about Father Dave and his plans for his days off. He usually plans on doing nothing on that day. As you learn to trust God and his provision, then you can give up control. The pain of out of control can be addressed with trust. Joe speaks about dealing with a grumpy neighbor.
- What do you do with that miserable person in your life? Joe recalls dealing with a curmudgeon with love. He began to become lighter little by little. Joe recalls another grumpy friend, "Pat." Joe

asked him about his unhappiness. He told about being molested as a child. Be easy on those people. You never know what they're going through.

March 16, 2018

Hour 1

- Even though you are denying yourself opportunities to love, there is a part of you that wants to give and receive love. It might have been a traumatic experience. Joe shares another embarrassing story about his first day of school.
- As parents, we teach children what Love is. Joe recounts how he has seen people cut themselves off from love by withholding love. Paul speaks about doing things without love.
- Caller: I'm getting married in August. We have a chance to get married in Rome. My mother is very much against it. Joe: You will have to figure out what you want, but in your new life with your relationship will be primary.
- Joe tells his story about a great coach. His talent and ability hadn't changed, but his coach motivated him to become better. Perhaps you need to fire the bad coach in your head. Caller: I just ended my relationship of a few years. We started the relationship with physical intimacy. Joe: You're setting up a healthy boundary and asking him to respect it.

Hour 2 (JP Catholic: 1935)

- Caller cont'd: Am I being too nice to him? Joe: You might have to get tougher with him if he isn't going to respect your boundaries and understand that this is something that is important to you. If he thinks he can just bully you into doing things his way, that is a red flag.
- Caller: I am addicted to porn and I don't know how to stop. Joe: What do you get out of pornography? There is something you get out of it. Caller: I don't know. I guess I am angry with God, because I feel abandoned. I loathe myself. Joe: When did you determine that you were unlovable. Apathy can be more hurtful than negative attention.
- Caller: Because of IHR my boyfriend and I decided to become chaste. He died 2 years later. I believe we did this in God's providence to help him get to heaven. Caller: I disagree with Paul in his letter to the Corinthians.
- Caller: My son seems so unmotivated. He doesn't do his chores on time and is late to school. Joe: You sound like a good man, I think you've planted some good seeds in him.

March 19, 2018

Hour 1

- Why do you make such bad decisions? Joe discusses a movie in which a woman falls in love with a fish...or tadpole...or something. You probably don't consider yourself self-destructive and you hopefully haven't fell in love with a tadpole, but you might have still made some very bad

decisions. Joe speaks about a hypothetical embarrassing moment. You might see other people and see them as reinforcing all of your insecurities.

- Joe speaks about confirmation bias and its role in your bad decisions. Jesus used stories to get people ready to hear the truth. God calls us to radical change and it is hard to swallow sometimes.
- Joe discusses Jesus asking, “Do you really believe that I can do this?” If you think that you are not deserving of real love, you might be only seeing the things that confirm this notion, because of your confirmation bias. What would have happened if they answered “no” to Jesus’ question? Does your confirmation bias keep you from seeing the truth? Joe discusses a study about confirmation bias involving a football game between Dartmouth and Princeton. Depending on what school the participant was from, they responded differently.
- In another experiment, participants were presented with evidence against their political beliefs. The pain centers of the brain were active when they had to hear this evidence. You’re naturally going to rebel against truth when it goes against something you see as your identity. Could this be why you aren’t going to Church? Consider it a gift when you are tested from all sides as James says. Your faith is forced into the open and shows its true colors. If you’re comfortable, you’ll never grow. Challenge yourself! Approach life with curiosity.

Hour 2 (Christendom: 1917, JP Catholic: 1935)

- Joe tells a story about Board Op James baking cookies from scratch. Joe asks how many cookies would be considered “self-destructive?” Joe tells the story about a ‘date-night’ with his wife. He recalls going to a movie and eating too much popcorn. He didn’t see it as self-destructive at the time. Joe recounts the story about a king who made a really really really bad decision because of his debauchery.
- Joe continues about the king who made a bad decision, King Herod. Joe proceeds to do a voice impersonation of drunk Herod. Instead of turning his life around, King Herod gave Salome what she asked: The head of John the Baptist. Joe speaks about eating as a disorder. Eating can help you deal with stress because eating tells your body that you’re safe. Have you considered texting while driving as a self-destructive behavior? Joe tells the tragic story of a mother texting while driving.
- Have you ever considered that not showing up to Mass or not exercising is a self-destructive? Paul tells us that a disciplined physical life is good, but discipline in the spiritual life is far better.
- In the Gospel of John Jesus tells us that at first they wouldn’t believe, and then they couldn’t. You might have to recognize that if you don’t stop your self-destructive behavior and turn your life around, it will snowball. Have compassion with yourself and with others when they blow it. Left to our own devices, it’s natural to fall.

March 20, 2018

Hour 1

- Joe welcomes our resident millennial, Cecilia, to the show. Joe asks Cecilia about when people call millennials, "snowflakes." Joe tells of a millennial friend who is doesn't know how to fail, causing

him great anxiety. Cecilia shares about her psychology teacher gave them permission to struggle in a subject. Some mumbled under their breaths that they could still be good at everything.

- Joe explores the fact that she never learned to ride a bike because she was not immediately good at it. Joe: do you think you're missing out on some things because you've quit some things? Do you know how to get over the fear? You need to put yourself in those situations. Cecilia: A friend of mine felt withdrawn when a guy (stranger) approached her to talk in person, but speaking with another stranger on instagram was fine with her. She felt that because she could look through his profile, she knew him more. Joe: People will put their best foot forward on social media. You won't really see their flaws. Caller: I felt being a millennial was a stigma that might hurt me in my career.
- Joe speaks about the difficulty of millennials handling conflict. This might have been because of parents handling difficulties for their children. Cecilia can relate to this. Cecilia tells a story about her friend asking her mom to text an apology for her. Joe: parents might actually have to reflect on their own anxieties relating to their children. Caller: I'm a 60 year old doctor that works on a college campus. I feel this generation can easily isolate themselves. No one says "hi" to each other.
- Cecilia shares a running joke among her friends, that physical injury might help pay for tuition. Cecilia and Joe discuss frustration tolerance and the flippant way college students talk about suicide.

Hour 2 (JP Catholic: 1918, Christendom: 1935)

- Joe brings James on the air to share a story. Caller: I am a 60 year old now who raised millennials. I'd like to apologize to this generation for not letting them to make mistakes.
- Caller: It seems a lot of over-indulgence done under the guise of "protectiveness" is done because of unhealed wounds of the parents of millennials. Cecilia discusses the pessimism among millennials because of the balance between getting a job that is practical and getting a job that you love.
- Cecilia describes the problems of being a pro-life millennial on a liberal college campus. Joe describes being the outsider when he went back to school. He was a white straight male cop on a liberal college campus.

March 21, 2018 (Producers Notes: Felt like a moderately good show)

Hour 1

- Joe welcomes his mentor, Dr. Robert Maurer (www.scienceofexcellence.com) author of "The Spirit of Kaizen: Creating Lasting Excellence One Small Step At A Time." How do you know if you are getting enough sleep? Do you wake up with energy, are not dependant on caffeine, and don't lose energy throughout the day?" If you don't, you may not be getting enough sleep. Dr. Maurer speaks about the relation of your eating times and the affect on

your natural sleep time. A year of lacking sleep makes you 40% more likely to develop depression.

- Joe tells about getting up at night to use the bathroom even when he didn't drink too much water. Caller: What is the relation of water intake to sleep? Caller: What do you think about sleeping pills, Dr. Maurer? Caller: I have hot flashes. What else can I do to get a good night's sleep?
- Are you wearing a mask; do you feel authentically known? Harvard University concluded that graduates, to be successful, require 80% emotional intelligence to 20% book smarts. College students are less 40% less empathetic than previous generations. Joe remembers being awkward during puberty and trying to get his current wife to notice him. It is amplified today because many are trying to "compete" in today's digital world.

Hour 2 (Christendom: 1929, JP Catholic: 1949)

- Do you need to step outside your comfort zone to learn? Sometimes you need the comfort, and sometimes you need to push. Joe speaks about David worrying about the size of his army. God tells him through the prophet, that David was seeking peace in the numbers of his army rather than in God.
- Caller: People might see Cloistered Religious as living a "comfortable" life in a cocoon, but cloistered life is climbing a mountain. Joe: I definitely wouldn't be comfortable living a cloistered life. Jesus and the 12 set out and a storm came upon them. He walked on the water and Peter stepped out of his comfort zone to follow Him onto the water.
- Caller: My daughter started showing signs of an eating disorder after her father's death. She was helped, but now she seems very overwhelmed with her activities and school. Also, do you think it is ok for her to major in psychology given her condition. Joe: Your concern about her eating disorder isn't unwarranted. In school they might make her go through her own therapy because they want to make sure that the student isn't trying to work out their own problems through providing therapy to others.
- Joe speaks about the movie "Inside Out" and it's discussion about negative emotions. They should not be ignored. Paul speaks about the struggles of the early Church and how they revealed their true colors. They were happy even though they were desperately poor. Caller: My 8 year old is scared to be alone. My therapist says it is because he doesn't have a relationship with his father, but his Father doesn't want to be involved and has substance abuse issues. Joe: Father figures in the community that interact with him can have a positive effect. Don't be afraid to show emotion around him, he has to learn that it is ok to show emotions. Be that source of peace in his life.

March 22, 2018 (Producer's Notes: Only one call, but felt good)

Hour 1

- Are you dating a psychopath? *cue screeching violins* Joe outlines some traits of psychopaths. Joe also goes through a "psychopathy checklist." Keep in mind these are on a continuum and

some traits can be found in many people. Do you have a proneness to boredom? Are you a pathological liar? Do you have an excessively grandiose sense of self? Do you always want to get your way and will do anything to get it? Are you manipulative? Do you display a lack of remorse or guilt? Do you lack empathy? Psychopaths also don't like working for a living, and would rather take things from others. Psychopaths tend to be promiscuous.

- The fact that you are listening to this show is a good sign you are not a psychopath. Our faith can actually help you move away from psychopathy, but psychopaths don't have interest in faith. Have you met someone who was constantly putting you down, even in subtle ways. You might have met a psychopath. Caller: I may be co-parenting with a psychopath. He admits sometimes that he is selfish. He 'cheats' at his job. He had a record when he was younger. He never showed empathy. Joe: Just make sure that you pay plenty of attention to your children. They need that experience of being seen so that they can learn how to love.
- Some of the things you might hear if you are dating a psychopath: "I hate you" "I love you" "You bore me." Hate and love can be 'close' for a psychopath. The brain can be changed by trauma, and you might end up suffering from depression, and alcoholism. The psychopath can then turn on you and call you a "wreck" even though it was caused by the psychopath. Psychopaths don't actually "court" you, they "groom" you. It is like a game or ploy, they set you up. If you're dating a psychopath, they might say, "I'm friends with all my
- Psychopaths cannot take criticism. Anything that is less than flattering is unacceptable. Joe suggests that if you are dating anyone, and the fights continue until you "lose" the fight, this is probably not a person you don't want to continue dating. For a psychopath, "winning" is paramount, but Godly relationships require humility, cooperation. It is balanced and fulfilling.

Hour 2 (JP Catholic: 1918, Christendom: 1935)

- Joe shares a story about a teen....who spectacularly fails her driving test. Joe tells a real life cop story of a woman almost hitting him in his squad car. Are you in Drive when you think you're in Reverse? How do you know if love is real?
- Joe professes his love for musicals. Joe tells the story about a friend with a broken marriage. Joe believes they could have made it in their relationship. There were significant problems. The husband recalled how he felt important walking into a restaurant with his wife because eyes turned to her because of her beauty. Joe asked, "Did you love her, or did you try to fulfill your insecurities through this peripheral attention?"
- Is it truly love, or is it jealousy? Joe tells the story of a young girl who dated a boy. The boy tended to be jealous; she excused the jealousy as "love." He threatened to beat up any other men she befriended and he would always call wanting to know her whereabouts. Human love is not perfect, but jealousy isn't a foundation for a relationship.
- There is a problem with being attracted to someone just because he "needs" you. If the relationship is dependent on him needing you, you're always going to keep them in that position. You'll help him, but not enough to get him out of the dependent situation, otherwise you will lose your "mission." Joe tells his clients that his job is to work his way out of a job.

March 23, 2018

Hour 1

- Joe welcomes Dr. Bill Creasy of www.logosbiblestudy.com, Bible Scholar. Dr. Bill discusses the reading for this weekend, Isaiah 50. This is a foreshadowing of the Passion.
- Bill: Mark associates the prophecies in Isaiah with Jesus. Caller: Can you explain Luke 16, the parable of the dishonest manager a little more? Is he telling people it's ok to do what he did? Bill: This is a parable of contrast. Jesus is telling them if even this crooked guy can do this, you should be able to do much better. Isaiah 41:8, the suffering servant is the nation Israel. But this also prefigures Christ as the Suffering Servant. Bill calls Psalm 22, the x-ray of the Cross. Jesus quotes the first line of Psalm 22 on the Cross.
- Caller: Where in the bible tell us "if you hear something bad about somebody, don't repeat it, but go to the person and ask for an explanation." Bill: Matthew 18:15-20 prescribing what you should do if your brother sins against you.
- Caller: How were the letters and books of the New Testament kept before the Church had the Bible? Bill: There was no printing press, and the Gospel was oral. The first Scriptures weren't written until 30 years after Jesus' death and resurrection.

Hour 2 (Christendom: 1954, JP Catholic: 1956)

- Joe plays the promo for today's show, and considers the joy he might feel eating his number 1 favorite food wrapped around his number 3 favorite food. Joe tells about negativity bias and how it relates to your joy. From an evolutionary standpoint, negativity bias makes sense. The brain naturally looked for threats.
- Even if you win the lottery, after some time, you will return to your previous level of happiness. This is called hedonic adaptation. Joe explains. We like doing things the same thing in a predictable ways because it is comforting. Joe tells the story of a couple who make it a point to explore a new part of Los Angeles, CA regularly. We resist doing even the smallest things differently. If you want more joy in your life, try doing some things out of the ordinary. A study found that if you simply write about your joyful experiences, it increases your joy.
- How do you find joy if you didn't win the lottery and didn't get that "joy" gene? The good news is that 40% of joy is based on what you do. You can choose to do those things that bring you joy. Jesus heals the lepers and was pleased with the gratitude of one. What rituals of gratitude do you have? When you speak about your joy you become more joyful. Joe describes a ritual of sharing the good things that happened during the day as a family. This trains yourself and your family to look around and see what is good in life.
- The bible tells us to count ourselves blessed when you are persecuted for the Lord. Caller: I've lost my job and it has been difficult, but I trust in God. Joe tells a story about his brother. He doesn't have a lot of money but is always joyful.

March 26, 2018

Hour 1

- Joe examines the benefits of having a tough childhood, although he does not advocate being a bad parent. You might have more tolerance for uncertainty and makes you more resilient. You also might be less prone to have back pain. Joe tells the story of a woman who recalled growing up with two alcoholic parents at 10 years old. She credited her upbringing with being able to sense when people are hiding something and are able to read the power dynamics in any room.
- Caller: My dad put women on a pedestal but my mom had mental illness. My brother was allowed to abuse me physically and emotionally. I am still fighting that bad things that came from that. One good thing that came from this is that I can tell when women are victimized and I'm able to defend them. Caller: My childhood was rough, but it's helped me in my career. Joe: Having a rough childhood can help you to be less gullible and help give you a better ability to "task switch."
- Caller: I grew up in the hood in Southern California. it's made me tougher. I'm in a wheelchair now, but because of my tough childhood I didn't let my paralysis get me down. Caller: I always had arguments in my home growing up. I don't see any benefits to it. Joe: Would you say that as a result of that fighting that you found peace in your own life? Caller: No. I was very independent. I learned to just do things myself. Joe: Maybe this helped you professionally because you would just take on a tough job. Although, this didn't help you in your personal life.
- Caller: I grew up in an abusive home. This caused us to work very hard in school because we saw hard work as a way to escape this and never come back. Joe: Those with moderate stress growing up were more resilient according to a study. If you grow up in tumult, you're faster and better at assessing threats and reading intent in people's faces. Caller: My abusive father and husband taught me to read people better and get my life together. It's brought me closer to the suffering of Christ.

Hour 2 (JP Catholic: 1935, Christendom: 1948)

- Have you ever had the wool pulled over your eyes? Even if you have an advanced degree in psychology or a high intelligence, you still might be duped. Joe tells the story of a woman who was duped by a "Navy Seal." It all came crashing down over brussel sprout, not any "national security" issues. At a meal with her parents, he raved about how much he loved a meal (unsolicited) with brussel sprouts. Later when he mentioned he hated the meal she realized, if he could lie so convincingly about so inconsequential, he could lie about anything.
- Caller: I had 2 children with my husband. We lived in separate states for a while. He owned property that I didn't know about, and after he died bills came that I had no idea about. Other people think i'm just kinda dumb. I wondered if I wasn't a good enough wife. Joe: you were duped, but you don't sound dumb. You lived life with a deceiver. It sounds like he was "gaslighting" you. He didn't do this because you were unlovable. Those that are betrayed tend to keep it under wraps.
- One reason that people that are duped keep it out of the light is that those that are duped are usually judged by others. Joe tells the story of one woman who still blames herself for being duped . Joe speaks about Bernie Madoff and how desire can keep you deceived enough to be duped.

- Another thing that makes you susceptible to being duped is overconfidence. Peter did this. He told Jesus that he would never deny Him. Joe tells about a woman who discovered she was born out of an affair.

March 27, 2018

Hour 1

- Joe reveals what might be a controversial solution to the anxiety felt by many millennials. Cecilia joins Joe in the studio as our "Resident Millennial." Joe speaks a study about the use of social media and depression. Those that use social media are 2.7 times more likely to experience depression. Cecilia recounts the incredible story of how she fell during her first bike riding lesson.
- Cecilia continues with her story. After her bad experience, she decided that riding a bike was not for her. She is now in college and never learned to ride. In response to our show last Tuesday, Cecilia has resolved to learn to ride a bike and face her fears. Cecilia describes how she uses pinterst for things like planning outfits. Joe challenges her to come to work in her worst outfit.
- Caller: I believe Cecilia is actually part of generation "Z." I have children who are millennials and also Gen Z. I think Gen Z is in even more trouble than millennials. Cecilia speaks about how one of her professors grouped millennials by asking who had a computer in their home. Gen Z grew up with tablets. Cecilia brings a question from a friend. Her friend wishes that someone would just tell him where to go for college instead of having to make this decision himself.
- Joe discusses why it might be better for this young man to struggle with his decision. He might learn something by going through difficulties. Cecilia speculates about why it might be painful for him to make a huge decision. She says that they were usually told what the safe route was, and without that guidance in this decision, it is difficult to deal with. Caller: I've gotten over my addiction to social media. One of the things I've noticed is that it's all about convenience. Joe: You beat me to the punch. Part of the problem with being addicted to social media is the convenience.

Hour 2 (JP Catholic: 1936, Christendom: 1946)

- Joe and Cecilia discuss depression and it's relation to viewing others' "perfect" lives on social media. Joe challenges Cecilia to examine what and why she posts to different social media platforms.
- Joe asks why Cecilia reveals more of "herself" on a certain social media platform. Joe challenges Cecilia to show #therealme on social media. Cecilia speaks about the concern that her friends might have when she begins. Joe speaks about the fact that mistakes that we make on today's social media platforms can end up having such a wide reach and are online for a long time. Caller: When you break up now, relationships can linger because of social media. You start to compare yourself with your ex's new relationships.
- Cecilia discusses breaking up with her boyfriend, but still being drawn to his social media posts. She still posted things that she was doing (to make him see that she was happy) and he

disconnected. She found out from a mutual friend that it was because he struggled with seeing her happy without him. Joe compares this to watching a scary movie. You know that it is not true even if your body responds to the part of your brain that tells you it is real. Cecilia speaks about how it hurts a little bit when her friends are on their phones instead of engaging with her.

- Cecilia recounts how her friends used to engage with each other until they all got phones. She eventually got used to it. Rates of depression are soaring among millennials. Joe cites a study about millennials and mental health visits. Cecilia relays a question from a friend who can't seem to keep her passion for what she is doing. Cecilia compares online classes with on campus classes. Cecilia recounts her experience trying to talk to people on campus.

March 28, 2018 (Christendom: 1921, JP Catholic: 1935)

Hour 1

- Joe speaks about the state of the world. Is it time to build a bunker in the backyard? Is it time to stop caring? NO! There is an answer. Jesus tells us to celebrate when someone puts you down because you are actually taking a stand for something. You don't have to feel bad, you just have to reframe your experience as God would have you reframe it. If you look back at those hard times in life and ask "what did I gain?" you can probably find a lesson.
- **Caller: Being homeless and living in my car is causing me stress. I'm an alcoholic. I'm not a believer. Joe: I'm afraid that you'll be in a worse place if you don't say no to the drinking. Joe prays with him.**
- Caller: I'm a nurse and my husband passed away. I tried to get help for depression and anxiety but I didn't have benefits. I sometimes ask God to take me instead of a parent who would leave children. Joe: Do you feel suicidal? Caller: I would just rather that God take me now. I'd rather not be here. I'm grateful for the good people around me, but I'd rather be with my husband and Jesus in Heaven. Joe: I lost my son, and I would like to see him again too, but I realize what a great gift we've received to be here on Earth. Because of your suffering, you have a gift that many don't have. What was miraculous wasn't that my son received a cure, but that I felt God's presence in this journey.
- Joe mentions that keeping a gratitude journal (writing down a few things you are grateful for) each day can help you. Sharing your good experiences can make them even more powerful. Paul tells us to be thankful no matter what. He didn't give an exception clause. Caller: I haven't been able to hold a job for 9 years.

Hour 2

- Caller Cont'd: I thought about suicide a few hours ago. Joe gives caller the National Suicide Hotline number and the caller promised to go to an AA meeting tonight in his area.
- Caller: I'm stuck. I retired a few years ago and I've become a hoarder. My landlord is getting on my case.
- Joe speaks about "mentalizing." It's about getting out of yourself. Joe tells a story about him allowing a couple to fight for a minute. When they were done, he had them "mentalize." They imagined and spoke of life from the other's perspective for 1 minute, and the fighting stopped. The tension left the room and they began to hold hands again.

March 29, 2018

Hour 1

- Joe welcomes guest, Michael Vasquez, founder of St. Gregory Drug and Alcohol Treatment Centers. www.stgregoryctr.com or 888-778-5833 for a counselor. Michael reveals part of how the cognitive therapy works and how the center incorporates a Catholic mindset and help to build virtue in their participants.
- If you really want to change your addiction, you'll have to change everything. You probably won't be able to hang out with the same people. You'll have to be brutally honest with yourself and others.
- Caller: I've been addicted to prescription medications since I was 16 years old. I'm now at a methodone clinic and it still doesn't seem to help. Joe: Live in the truth. The more you keep secrets the less likely it is that you will seek treatment and let go of your addiction.
- Joe speaks about living in truth and shares a trick that he learned as a police officer. It is in truth that we really find freedom. Caller: I was a workaholic. I hurt my back but then got addicted to pain medications. I attempted suicide. Now I turn to the bible. Joe goes on to stress the importance of relaxation in your recovery plan. Unless you're willing to acknowledge that your drug use or alcohol use is out of control, you'll have a tough time recovering. Addiction requires lying.

Hour 2 (Christendom: 1935, JP Catholic: 1946)

- Caller: I am addicted to alcohol and painkillers. It gives me the energy and puts me in a good mood to be with my girls. Joe: What is your plan for recovery? Caller: I've been to outpatient rehab, but I came back to work and I hate my job. I have started to abuse again. Joe: Part of the advantage of AA is that there is a sense of community. You can't do this alone. You've had a taste of the sober life. Unless you're honest about the pain in your life you'll probably backslide. Promise to call your sponsor after you're done listening to the show.
- It isn't always easy to sort through or express your feelings if you grew up in a home with addiction. As a child of an addict, your opinions were probably suppressed. Paul tells us to welcome those with different opinions. Treat them gently. Are you recognizing that your children are unique beings that have their own way of being? Encourage your children to be who God has made them to be. Caller: I am definitely Co-dependent, and Al-Anon definitely helped. I think I realized as a child that I felt inferior to my peers. My dad wasn't emotionally available.
- Caller: I used to drink a 6 pack at 10 in the morning in my college class. I gave up drinking for lent every year. But one day I just decided to give up drinking and smoking at the same time. I haven't had a sip of alcohol for 11 years.
- We all thrive when the rules are clear. But when you grow up with addiction, you're always afraid of the extreme. There were probably rules not enforced, or made up. Let your yes mean yes and no mean no.

March 30, 2018 (Pre-recorded)

Hour 1

- Joe speculates about how odd the cross looks to outsiders, but it is in the cross that we find purpose. Joe shares a fishing story about a man who catches 3 beautiful trout. In the water, they are vibrant and graceful. Out of the water, they flop around and can't breathe. The man thought, "If these fish could just learn to like the luscious green grass, they would be so happy." They were meant for the water. Are you living in a place for which you weren't meant? How do you find purpose and do you live with purpose? How do you cultivate purpose? You either live with purpose and meaning as God has intended, or you flop around. It is in Christ you find out who you are and what you are living for, as Paul tells us.
- Joe shares that the most miserable people he meets in therapy do not know their purpose in the world. You might have to ask if that which you love and which you're comfortable with is fulfilling your purpose. When you try to live clutching to your own plans, even if they are 'religious,' can separate you from the life that God wants you to live. Joe recalls his struggle to make the decision to leave the police force. The work, the mission, and the people were great, but there was a deeper dissatisfaction that he felt. If you want to find your purpose, you may have to abandon your life as you know it like Christ did on the Cross.
- Who do you listen to when you are trying to find your purpose? If you are following God's voice, you're more likely to find life. Joe tells the story of a man begging Jesus to come and help his ill daughter. Some people came out of his house and told the man not to bother Jesus anymore because his daughter was dead. Jesus tells the man to trust Him and tells his daughter to "get up." Joe refers to the parable of the talents. The man with a smaller amount of talents just buried them and didn't give his master a return on his investment. Our gifts are meant to be used.
- Don't let what you're good at, or not good at, stop you. Paul the Apostle tells us that among the Christians he was the least qualified, but his success wasn't up to his natural abilities. Joe compares this with his limited radio experience stretching his ability with God's grace. God doesn't ration out His Spirit in bits and pieces.

Hour 2 (JP Catholic: 3rd Segment, Christendom: 4th segment)

- How do you put more meaning in your life? A study puts the question "if you had to move away from this town in 30 days, how would you spend your time?" The results were surprising. Jesus warns us about being preoccupied with unimportant things instead of realizing what God has given us. Joe has some bad news....you have a limited amount of time. Participants imagined their lives as the researchers posed, re-prioritized their lives and reported being happier. The participants in this study started to exercise their competence and utilize their gifts. Also, interpersonal relationships became more important. With a time being scarce, they made more time for meaningful relationships. Christ died so that we could have relationship with Him. The participants let go of the "shoulds" and just did it. As you contemplate the Cross, realize that the Resurrection is right around the corner.

- Nothing will quite highlight what is important to you than imagining their absence. Don't complicate your lives unnecessarily. Emotionally rewarding and meaningful people naturally rise to the top of your priority list.
- Joe reflects on the loneliness Christ felt. Even religion doesn't always provide that productive solitude anymore. We prefer "Megachurches" instead. There is almost a need to be terminally in touch. Jesus got away to be alone, but not lonely. Partially because of our extreme connectedness in today's world, we have started to equate being alone with loneliness. Also, loneliness isn't cured by being with others. Separate from devices and distractions and connect to God.
- Joe tells the story of an explorer who spent much time alone in the arctic. He thought he would be lonely, but he found a certain peace to be away from it all. Convent comes from a Latin word meaning "meet together."