

DIVINE MERCY RADIO, INC.
ISSUES AND PROGRAMS FIRST QUARTER - 2015

ISSUE Family, Parenting, and Relationships

01 06 2015 at 11:00 More2Life 60 minutes Dr. Greg Popcak, who co-hosts More2Life with his wife, Lisa, is the Executive Director of the Pastoral Solutions Institute, an organization dedicated to helping people find faith-filled solutions to tough marriage, family, and personal problems. Today Dr. Greg and Lisa address the topic of silencing that inner critic – that inner voice that turns off positive voices. They invited listeners to call in about what their inner critic might be, or if they have someone they are around that is always negative they can call in and receive advice in handling this person. The Popcaks interviewed Dr. Joseph White, child and family psychologist, about how to help children silence their inner critic. They discussed how getting children to set goals and be more solution oriented. The Popcaks took a call about a woman who said that she grew up with no praise or approval. Dr. Popcak suggested she first bring the problem to prayer. Secondly he suggested she take a notebook and write down her accomplishments in life times when these challenges and doubts came up and she overcomes these feelings to complete a task. The Popcaks took calls for the remainder of the hour.

01 23 2015 at 1100 More2Life 60 minutes Dr. Greg Popcak, who co hosts More2Life with his wife, Lisa, is the Executive Director of the Pastoral Solutions Institute, an organization dedicated to helping people find faith filled solutions to tough marriage, family, and personal problems. Today the Popcaks are discussing relationships. A woman called to share about her son who is an alcoholic without any positive male guidance in his life. She has done everything she can to help the situation and it has not gotten much better. The mother wants to know what she can do to positively help her son and turn his life around as she is losing patience and trust. Dr. Greg suggested she explain to her son that she loves and supports him but she cannot work on his problems harder than he does. She needs to work harder on supporting the things her son does to support himself like going to AA meetings. Rachel Watkins, developer of the Little Flowers Girls' Club, joins the show to discuss admonishing the sinner, especially when it is your child. Rachel suggests the caregiver needs to keep a relationship with Christ. Rachel also suggests taking note of what is important in this situation and what is not. Rachel also suggests saturating the situation with prayer and guidance of the Holy Family. Lastly, Rachel suggests that when she talks about the situation with her son, to be sure it is in an appropriate setting. She should tell her son the problem at hand and how they can take steps to solve it, but she also needs to listen. She should also offer to pray with her son. The Popcaks then took calls for the remainder of the hour.

2 02 2015 at 1100 More2Life 60 minutes Dr. Greg Popcak, who co hosts More2Life with his wife, Lisa, is the Executive Director of the Pastoral Solutions Institute, an organization dedicated to helping people find faith filled solutions to tough marriage, family, and personal problems. The topic of the day is frustration. The Popcaks said that when a single event happens over and over, our frustration escalates, and we may get stuck in a repetitive rut. A woman who has three children called in. She has read parenting books and is trying to change her approach when it comes to power struggles with her children. For example, she will tell her 2 year old to take a nap when he is cranky, but he responds with a tantrum. The mother will try to calm her child down but it always ends in her punishing the child in some way. She wants advice on how to parent more gracefully when these reoccurring events happen. Dr. Greg said the only way a 2 year old has power is if we surrender our power to them. He suggested the mother take control with her reactions. Children can sense when you are giving in. Dr. Greg said to hold her child and comfort him as she gives him orders. The mother needs to see the event all the way through or else the child will continue to take power from her. The Popcaks took calls the remainder of the hour.

02 13 2015 at 1100 More2Life 60 minutes Dr. Greg Popcak, who co hosts More2Life with his wife, Lisa, is the Executive Director of the Pastoral Solutions Institute, an organization dedicated to helping people find faith filled solutions to tough marriage, family, and personal problems. The Popcaks open the show by discussing all the things couples do and can do to keep love in their marriage. Lori in Dallas, TX is listening on the Guadalupe Network and she called in to advice couples to not have a TV in their bedroom. She has been married for four years and can vouch that without a TV in their bedroom they have better conversations without a barrier or distraction there. Josh in Missouri has been married for 15 years and called in to advise that communication is a key ingredient on every level. Josh and his wife are very honest with each other. When they are feeling aggravated with each other, they tell each other the honest truth that they need space. If need be, they can talk things through or simply give space. They keep communication center in their relationship which has made them happier in every aspect of their lives as they

are on the same page with their emotions. The Popcaks answered phone calls and Facebook messages the remainder of the hour.

02 16 2015 at 1100 More2Life 60 minutes Dr. Greg Popcak, who co hosts More2Life with his wife, Lisa, is the Executive Director of the Pastoral Solutions Institute, an organization dedicated to helping people find faith filled solutions to tough marriage, family, and personal problems. The Popcaks open the show discussing what children often fight about and how to keep siblings at peace with one another. Sarah on Facebook said that her toddlers like to pick out their own clothes. Her 2 year old daughter keeps telling her brother what he can and cannot wear which leads to fights and tears. She wants to know how to get them dressed in peace. Lisa Popcak suggests that Sarah choose two outfits the night prior that the kids can choose from in the morning. This way, it will still allow the children their independence in choosing outfits, but it also keeps the children from fighting while trying to pick out clothes. Lisa also suggests that Sarah tell her daughter that that is not her job to choose her brothers clothes. Dr. Greg and Lisa both advise to give each child alone time with parents so that they feel special. The Popcaks answered phone calls and Facebook messages the remainder of the hour.

02 18 2015 at 1100 More2Life 60 minutes Dr. Greg Popcak, who c -hosts More2Life with his wife, Lisa, is the Executive Director of the Pastoral Solutions Institute, an organization dedicated to helping people find faith filled solutions to tough marriage, family, and personal problems. The Popcaks open the show discussing Lent and how we are called to sacrifice as we draw deeper into our relationship with God and others. Dr. Greg and Lisa made the comment that atheists have a harder time showing emotion and intimacy. Mary in Dallas, TX, listening on the Guadalupe Network, called in to comment that she is married to a Pagan who she believes has Aspergers Disease. Mary wants to know how to pray for him, give him input, and to give him love and nurturing since he is not a very nurturing person. Dr. Greg suggests that Mary start daily rituals with her husband. This could be anything as small as doing the dishes together daily. This will spark communication and intimacy. Dr. Greg also suggests making a larger ritual every week such as a date, a card game night, or something more personal. When couples carve out times to do things together, it will allow them to do more intimate things like having inside jokes or having the same viewpoint on things. The Popcaks answered phone calls and Facebook messages the remainder of the hour.

02 23 2015 at 1100 More2Life 60 minutes Dr. Greg Popcak, who co hosts More2Life with his wife, Lisa, is the Executive Director of the Pastoral Solutions Institute, an organization dedicated to helping people find faith-filled solutions to tough marriage, family, and personal problems. The Popcaks open the show discussing exceptional fidelity and its rarity in todays world. Society says that we should settle for what we get and that affairs are more okay than they should be. Lisa Popcak explains how people today do not even feel they are loved by God, so how can they possibly feel loved by another individual? Marie in Idaho called in to say that she has a 10 year old son with bad behavior, especially in mornings, which has caused problems in her marriage. They have been through marriage counseling and have put their son in counseling which did not help much. Marie wants to know what she and her husband can do to stop this before it continues on into their sons teenage years and leading to more problems in their marriage. Dr. Greg suggests that this is their sons way of getting his Dads attention as Dad is gone a lot working. Dr. Greg advises that first, she should not put a child through counseling alone. Most of the time, they will not cooperate and it will not help. Dr. Greg then advises that they practice the morning routine several times to show that he needs to have a better attitude in the mornings. They need to show him more support but also show that they have standards of attitude that he must meet. They also say that her husband needs to check into the situation a little more as well. The Popcaks answered phone calls and Facebook messages the remainder of the hour.

02 27 2015 at 1100 More2Life 60 minutes Dr. Greg Popcak, who c -hosts More2Life with his wife, Lisa, is the Executive Director of the Pastoral Solutions Institute, an organization dedicated to helping people find faith filled solutions to tough marriage, family, and personal problems. The Popcaks open the show discussing the feeling of being burned out. There is more to life than just slugging through it. They are talking about how we are called to thrive every moment of every day. Joy in Dallas, TX called in to say that her granddaughter has been through a lot of verbal and emotional abuse from her mother. Her granddaughter has been feeling burned out and has pulled away from her family. Joy has been bringing her to Church and good environments, and has put her into some counseling which the granddaughter says has been helping a lot. Joy wants to know what else she can do to help bring her back into a healthy way of life. Dr. Greg suggests making a very strong relationship with her and really investing time in her. This will make her feel more cherished and supported. Dr. Greg also says to continue doing things to make her feel like part of the family. Make time to work pray and talk together as a family. Give her responsibilities and be

sure to tell her when she has done things right. This will continue to boost her confidence. The Popcaks answered phone calls and Facebook messages the remainder of the hour.

03 06 2015 at 1100 More2Life 60 minutes Dr. Greg Popcak, who co hosts More2Life with his wife, Lisa, is the Executive Director of the Pastoral Solutions Institute, an organization dedicated to helping people find faith filled solutions to tough marriage, family, and personal problems. The Popcaks open the show discussing the nagging feeling of never feeling like you are enough for other people. Tracy in Buffalo, NY, called in to say that her parents are divorced and her Mother has recently moved in with her and her husband. Her mother still harbors a lot of hatred towards the situation which effects Tracys relationship with her Mom. She is having a hard time forgiving her Mom for the choices she has made in the last 25 years that have put her where she is now. She wants to know what she can do to help forgive her Mother and to build her up. Dr. Greg points out that Tracys Mom often tries to bring her down. He suggests that Tracy confront the problem of her mother trying to take her down. Do not expect an apology from her, but Tracy needs her Mom to understand that her view of her daughter is skewed because she does not know even how to take care of herself. After confronting in, Dr. Greg says to just move on. The Popcaks answered calls the remainder of the hour

03 09 2015 at 1100 More2Life 60 minutes Dr. Greg Popcak, who co hosts More2Life with his wife, Lisa, is the Executive Director of the Pastoral Solutions Institute, an organization dedicated to helping people find faith filled solutions to tough marriage, family, and personal problems. The Popcaks open the show discussing how to handle conflict gracefully at work, home, or any relationship. Amanda in Dallas, TX called in to say that she had a situation yesterday with a coworker. She said it ended alright but felt she got very insecure and defensive. The person she is in conflict with told her she is too sensitive and needs to get over it. She knows she does not pray enough about it but wants to know how she should better handle this situation and the feelings she has about it now. Dr. Greg first says that the comment Amandas coworker made was not okay. The coworker cannot tell her that she should not be upset by something simply because she is too sensitive. Dr. Greg suggests that Amanda say next time that the problem hurt her, that she is not going to escalate the situation, but that she is not going to back down because what is happening is not okay. She should not feel ashamed to speak up about things that offend or hurt her and she should not let the people she is in conflict with make her feel that way. The Popcaks answered calls the remainder of the hour.

Certified by Donetta M Robben March 31, 2015