

The Joe Sikorra Show

Show Notes

3rd Quarter, 2018

July 17, 2018

Hour 1

- Joe welcomes Cecilia (Resident Zimmennial) for Zimmennial night. Joe and Cecilia discuss how Cecilia knew that she didn't want to keep dating a specific young man.
- Caller: Let God choose your spouse. I was in the music industry and I knew that I shouldn't date anyone in the clubs where I played. How do you know if a person is the one God has sent you? You'll feel it.

Hour 2 (Christendom: 1907, JP Catholic: 1936)

- Caller: I decided to meet my wife at church because of the relationship that I wanted. I met her when I sat in the same pew two Sundays in a row.
- Caller: What do I look for in a Catholic Man and how do I know if he is the Catholic he says he is.
- Caller: My marriage prep actually kept me from marrying. Joe and Cecilia discuss "shotgun" dating and
- Caller: What can I tell my sister who is thinking of a living with a man before marriage?

July 18, 2018

Hour 1 (3500 streaming)

- Joe speaks about how you can build resilience through grief. If you are having trouble with grief, you may want to explore ritual. Joe discusses how. Joe gives some good examples of peoples private rituals. Even though they may seem sad, people actually became unstuck.
- Caller: My husband passed away a year ago. I re-visited the church where we were married.
- Joe discusses an experiment showing that ritual helped with a monetary loss. Caller: I visit the grave of my wife every month and talk to her there.

Hour 2 (JP Catholic: yes, Christendom: 7:49) (2600 streaming)

- Joe discusses an email from a listener who began her email: "I am a woman." She goes on to discuss her interactions with the mostly male neighbors. They would have fistfights. When she had her first female friend, she didn't fully understand how to act to relate to her.
- Men talk to negotiate and build status, women talk to bond and establish rapport. Caller: I went over to a woman's house. I think she might have not wanted me around, but she didn't actually tell me directly. Why do women not just come out and say it?!
- Women speak about their problems when they are stressed or upset. Men tend to withdraw for "cave" time. Joe relates the story of the prodigal son and communication.
- Women tend to use more vocal variations and help each other to tell stories.

July 19, 2018

Hour 1 (2500 streaming)

- The danger of falling in love. Love is necessary and good - but must be nurtured.
- Dr. Selzer: Any emotional state that rises to a bell-ringing level can't be trusted. Why we're drawn to people who are like our parents.
- University of Texas research: Hip-to-waist ratio influences men's attraction to women. Australian study: Women prefer symmetrical mens' faces. The brain craves novelty. Mistaking danger for love.
- Learning to really love each other. Self-giving vs. self-gratification. God alone can fulfill your every need.

Hour 2 (2400 streaming)

- God wants you to have peace: Take a break for recharging. Research shows. "Why We Should Slow Down: The Lost Art of Patience" by Dr. Alan Kastell.
- The benefits of simply going slower. God established a day of rest - and enshrined the Sabbath.
- Redirecting your focus: It's not all about you. Take a break - it actually increases productivity at work.

July 20, 2018

Hour 1 (2500 Streaming)

- Dr. Bill Creasy, biblical scholar, chats about his recent dynamic-equivalent translation of Thomas Akempis' "Imitation of Christ". The thrill of translating A Kempis' work from writings in his own hand. The difficult job of a prophet - to be counter-cultural. Isaiah's request for resignation. Dr. Bill's Bible study: www.logosbiblestudy.com.
- Caller: The Golden Rule - is it really a "rule" that we have to follow? Does it mean that we have to tolerate homosexuality? Caller: The Transfiguration - what does this passage mean? The Apostles' trip to Caesar Philippi; "Two witnesses" to God's New Covenant with mankind.
- Paul's Letter to the Ephesians: Jews and Christians coming together in Christ. Caller: The word "till" in Scripture - does this imply a change in state afterward?
- Jesus said that we'd always have the poor; does this mean that the attempt to completely eliminate poverty is futile? Noah Mackenroth asks: What is the Catholic teaching on "supercessionism" / so-called "replacement theology"?

Hour 2 (2400 Streaming)

- Is it permissible to abstain from intimate relations from your spouse? Advice from St. Paul. What is the worst marriage advice you've ever received? Men are from Mars, Women are from Venus - how different are men and women really?
- Should marriage get boring? No - God calls you to a novel way of life.
- Caller: My husband has "anger-management" issues; how can I help him? Joe and the caller discuss the fact that the relationship is actually abusive - physically and verbally.

- Caller: Bad Advice - I was told to stick with an abusive husband; it's the worst thing I ever did. Caller: I was told to date more than one person way back when. Is mere verbal abuse grounds to leave the "marriage"?

July 23, 2018

Hour 1 (Producer's Notes: Great Hour) (3000 streaming)

- You would think a therapist would be the last person who would be unfaithful, but Joe tells about exactly that story. Joe believes that most marriages can learn to thrive, even after infidelity.
- Joe outlines the path to healing after infidelity. The first step is to stop the affair.
- Caller: I suspect my wife was unfaithful before she filed for divorce. She is currently seeing someone. We never spoke about it. Caller: I was the one who was unfaithful. My marriage is now a lot stronger. My husband's forgiveness gave a glimpse into God's forgiveness.
- Some researchers claim that 25% of all marriages suffer infidelity. Joe speaks about a couple in which the wife had a very difficult time remaining faithful. Joe confronted her and begged her to live her life consistently with who she truly was.

Hour 2 (JP Catholic: 1933, Christendom:) (2000 Streaming)

- Are you dating someone who has difficulty speaking about "long range" plans? Do you find yourself unable to commit? If you grew up in a home where mom and dad were unpredictable or not present, you may have internalized that relationships are dangerous because they make you vulnerable.
- Joe discusses anxious attachment style and avoidant attachment style. Caller: I stayed with my mom to take care of her. More people came into my life that needed my help. I feel like I am "unavailable" and run away from relationships. I've had proposals, and even men that were willing to take in my mother also.
- Joe psychoanalyzes Han Solo. Caller: I find it hard to have intimate conversations with my girlfriend. How can I be more open?
- Joe tells an embarrassing story about his young love.

July 24, 2018

Hour 1 (JP Catholic: 1828, Christendom: 1850)

- Joe tells about avoidant people and how to help your relationship with him/her. Rather than yelling at the avoidant person, just tell the person what you need.
- Joe tells why Paul was able to withstand so much. What was it that made Paul so confident and how can you apply it in your life?
- Caller: My husband is avoidant, and I'm not sure how to get through to him.

Hour 2(Car: 1928, Business: yes)

- Joe speaks about his pursuit of a boat. Are you pursuing material things thinking that they will make you happy? Joe reflects on a pop star's spending habits and his unhappiness. Joe

remembers his jobs acting in advertisements. Ads rely on you associating happiness with their products.

- Joe reflects on a yoga instructor's question, "are you happy because you are smiling, or smiling because you are happy?" No matter the job, and no matter how menial or difficult, if you are doing it for the Lord you will probably feel happier.

July 25, 2018

Hour 1 (Christendom: yes)

- Do you want to improve your relationships? Ask questions. What is the most important question you can ask yourself? Joe reveals it.
- It is actually only by sacrifice and struggle that you find holiness and joy. For what are you willing to suffer? Caller: I was willing to suffer for my husband, and he was wonderful. He was a blind man, and very inspirational.
- Joe tells about what he does when he goes out for a run. Will Joe continue the struggle during his run, or will he turn around and go back to the house? Tune in next week to find out! Actually, he answers during this show.

Hour 2 (JP Catholic: 7:54)

- Are you in a relationship with an abuser? Caller: I feel like my teenagers can be abusive. They become aggressive and just want to play video games.
- Caller: My husband was verbally abusive. I had a spiritual experience that changed me.
- Caller: My wife is abusive, but I am staying with her for my child.

July 26, 2018

Hour 1 (Christendom: 6:42, Car: 6:51)

- Joe welcomes special guest: [Garland Benson](#) a 13 year old whose sister has Batten's disease. This is the same disease that has taken one of Joe's sons and currently afflicts the other. Garland is raising a million dollars to get treatment for his sister. He is currently at 595,000 dollars. You can donate 10 dollars to his cause by texting "hero" to 501501, go to beyondbatten.org or call 1-877-622-8836.
- God tells you not to lie...but what lies to you tell yourself? You might have become so comfortable with your own lies, that you start to actually believe them.
- Are you telling yourself, "he may not seem like much now, but one day I'm going to change him!"
- Another lie that you might tell yourself, "She's not usually like that. She was just having an off night. She doesn't really mean it." Jesus tells us, "Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but only the one who does the will of my Father in heaven." Joe reflects on an acquaintance that passed away today.

Hour 2 (Business: 7:26, JP Catholic: 7:34)

- What does it actually mean to forgive? Caller: I didn't receive an inheritance because of my family members. It is difficult to forgive. Joe: It would be easy for you to get stuck in a "victim loop" because every day you realize, that you didn't receive the money. You might have a fear of them actually offending you again. Linda Graham states the number one barrier to forgiveness is unreadiness. This is due to ruminating on the offense.
- If you perceive yourself as being weaker in the relationship, you're less likely to forgive. When you feel more powerful, you're more likely to forgive. Who lives in you? The Holy Spirit! Can you ask for more power?
- Forgiveness is not weakness. It is connecting yourself with what is most powerful of all.

July 27, 2018 (Producer's Notes: Pretty cool show)

Hour 1 (Christendom: 6:35, Car: 6:51) (2500 streaming)

- Joe speaks about how communicating with "I" statements can go horribly wrong. What do you do to deal with conflict? How are you communicating?
- Caller: I think my daughter is addicted to drugs. She just left and was angry because I wouldn't give her money. What is the first step I can take to help her?
- Caller: We live in my mother-in-law's house, and we have a chance to leave, but my wife wants to stay. Joe lays out some tips for him to have that difficult conversation with his wife.

Hour 2 (2200 Streaming)

- Caller: I have been dealing with conflict in my marriage for a long time. I feel like the only way to stop the conflict is with a divorce.
- Caller: My wife left me after 28 years together. I can't get her out of my mind. Can you help me, Joe?
- Caller: I co-signed for a loan with my sister. Later on I got married and forgot about it. When my sister stopped paying, the bank came to collect from me. My wife thinks I deceived her.
- You don't have to win in life to feel good, and you don't have to lose to feel bad. Winning/losing is not an indicator of stress. Joe mentions a study about wolves in captivity. The dominant wolf experiences higher levels of stress and is at greater risk of heart attack and disease because he always has to prove himself. God tells us to be a servant.

July 30, 2018

Hour 1 (Christendom: 1634, Car: 1648)

- Joe welcomes Julia Hogan, LCPC to the show ([Link](#)). She is a graduate of Divine Mercy University. They discuss the state of psychology in the United States. Good psychology affirms the faith. Is the faith about being a protected hermit, or total immersion into the world?
- Julia recalls how she burned out in college and high school and how she helps her clients to practice basic self-care. She speaks about writing her book, "It's OK to Start With You."
- Joe tells a story about bad table manners. A story which may get him in trouble with his wife. Is there a way to actually give unsolicited advice? It may just come down to good common sense. Joe lays out some practical steps to give unsolicited advice in a tactful way.

Hour 2 (Business: yes, JP Catholic: yes)

- Have you ever had the urge to cheat on your spouse, but something miraculously happens that snapped you out of it? Or did you do something to help you resist? Joe discusses how to “affair-proof” your marriage. Paul tells us to fill our minds with the beautiful and noble. If you are just looking at the problems and arguments, you’re more likely to cheat.
- Caller: I have had the urge to cheat on my husband., but I thought about something else and I was careful not to put myself in situations where I might cheat. Right now though, my husband and I are separated.
- One of the ways that you can help prevent cheating is to actually be intimate with your spouse. This is not a cure-all, but can strengthen your relationship. Joe speaks about sex in your married relationship.
- Joe speaks about the disciples falling asleep. Allow God to continue to grow in your life. This will prevent the years of work to heal after the pain of infidelity by keeping you faithful. All marriages will suffer temptation.

July 31, 2018

Hour 1 (Christendom: 6:28, JP Catholic: 6:51)

- Joe welcomes resident Zimmennial Cecilia to the show for Zimmennial night. Joe walks Cecilia through her anxiety about statistics and signs of anxiety in the children she cares for.
- Caller: I have a tendency to avoid my problems when I get anxious. I know that I should probably deal with my problems. Joe lays out a practical way to confront seemingly impossible tasks. Cecilia speaks about her anxiety around taking tests and the major downfall of procrastinating.
- Caller: I have children that experience panic attacks. What can I try to minimize their anxiety?
- Joe speaks about the relationship between anxiety of parents and children. Consider your own emotional reaction, what example are you setting for your children? Joe lays out other healthy ways to deal with anxiety such as singing, or dancing.

Hour 2 (Car: 7:44, Business: 7:48)

- Joe and Cecilia discuss “quitting.” There’s part of you that wants to press on, and there is always a part of you that wants to quit. Joe and Cecilia explore what makes you more inclined to quit as a perfectionist. How can you prepare for that self-critical attack?
- Joe speaks about the difficulties writing his book and the many drafts he went through with the publisher. Zimmennial Question: I find that some experiences now give me more anxiety that wasn’t there before.
- Zimmennial Question: When I have problems with my boyfriend I threaten to break up, even for small things. Joe: There may be a sense in which she feels overwhelmed when seeing her own flaws. Joe offers some helpful advice to help her break out of this kind of thinking.
- Joe speaks about the midpoint of an endeavor, the point at which most people give up. Joe turns to scripture to see what Jesus has to say about this.

August 1, 2018 (Producer’s Notes: had a “cop” segment. Great momentum in first hour. Callers killed the second hour)

Hour 1 (JP Catholic: 6:27, Car: 6:50)

- Are you just being reactionary? Do you find that you look back on your life and wish you didn't just impulsively act out bad ideas? How can you be responsive rather than just having a knee-jerk reaction? Find out on today's show! Joe gives a hilarious example of criminals who are too impulsive, and how you can slow down and think before you act.
- Sometimes, reacting is good, because you must act quickly. The more time you spend considering how you might respond to different situations, the more you will be able to respond correctly. Joe reference a book by Malcolm Gladwell, called "Blink: The Power of Thinking Without Thinking." In it, the author delves into the unconscious associations.
- Joe speaks about your unconscious biases. Joe tells about how instead of eating donuts, he ate a different fancier pastry...because he did not want to be part of a stereotype.

Hour 2 (Business: 7:21, Christendom: 7:34)

- Joe tells the story of a woman who could not forgive. When she didn't want to speak about her childhood, it piqued Joe's interest as a therapist. After a quiet moment and the timid wringing of her hands, she began to cry. She began to acknowledge the hurt, and began the road to healing.
- When you forgive it doesn't mean that you are condoning the offending behavior.
- Caller: I have had a husband, fiancé and boyfriend cheat on me in my life.

August 2, 2018

Hour 1 (JP Catholic: 6:35, Christendom: 6:47) (Producer's Notes: Make Promo out of call and/or "I had an emotion today")

- Joe addresses an email: I was assaulted and stalked by a police officer. He was fired from his current job, but ended up being hired at another department in another town. When I went to his police chief, he brushed it off. Now I've become a police officer, and I am still having a hard time healing. I went back to the detective working the case and after 20 years, finally admitted something I couldn't bring myself to tell him at the time. I received healing when I laid to rest a very old lie.
- You might end up holding on to your hurt and withhold forgiveness because you were denied true justice. Joe reveals the very happy ending to this harrowing story.
- Joe tells the story of Zach and Stephanie and how Stephanie started to get nervous about what she wore and what she would say, when meeting her boyfriend's college friends for the first time. Joe also tells the story of Matt, who decided he needed to form a whole new persona to impress people.

Hour 2 (Business 7:48, Car: 7:54)

- Joe shares a slightly embarrassing, but very endearing interaction with his wife. Appreciation is very important in relationships and in business. The best companies are the ones that show appreciation for their employees.
- Joe mentions Victor Frankl's psychotherapy technique. Caller: I lost my family because I left the Jehovah's Witnesses and became Catholic. I feel so unappreciated, but my main concern is to learn how to validate my daughter.

- Joe gives some examples of the little things that can show appreciation. A husband, who eats out a lot for business, orders desserts just to bring them home to his wife. Another husband brings his wife some warm water at night time.
- Does your husband or wife actually know what would make you feel appreciated? Joe tells some examples of what makes women feel appreciated.
- Joe discusses the differences between men and women and what makes men feel appreciated. Ladies, if you really want to make your man feel appreciated, praise him in front of your friends. Listen to what is on his mind, even if you don't care.

August 3, 2018

Hour 1 (Christendom: 6:34, JP Catholic: 6:49)

- Dr. Bill Creasy joins the show and discusses God sending mana from heaven. The Israelites have to trust in God each day, because the mana spoils if you keep it until the next day.
- Joe asks Dr. Bill about Matthew 5:48, where Jesus tells us to be perfect, but we can never really be perfect as the Father is perfect. Dr. Bill discusses the epistles of Paul while he was in Rome. Paul stayed in Ephesus to preach the Gospel more efficiently. Instead of going to each town, he would stay put and preach to those coming through this major hub.
- Dr. Bill goes over the Gospel in John 6 and the "Bread of Life" discourse.

Hour 2 (Car: 7:34)

- Joe discusses "negativity bias." Caller: An old boyfriend called recently. I answered the call, but didn't make any plans with him and won't call him back. Should I tell my husband? How do I tell him?
- Joe speaks about self confidence vs God confidence. Caller: What can I tell people that want to wallow in their victimhood?
- Listen for God's voice in *everything* you do. You have been given specific gifts.

August 6, 2018

Hour 1 (Christendom: 6:34, JP Catholic: 6:49)

- Joe speaks about a very serious reason why humor is funny. When you laugh, you're preparing your body to do nothing, and you're temporarily disabled. Joe tells the story of Abraham and his chuckling when God tells him that he will be the father of many nations. His son was named Isaac, which means laughter. Humor can prevent extreme emotional intensity. Joe describes a funny conversation he had with a now famous actor.
- When asked to be funny in college, Joe recalled a single joke, but it was too offensive for anyone. Disclaimer: Advice and opinions expressed on the Joe Sikorra show are for educational purposes only. In another study, those couples who used positive humor in conflict reported a better ratio of conflict resolution.
- Of all the styles of humor, interactive playfulness is the most effective. It helps to establish relational security and encourages others to laugh.

Hour 2 (Car: 7:36, Business: 7:47)

- Why do people lie? Joe tells the story about Samson. He keeps lying, which reveals that his lover, Delilah, actually wants to hurt him. He keeps lying and she keeps trying to hurt him. She complains that Samson doesn't trust her. Until he finally tells her the truth, and he gets hurt. Is this how your relationship is? To the person lying, the lie might seem critically important, even if it is inconsequential.
- When you start lying, you end up having to lie again to cover up the first lie. Your house of pickles will come tumbling down.
- By and large, people are honest. The development of language depends on honesty.

August 7, 2018

Hour 1 (JP Catholic: 6:33, Christendom: 6:49)

- Joe welcomes our favorite Zimmennial, Cecilia. Cecilia has some exciting news about Statistics. Cecilia reflects on her summer semester. She worked very hard and shed many tears. Cecilia reflects on her time as a dancer and how much time she spent dancing in front of a mirror in ballet. Because of the mirror, she actually found herself many times comparing her dancing to her fellow dancers.
- Joe discusses some unique research about mirrors. The more a mother "mirrors" her baby and "connects" with the baby face to face, the sooner the baby will learn to recognize herself in the mirror. This helps the child recognize reactions in mom and others, and helps the child recognize himself.
- Caller: I have been blind since birth. The fact that I can't compare myself to others, I count it as a blessing. The other side of it is that I have had problems with overeating. Joe: Why do you think you overeat? Do you find you have a strong sense of self?
- Cecilia shares about the development of eating disorders amongst her dancing peers. She found herself losing weight also. Joe cites an interesting study in which people stopped looking mirrors.

Hour 2

- Caller: I've heard they deny prisoners mirrors to weaken their sense of self.
- Joe and Cecilia discuss how to recognize a "keeper" as well as the "red flags" in a relationship. They talk about how to communicate without getting upset.
- Zimmennial Question: I know it's not healthy, but I just went through a breakup. I end up just distracting myself with social media and online videos. Cecilia reflects on when her family had to put down their dog.
- Caller: My daughter is 19. Other parents let their kids drink as long as they are there with them. What do you think?

August 8, 2018

Hour 1 (JP Catholic: 6:27, Christendom: 6:47)

- Are you putting off things that will give you more energy, allow you to sleep better, and improve your spiritual life? Joe discusses the futility and sinfulness of vowing, but not doing. Designing

your environment to minimize distractions can help with your procrastination (i.e. lock away your phone for certain hours). The Mass is predictable and there is actually comfort in that.

- Joe discusses writing a book and his horrible first draft. He went through many more drafts of his book even after being accepted by a publisher.
- Caller: I keep procrastinating cleaning my apartment and doing my laundry. It's becoming overwhelming.

Hour 2 (Business: 9:34, Car: yes)

- Joe tells a biblical story of anger. A man forces himself on Jacob's daughter. Jacob's sons were explosive with anger. Joe tells the story of the path of revenge taken by Jacob's sons. What do you do because of your anger? Do you act in a way that is not pleasing to God because of it?
- Joe plays a recording of a flight in which a passenger goes overboard. Joe also reveals an embarrassing story regarding a flight attendant. Joe found himself angry after working hard all day, and going to his son's room to pray with him. His son just told him to get out of his room. Joe had to stop himself.
- Caller: I feel angry with my boyfriend because he won't take care of himself. He doesn't see my anger; I just boil on the inside.
- Caller: I get frustrated because I am visually impaired.

August 9, 2018 (Producers Notes: Lots of great callers)

Hour 1 (Christendom: 6:34, JP Catholic: 6:50)

- Joe shares about the dangers of overconfidence. Self-doubt can help you reflect, but it can also lead to some problem behavioral patterns. You have talents, gifts and abilities and God wants you to use them.
- Caller: Self-doubt has helped to research things more. My faith helped me to see that I didn't have to be the one with all the answers. Caller: I have a doubt that other people will actually be there for me. My husband is incarcerated. He says he has changed his life, but I don't know who I will actually meet when he gets out of prison. Caller: How can I tell the difference between when I am being arrogant, and when I am having appropriate confidence.
- Joe talks about serving God through music. Unconfident people let mistakes hold them back from achieving.

Hour 2 (Business: 7:47, Car: yes)

- Joe speaks about attitudes that encourage self-sabotage. Caller: I thought I was a confident man. My daughter moved away and I was fine, but when she got married, I started to "mourn."
- Do you keep telling yourself, "If only..." Do you look to something in your past and think that if only this was different that you'd be happy? Caller: I am struggling with self-confidence. I've moved out recently at 18 years old. I've been making mistakes. I feel like the small guy when I'm with my friends. Joe: you may have some false expectations about life. Joe tells about how his confidence grew as he grew a little bit older. Caller: I haven't spoken to my parents for a long time. My wife wasn't very close with my sister, so she didn't give her a place in the wedding. I was thrown out of the house. We are about to have a baby.

- Caller: I am a social worker and therapist. I lack confidence and I have been working on being more assertive. I feel like I'm not being compensated fairly.

August 10, 2018 (Producer's Notes: Prerecorded, many funny clips, seemed like a great show)

Hour 1 (Car: 1st segment, Christendom: 2nd segment)

- Are you giving really bad advice to your children without knowing it? Joe lists some of these pieces of advice. Are you stressing out about preparing your child for Harvard...at age 4?
- Children are feeling anxious at younger and younger ages. The best way to teach your children calm, is to model it yourself. Joe highlights some extremely bad advice from a parent.
- Shouldn't kids always be busy? No, not always. Sometimes it is good to do nothing. Your brain is more likely to come up with brilliant ideas when you're not focusing. Do you tell your children to play to their strengths at all times? You might be "boxing them in." It might be good to let them make mistakes to discover what they actually can accomplish.

Hour 2 (Business: 2nd Segment, JP Catholic: 4th Segment)

- What does it mean to be mentally strong? Are you mentally strong? Real mental strength is about managing emotion and thoughts, and being productive no matter the situation. God wants you to grow in strength. He calls you to a life of growth and change.
- Joe reflects how he feels when he starts to run, and has an urge to turn back. The spiritual life is not an easy quick way to success. It is not a hobby. To accomplish the things that God wants you to do in your life, you will need Heaven's help. What do you tell yourself when you fail?
- Joe gives an example of someone who didn't regulate her emotions very well.

August 13, 2018

Hour 1 (Christendom: 6:50)

- Joe welcomes [Don Johnson](#), director of the new movie, "Unprotected: A Pope, the Pill, and the Perils of Sexual Chaos." Don cites the raising of teenage girls as the main driver for creating this documentary. There is something wrong with society's view of sex, and Don delves deep into the causes and effects in today's show and in his film. unprotectedmovie.com
- Joe discusses the scientifically supported benefits of prayer. Self-control is actually tiring. In a study, prayer before a certain task helped participants exercise more self-control. Another study found that prayer helped participants be less aggressive during upsetting situations. Prayer also helps with forgiveness, and unity between people.
- When you pray for others, you take the focus off of yourself. Joe reveals how prayer can actually help change your brain for the better.

Hour 2 (JP Catholic: 7:33, Business: 7:48, Car: yes)

- Joe tells you the secret to achieving all of your dreams. You know, no big deal.

- Joe tells the story of a person who dropped her happiness class. Yes, they had a “happiness” class at her college. This young woman’s parents kept telling her that you must be successful, which requires hard work and suffering. They told her that she had to sacrifice her happiness for success.
- God wants us to serve others. Service to others is a major contributor to your happiness.

August 14, 2018

Hour 1 (Christendom: 6:34, JP Catholic: 6:49)

- Joe welcomes resident Zimmennial, Cecilia, as well as special Guest, Mark Daoust, CEO of catholicsingles.com. Mark discusses his goal to minister to the single people in the Church and “unchosen singleness.” He also discusses what makes Catholic Singles different from other dating sites like Tinder.
- What is the difference between guilt and shame? Joe discusses this. Cecilia recalls a few times where she felt guilty.
- Caller: My daughter has been exposed to porn at a young age for years until we found out it. It’s really done a lot of damage. What can I do, Joe?

Hour 2 (Business: 7:33, Car: Yes)

- Joe tells a story about getting in trouble, and his mother’s response. He realized later that this response was the difference between seeing what he did as a bad action, as opposed to seeing himself as a bad person. Joe also tells about the time he got caught kissing his girlfriend.
- Cecilia discusses the concept of a “finsta” on Instagram.
- Caller (Z): I have mild schizophrenia and I had a bad year. What should I share on social media about it? Do I have to disclose it on social media because I have a responsibility to be honest?

August 15, 2018

Hour 1 (Rosary: yes, Christendom: 6:38, JP Catholic: 6:50)

- Joe welcomes Fr. Charles Sikorsky, President of Divine Mercy University. Fr. Sikorsky discusses what makes Divine Mercy University different than other Universities. Divine Mercy University offers graduate level psychology and counseling programs that (<https://divinemercury.edu/>).
- Joe discusses self-absorption and what good practices, taken too far, can lead to an inordinate focus on self.
- One of the ways to help break out of the depression is to get out there to help and connect with others. A study shows that unbalanced self-focus tends to lead to increased anxiety.

Hour 2 (Car: 7:25, Rosary: yes)

- What do happy couples do? Happiness doesn’t really happen accidentally. Happy couples do what is needed to nurture love, they don’t just have their relationships on autopilot. Joe tells a story about when he put a boat on autopilot. Even planes on autopilot steer to correct.
- Joe outlines some good habits of happy couples. One of them is working smarter, not harder. It is better to deal with problems when they are small rather than waiting for them to blow up. Joe

tells an embarrassing story about driving his Camaro through Southern California. When the car started to make a strange noise. Of course, instead of stopping to check it out, he drove faster until the noise went away. Are you ignoring the small signs in your relationship? Joe responds to a listener email with a husband who has a disagreement with his wife over Natural Family Planning.

- Caller: I discovered that my husband has been watching pornography in secret. I just feel numb and disconnected from him. We've had ups and downs, but this has hurt me the worst. Caller: I've been married for 2 years. We were infatuated and we've had a lot of problems. Things came out of order. I've had to come to terms with my addiction to pornography.

August 16, 2018

Hour 1 (JP Catholic: 6:38, Christendom: 6:50, Rosary: yes)

- Joe discusses different types of sarcasm, good and bad sarcasm, and the benefits of sarcasm. Sarcasm requires higher social cognition because the content is opposed to the tone.
- A study was conducted using three different methods of communication: Anger, Sarcasm, and normal tone. Those that heard the angry message worked harder but not smarter. They were in fight or flight mode and just stuck to the "facts" and "details." Those that listened to sarcasm experienced increased creativity. Sarcasm is not as threatening.
- Joe remembers a time as an actor when some fellow actors and the director overreacted. He even recorded it in case he was one day on a radio show. Caller: My husband gets very angry and detaches himself from me. I'm not sure how to deal with that. Sometimes he punches things and slams doors.

Hour 2 (Business 7:34, Car 7:49, Rosary: yes)

- Joe speaks about "people pleasing," and taking responsibility for other people's feelings. Joe recalls a woman who had been abused who kept apologizing
- Caller: I've taken over a landscaping business from my dad after he was diagnosed with schizophrenia. Am I a people pleaser?
- Do you tell friends you will help them, when you know that you can't? Do what you can, not what you can't.

August 17, 2018

Hour 1 (JP Catholic: 6:40, Christendom: yes, Rosary: yes)

- Joe welcomes guest and bible scholar, Dr. Bill Creasy of logosbiblestudy.com. Joe and Dr. Bill discuss nature as a path to understanding God. Dr. Bill tells the story of diving in the red sea and climbing Mt. Kilimanjaro and how both testify to the power of God in his creation. Joe remembers a time diving with Dr. Bill when he placed his hand on his head, signaling there was a shark in the water.
- Joe asks Dr. Bill about praying in tongues. Caller: I like to think of what we know of DNA as a reflection of the Eucharist. Caller: How can I immerse myself more in scripture? I get antsy when I just read. Dr. Bill recommends his audible talks as well as [Word on Fire](#) with Bishop Barron.

- Caller: I have heard that if you go to mass every day for three years, you will get through most of the bible. What parts do we not hear at mass? Caller: You can't become a "New Christ" as the previous caller mentioned.

Hour 2 (Car: yes, Business: yes, Rosary: yes)

- Joe speaks about some things that might be "counter-intuitive." Do you go with your gut only to find out the opposite is true? Joe reveals a recording about a young man going out with a young woman, who was exposed when interviewed by her father. Caller: I struggle with a long term disease that has no cure currently. How can I accept my cross and also have hope that I will be healed one day.
- Caller: I'm an addict. I just lost my daughter. I've been drinking and taking pills to mask the pain.

August 27, 2018

Hour 1 (Christendom: 6:57)

- How can you recognize unsafe people? Are you wondering why you attract "unsafe" people? Unsafe people do not like to admit their weaknesses.
- Do you use religion as a "weapon" instead of dealing with your own issues? You might actually be an unsafe person. Jesus specifically addresses the Pharisees for using religion to manipulate people.
- God doesn't just forgive you, but He also calls you to change your life. Joe tells about his cooking fiasco. He had to apologize to his wife.

Hour 2 (JP Catholic: 7:48)

- Joe reflects on self-esteem and how much thinking about yourself is actually healthy. Caller: Why do people say they will forgive but not forgive?
- Can you have high confidence, but low self-esteem? Joe explores the differences and how this is possible.
- Joe reveals the secret to self-esteem. Joe gives the example of Joshua's army to illustrate self-esteem and confidence.

August 28, 2018

Hour 1 (Christendom: 6:34)

- Joe discusses beauty and attraction. Attraction is actually more than looks. Joe welcomes resident Zimmennial, Cecilia. She speaks about what attracts her to people. The brain may automatically equate good looks with trustworthiness and intelligence.
- According to research, funny people with a good sense of humor are more attractive. Funny people are seen as better for long term relationships. Storytelling ability also factors into attractiveness; Joe explains.
- Cecilia shares about her anxiety over the summer waiting for the school semester start. When school started, her anxiety seemed to get better. Joe points out that now that she is interacting with many people, she's able to share her fears and her stories and also listen to other people's

fears and stories. The more we move away from communal activities (such as organized religion) the more we may become anxious and depressed.

- Caller: I have anxiety when I'm alone AND when I'm around people. What do I do, Joe? Caller: I have communication problems with my fiancé.

Hour 2 (JP Catholic: 7:49)

- Are you struggling to find purpose? Joe and Cecilia discuss different aspects of purpose and meaning in life. Cecilia discusses her class which is geared toward helping you find your purpose in life. Caller: I am anxious about my family's expectations of me. I want to go to medical school.
- Cecilia describes swimming with sharks. Joe describes Paul fighting off wild beasts in Ephesus.

August 29, 2018

Hour 1 (Christendom: 6:34)

- Joe speaks about bragging. Scripture tells us not to toot our own horn, but to allow others to do it. Joe speaks about five things that you really should not brag about. According to a study, multitasking decreases productivity for anyone who tries it. Multi-taskers actually did worse than they perceived.
- Caller: You mentioned someone bragging about going to 3 masses in 1 day. I went to 26 masses in 12 days. Do you brag about not needing a lot of sleep? Do you brag about being a perfectionist? What you are really saying, is that your impossible standards make it hard to function.
- Joe shares about a time when bragging led to hilarious and embarrassing results. Joe bragged about his superior test scores. The next test, he didn't study, and he failed.

Hour 2 (JP Catholic: 7:34)

- Joe remembers getting threats from those he arrested. He also remembers when his instructors at the academy and the constant yelling that he received. This helped him train to deal with real life examples. The vast majority of the time, giving in to your anger is not a good thing. Joe leads you through an exercise that might help you interrupt your anger.
- Acknowledge your anger and stop yourself. Give yourself some space and look around. Just breathe.
- Caller: I just got out of a 2-year relationship. I'm so angry and I want revenge. What can I do, Joe?
- Caller: I think I get angry with God because of the suffering in my life. I'm angry that my parents got divorced and that I had to go back and forth. I think that I'm selfish.

August 30, 2018 (Good Show. We had fun.)

Hour 1

- Joe welcomes Dr. John West from Divine Mercy University. Dr. John West describe emotional intelligence. How well do you recognize your emotions and the emotions of others? Dr. West speaks about a religious leader who trained in conflict management. Some religious leaders today may have a “blind spot” in emotional self-awareness, and instead decide to focus exclusively on things like Theology.
- Joe discusses the “selfie” and the dangers that lurk below the surface! Joe tells you how to be safe while taking a selfie. You might think...taking selfies isn’t that dangerous. That’s exactly when they get you.
- Do you find that you blow up over the small stuff? Caller: How do I deal with my father in law who overacts much of the time. Caller: I was embarrassed when I picked up my daughter and son in law. We ordered pizzas, but they made the wrong ones. I blew up! I embarrassed myself and my daughter and son in law.

Hour 2 (Christendom: 7:21, JP Catholic: 7:30)

- Caller: My daughter has this anger against me. With other people she can control her anger, but just blows up at me. Also, Joe you are a very handsome man. You look like a movie star. Caller: My co-worker got upset at me when I made a mistake.
- Joe shares some mistakes that people make about making mistakes. Do you feel like you’ve made a mistake from which you cannot recover? What do you think God will say at the end of your life when you tell him that you never made a mistake? God would rather have you take a few chances and live the adventurous life that He is calling you to live.
- Failure refers to a wrong decision that cannot be corrected, but most of the wrong decisions in your life are not failures. The real failure would be not to acknowledge your mistakes.

August 31, 2018 (Producer’s Notes: Felt Good)

Hour 1 (JP Catholic: 6:34)

- Joe welcomes Dr. Bill Creasy of logosbiblestudy.com. Dr. Bill speaks about his translation of “[The Imitation of Christ](#).” The good doctor offers you a special gift on behalf of Joe Sikorra, himself, and Relevant Radio.
- Dr. Creasy sets the stage for the first reading for this Sunday (9/2/18). Dr. Bill discusses the Dead Sea Scrolls and how they actually confirm the oldest manuscripts from Aleppo.
- Caller: How can I understand the Parable of the Shrewd Servant?
- Dr. Bill tells us about the Gospel Reading for Sunday, Mark 7.

Hour 2 (Christendom: 7:26)

- Joe reveals that he would rather look at trucks than at ways to organize his space. He does, however, think about how to live a “clean” life. Sometimes it is the complications of life that separate you from God. When you clear your life from the clutter, there are great payoffs.

- Joe speaks about times when he looks at his bills, and decides to escape by going for a run. Joe speaks about getting rid of your clutter. How do you do it? He explains.
- Have you ever gone home from college to your room and been so thankful that your room is clean? Joe explains why this is so satisfying.
- How do you maintain cleanliness while going entering into the messiness of other people's lives to help them? Joe reveals the secret.

September 3, 2018 (Encore of July 25, 2018)

September 4, 2018

Hour 1 (JP Catholic: yes)

- Joe welcomes resident Zimmennial, Cecilia on the show and speaks about depression. Why does depression make you feel so tired? Fight of flight mode leaves you with little energy to anything else. Caller: I have been struggling with lyme disease almost my whole life. I struggle with depression. Caller: I believe I may have had panic attacks when I was in college.
- Cecilia discusses hanging out with her friends. She came to a realization about the "synchronization" of anxiety between her friends and her. Joe reveals the secret from the bible for having your body glow with health and having your bones vibrate with life.
- Cecilia describes the meeting with her friends. They talked about their insecurities and shared chips, passing them around. Joe mentions the soothing effect of eating. Caller: I have both anxiety and depression. I find that writing and the Eucharist helps me.

Hour 2 (Christendom: 7:34)

- And now for something....uplifting: death and dying. Why are you afraid of dying, and how do you address it? Under what circumstances would you feel more at peace with death? It actually has to do with how you live your life. Joe explains.
- A study compared death row inmates' poetry with their last words. Their last words when death was eminent proved to be more positive. Joe compares the fear of death in young vs older people. Caller: I'm 17 and I have been struggling with a fear of death since I was in kindergarten. I've been struggling with other mental things, but my therapist says that they all stem from fear of death. I also struggle with the never ending nature of heaven. Caller: My worst fears came true when my mom died. I've been holding on to something since I was 15.
- Caller: I'm 12 years old. I'm afraid to die. It keeps me awake at night. Joe gives some solutions. Caller: I used to be afraid of death. It's subsided. My dad was diagnosed with psychosis and dementia.
- Caller: I didn't care about consequences when I was younger. Now I'm wondering if I am doing enough for God.

September 5, 2018

Hour 1 (JP Catholic)

- Joe talks about how Americans have broken the records for the highest stress. Joe discusses stress and anxiety. Joe talks about how to recover the life that God wants you to live. He discusses the division with in the United States.
- Unpredictability is stressful for the brain, knowing is less stressful than not knowing. When you choose not to follow God stress develops.
- Joe discusses how the brain like predictability. The brain makes predictions on what is going to occur but often times our brains are bad at predicting the future.
- Caller: She is stressed out because of her sister and she does not know how to communicate with her. Joe gives her insight and solutions.

Hour 2 (Christendom: 7:34)

- Joe talks about abuse, the quiet verbal abuse. He talks about the damage inflicted on people from quiet verbal abuse. Joe shares writing from women about how they felt growing up and their quiet abuse story.
- Father talks about how important it is for children to have attention from their parents. He talks about an experiment done with infants, where they react to their mothers interacting and no interacting.
- Not only will quiet abuse affect people in the future but also will stone walling.
- Caller: Her step mother was verbally abusing then all of a sudden became silent. The caller said the being ignored was a lot worse than verbally abuse.
- Caller: She says she is being ignored by her daughter. Joe offers solutions.

September 6, 2018

Hour 1 (JP:)

- Joe shares a story about regrets regarding a friend's daughter's boyfriend. Living life with no regrets is bad advice. Regrets can help you learn from your mistakes.
- Joe reveals conclusions from gendered studies regarding regrets. A majority of women have regrets from past relationships. In cultures that have less individual freedom, there are less regrets because there are not as many choices to be made. Joe recounts the parable of the Talents.

Hour 2 (Christendom: 7:33)

- Joe talks about going to a wedding over the weekend. Joe discusses how to keep the real love alive in a marriage. Ways to return the love and passion to the relationship or marriage. There is no such thing as the right person.
- Your marriage is the primary relationship, but time away can help you remember that you want to be together.
- Joe recalls a time in his marriage when he had to remember how to be friends with his wife. Caller: My wife doesn't really want to be physically intimate anymore.

- Caller: You told me to call after the baby was born. I set boundaries for my parents because they did not respect my wife.

September 7, 2018

Hour 1

- Joe welcomes Bible Scholar, Dr. Bill Creasy of logosbiblestudy.com. Joe and Dr. Bill discuss the Assyrian Empire attacking the Northern kingdom of Israel.
- Caller: What are the origins of the Sign of the Cross?
- Caller: What does scripture mean in Genesis 6:2, "...the sons of God saw how beautiful the daughters of human beings were, and so they took for their wives whomever they pleased."
- Dr. Bill reviews the Gospel reading for Sunday, Mark 7:31-37. Joe asks about Jesus healing Gentiles. What did his disciples think?

Hour 2 (JP Catholic: 7:34)

- Joe discusses the thoughts that could be more poisonous than actual poison.
- Caller: I try to bring up the subject of convalidating our civil marriage in the Church, but my wife doesn't want to talk about it. **Caller: I feel bad because I have bad thoughts about how much easier my life would be if we didn't live with my mother-in-law.**
- Caller: My husband found an old cell phone and called a number from an old female contact of his. He might be cheating on me.

September 10, 2018 (Producer's Notes: "off" night)

Hour 1

- Joe welcomes Matt Baer, producer of "Unbroken: Path to Redemption"
- Caller: I'm having trouble letting go. It's difficult to forgive when there isn't real closure.
- Caller: I was more inclined to forgive others but not myself. It took a long time for me to get to confession.

Hour 2 (Christendom: 7:33, Car: yes, JP Catholic: 7:47)

- Do you struggle with confidence? Caller: I'm a Graduate Student. I have so much pressure, and I feel like I'm going to fail at the beginning of each semester.
- Caller: I was abused when I was younger. I told my parents. A lot of relatives said to never mention it again and pretend that it didn't happen. They said I would forget about it.
- Self-doubt might actually be accurate. Joe speaks about his own overconfidence. He received a filing cabinet that required some assembly. He didn't think he needed the directions and spent hours trying to assemble it. When he finally pulled the directions out of the trash he realized that he was doing it all wrong.

September 11, 2018

Hour 1 (Christendom: 6:41)

- Joe reflects on what happened on September 11, 2001. He was a police officer at the time. Do you have some out of control emotions? Joe analyzes the example of Serena Williams (or Joe McEnroe...one of those).
- Joe and Cecilia discuss reframing to lessen the impact of emotional losses.
- Cecilia shares about her experience in beauty pageants.

Hour 2 (JP Catholic: 7:33, Car: 7:50)

- Cecilia discusses a friend with Joe who changes her shampoo instead of sharing her fear of the mundane with her boyfriend.
- Joe and Cecilia discuss the role fear had in survival in early humanity, and in scripture. "There is no fear in love, but perfect love drives out fear because fear has to do with punishment, and so one who fears is not yet perfect in love." 1 John 4:18
- If you're freaking out, it's possible you might be focusing too much on your own life instead of others and God.

September 12, 2018

Hour 1 (Christendom: 6:41)

- Joe talk about narcissist and people who are codependent. Joe talks about ways to identify these qualities and how to address them.
- Joe talks about the benefits of being religious. Religion gives social and emotional support. Social support contributes to your wellbeing.

Hour 2 (JP Catholic: 7:33, Car: 7:50)

- Joe discusses how texting can lead to infidelity. Text messages may distort your intentions.

Hour 1

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- Joe talks about the benefits of being religious. Religion gives social and emotional support. Social support contributes to your wellbeing.
- Joe tells the story of the dysfunctional relationship of Meg and Ryan. Ryan was charged with domestic violence when he pushed Meg out of the way, trying to leave the house. Ryan went back to Meg trying to reconcile. In therapy, their wise therapist pointed out that Meg was a narcissist and Ryan was a co-dependent people pleaser. Both the narcissist and the people pleaser are very concerned with how others see them.
- Caller: I'm stressed about my son turning

Hour 2

- Joe discusses how texting can lead to infidelity. Text messages may distort your intentions.
- According to research, many find evidence of infidelity on phones. Infidelity usually starts "innocently."
- Cut off that secret line of communication. Consider the differences between talking and texting.
- Caller: I have rashes on my hands and feet because of stress. I've tried breathing, the rosary, etc. What else can I do?
- Joe discusses a study in which they stressed students by giving them a math test. They then showed some students pictures of nature, and other pictures of urban scenes. The ones that viewed pictures of nature recovered more quickly than those who viewed urban scenes.

September 13, 2018

Hour 1 (Car: 6:36)

- What does it mean to be a "control freak?" Do you want things done in a very "specific" way? Do you have a brand new boat, and stress about people driving it too fast? Do you not want to delegate things? Do people often let you down?
- Joe discusses how growing up in a chaotic situation might contribute to your need for control.
- Caller: I haven't been able to drive on the freeway for 12 years because I get so anxious, even as a passenger.

Hour 2 (Christendom: 7:33, JP Catholic: 7:47)

- Joe finds that when he prays to begin the day, it seems to get better. Do you have difficulty making decisions? Making decisions is not easy, but it is necessary. Joe shares a story about a disagreement with his wife. Joe tells us that giving God your attention helps you make the best decision.
- Stepping back from your decision can give you new perspective.
- Caller: I am concerned that my daughters are taking on too much at school.

September 14, 2018 – Encore of July 25, 2018

September 17, 2018

Hour 1 (Christendom: 6:47)

- Anyone can feel overwhelmed. The pain of depression can be so debilitating that you can feel like you don't want to continue. You're not alone.
- Remember, that any crisis, generally speaking, is temporary. If you choose not to reach out, and no one recognizes that you are desperate, what will change?
- If you find yourself having suicidal thoughts, make a promise to not do anything to harm yourself for a day or two, and make it a point to reach out. Call the Suicide Prevention Hotline, 1-800-273-8255, 1-800-273-TALK. Make sure your immediate environment is

free from danger (i.e. get rid of the knives, firearms, pills, etc.). You can move through these desperate feelings.

- You can't wait for the feelings to come to do something good for yourself; you've got to impose rules on yourself. If you do nothing, things will just get worse.

Hour 2 (Car: yes, JP Catholic: 7:34)

- Could it be your job to step in to help someone carry his cross when he can no longer carry it? Caller: My mother had depression and at the time I didn't understand. After having children I had several episodes of depression.
- Guilty feelings can actually reveal when you have done wrong. Do you feel extraordinarily guilty no matter what?
- Joe tells a story of a friend who decided to allow a man to live off of her earnings in a self-destructive lifestyle.
- Caller: I have an over-riding blanket of guilt. I wasn't really wanted as a child.

September 18, 2018 (Producer's Notes: Many calls saying that they loved the show)

Hour 1(Christendom: 6:34)

- Joe reveals a conversation he had with Cecilia off-air before the show. You might be doing all the wrong things in your pursuit of happiness. Joe tells a story of Tom, who visited many countries, began to pursue a career in stand up comedy, educational degrees. Eventually he moved to Beijing, then Germany. Then Montreal, then Germany, and returned to Beijing to sell office furniture. Tom was just trying to figure out how to be happy.
- Zimmennial Question: Why is it so hard to find friends as you get older?

Hour 2

- There are times when you feel like a failure. You might think that successful people only play to their strengths, but instead, they persist through their failures. Joe reveals how you can
- Caller: I'm afraid of starting a task because I'm not sure that I will do it correctly, or I won't be able to do it.
- Persevere. Fight that urge to tell yourself that you're no good when you fail. In anything you do, you'll have setbacks.
- Caller: My mother is asking for advice in dealing with a bi-sexual family member.

September 19, 2018(Car donations 6:48)

Hour 1

- You have strategies to cope with stress, work on your relationship, and become holy. But what do you do when you are stuck in a rut? How can you adjust your life that doesn't involve a complete makeover? Think about time in the way you think about financial investment.
- Whether you realize it or not, you have certain rules that you follow. Are your rules helping you to be more or less productive? Joe speaks about Jesus' interactions with the Pharisees and eating grain on the Sabbath.
- Joe remembers his mom clipping coupons and admired her frugality. Joe asks the question if you are productive in your life, there are many different ways of productivity. Anything done in the glory of God is productive. There is a bias towards tasks that have short deadlines vs tasks that do not have a deadline.
- Joe describes the ways you can develop more self-control. Being less self-centered gives you a boost on self-control. Considering your life in the future can exercise better self-control.

Hour 2 (JP Catholic 7:48)

- Surrounding yourself with people who have more self-control and it will lead to you having more self-control. Take the perspective of your future self, that is where you will find control. If you can see life from someone else's perspective, it is helpful. When you give to others you grow in self-control.
- Joe states that if you want more self-control you have to be less selfish. Foster your ability to take perspective of other people's lives. Joe talks about his friend who is in an AA program and the things that were helpful for him. When you help others you are also helped.
- Joe talks about emotional neglect from childhood or CEN. You may not even be aware that you suffered from neglect. Self-doubt and self-blame damages self-esteem and your capacity to experience joy. There is a connection in who you love yourself is how you will love others.

September 20, 2018 – Encore of August 9, 2018
September 31, 2018 – Encore of August 10, 2018
September 24, 2018 – Encore of August 2, 2018

September 25, 2018

Hour 1 (Car: 6:34, JP Catholic: 6:47, 6:56)

- Joe welcomes resident Zimmennial, Cecilia to the show. Joe and Cecilia discuss dating and how to find the right person.
- Joe speaks about physical attributes and earning potential. Joe speculates that relationship satisfaction actually might be a good indicator of earning potential. A study

found that physical attributes or excitement did not have an effect on relationship satisfaction. Joe admits to cheerleading.

- Joe admits to listening to the Joe Sikorra show on the way home. Caller: My boyfriend doesn't share my faith, and I want to share it with him. What is my responsibility as a child of God to share this with him in our dating relationship?
- Cecilia discusses a small miscommunication.

Hour 2 (Christendom: 7:20, 7:34)

- What is the difference between stress and anxiety? Stressors are those things outside of your body and stress is your reaction. Anxiety is not dealing adequately with the stress.
- Caller: I am a perfectionist now probably because nothing was really good enough for my dad.
- Caller: I am interested in dating a girl who doesn't agree with the Church on some social issues.

September 26, 2018

Hour 1 (JP Catholic: 8:34)

- Have you had a transformation that allowed you to focus more on others? A study suggests that those who do more for others have more positive emotions and better mental health.
- Return caller: I called before with a fear of driving on the freeway and in traffic. I imagined Jesus with me during a long drive as you suggested, Joe, and prayed the chaplet of Our Lady of Sorrows. I began to enjoy the beauty around me during the drive. I cried because I was able to enjoy the beach also.
- Caller: The Lord put it on my heart to focus on others and it has made me happier.
- Joe presents the example of Candy Lightner. She lost her 13 year old daughter to a drunk driver. Instead of being paralyzed by grief, she founded Mothers Against Drunk Driving.

Hour 2 (Christendom: 7:34)

- Joe welcomes fellow stuntman, Greg Fitzpatrick. Greg mentions a show in which he was the only stuntman interviewed who admitted fear when performing stunts. Joe and Greg discuss fear in the stunt world. Greg recounts a stunt in the remake of "Starsky and Hutch" in which he was almost paralyzed by fear. A jump from a 100 foot building.
- Greg discusses injuries that have happened when the stuntman fears their bosses or others more than the stunt. If you are afraid to speak the truth when confronted, is it because you are more afraid of another earthly person than you are of God?
- Caller: I have been paralyzed by fear before when flying.
- Greg recalls being pressured to perform stunts when they were too dangerous.

September 27, 2018

Hour 1 (JP Catholic:)

September 28, 2018

Hour 1 (JP Catholic: 6:47)

- Joe welcomes Dr. Bill Creasy of logosbiblestudy.com. Dr. Creasy discusses the book of Numbers. He reveals why the book is called “Numbers.”
- Caller: How do you respond to those who justify a homosexual lifestyle by pointing out that we no longer follow the old Law.
- Dr. Creasy discusses the Gospel for Sunday, Mark 9. Jesus tells the Apostles not to prevent others from driving out demons in his name.

Hour 2 (Christendom: 7:39, Car: 7:52)

- Joe explores what keeps battered women and men with their abusers. Typically there are different phases in abusive relationships. Is your relationship with your job based on an illusion? Are you holding on to what your job once was? Are you in a bad relationship with your job?
- What do you do in an abusive relationship? Get out! If your job is beating you up, why do you stay in your job? It is true you might have to change your perspective, but at a certain point, you have to know it might not get better.
- Caller: How can I put the romance back into my marriage?