

DIVINE MERCY RADIO, INC.
ISSUES AND PROGRAMS THIRD QUARTER 2015

ISSUE Health

07 13 2015 at 1200 The Doctor is In 60 minutes Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Today is Monday where Dr. Ray answers questions that have come in via email. He opens the show discussing an article that compares the percentage of children with ADHD in America versus France and the possible causes. A female linguistics professor from Warsaw, Poland wrote in saying that she does not agree with writing sentences as a punishment, something Dr. Ray has suggested in the past. She believes that the indirect punishment of writing sentences does not teach a lesson as well because the sentences content may not have the effect you hope for. Dr. Ray responded by saying that writing sentences is like a written timeout. He says that punishment is most effective when you put your rules in a positive sense. Do not make the children write, I will not jump on the couch, but that I will obey my mother. The positive rules would make the sentence writing more effective. The professor also wrote saying that assigning sentences as a punishment has led to a disagreement. English and writing professors believe that using sentences as punishment will make children dislike writing altogether. Dr. Ray reminds her that writing is a disciplined activity. If you are not disciplined while writing, then nobody would ever choose to do it. Dr. Ray answered email for the remainder of the hour.

07 15 2015 at 1200 The Dr. Is In 60 minutes Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. He opens the show discussing parents and different ways they discipline their children. Christine called in to say she is divorcing her husband of 3 years due to abuse and cheating. She feels she needs to get out of their relationship while he says he wants to stay together though he shows no signs of following through with it. Dr. Ray suggests that domestic violence is reason enough to separate in order to keep herself safe. If she wants to stay with her husband, Dr. Ray suggests that Christine initiate dating her husband again while still living apart. Get to know him on a more personal level and make a solid foundation for the relationship and go from there. Overall, if this is not a safe situation, Dr. Ray does not suggest reconciling it. Ray from Kentucky called in to ask why his dogs listen to him more than his own children? Dr. Ray responds saying that dogs are simpler beings. If you give them what they need to survive, they will love you unconditionally. Humans have personalities, attitudes, etc. Being more complex, his children will need more love attention, and a stronger relationship in order to truly listen to and love him. Dr. Ray took calls for the remainder of the hour.

07 30 2015 at 1200 The Dr. Is In 60 minutes Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. He opens the show discussing an article about Mark Grays profile of the average American Catholic. Debbie called in to say she had an abortion in her early 20s, and another in her early 30s. She chose abortion to cover up her premarital sex without even thinking about her child. With the Planned Parenthood videos that have surfaced, she has begun to realize exactly how terrible it was to abort her babies knowing now how the devil worked in her life. She said she is in a better place now, and hopes to continue learning and growing closer to God. Dr. Ray told Debbie that it is OK to have a resurgence of a broken heart over this. It does not mean that she is not over this, but only that it was a powerful, negative experience and she rightfully has a reaction to these videos surfacing. Dr. Ray reminded her to never doubt that she is forgiven in Gods eyes. This is the devil has a tendency to play tricks and resurface poor decisions and make one think they are not forgiven or cannot be forgiven. Dr. Ray suggested that if Debbie decided to tell her family, or if they already knew, then she can use her past experience to help change peoples minds about how abortion affects women.

08 10 2015 at 1200 The Dr. Is In 60 minutes Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Today is Monday where Dr. Ray answers email and does not take calls. Sue asked about her 8 year old son who has annoying coughing, throat clearing habit. Her husband believes they should discipline him while she believes it is not deliberate. Dr. Ray suggests they take their son to a neurologist to check for turrets, an involuntary tick-like behavior. In most minor cases, the child could exert some control over it when he is actively monitoring it. If they discover it is a neurological issue, this could save their child from embarrassment around peers later in life. Barbie wrote in to say that her 32 year old practicing Catholic daughter is moving in with her boyfriend. Her daughter said he has an extra

bedroom and her daughter is working on her debt. Barbie let her daughter finish without interrupting or making any comments. She is now mad at her mother for not understanding her situation and her decision of moving in with her boyfriend. Dr. Ray said that because Barbie did not respond in the way that her daughter wanted, this made the daughter angry. The daughter was prepared to justify her behavior while her mother clearly did not accept her justification. Dr. Ray said Barbie needs to talk to her daughter and reiterate that she still loves her but does not approve of her decision.

08 13 2015 at 1200 The Dr. Is In 60 minutes Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Dr. Ray opens the show by discussing childrens behaviors, and how they work out their problems with one another. Peggy called to say she did not attend the scattering of ashes of her sister in law 12 years ago because she was advised not to by a Catholic Priest. This caused some drama between her and her relatives, and now her children are confused as to why that part of the family is not around. Peggy wants to know how she may be able to handle this after 12 years of isolation. Dr. Ray said that because of her influence on her husband, Peggy is going to be the one blamed for their missing the scattering. If anyone is going to make amends, it has to be Peggys husband since it is his family. She just has to hope that the family will let it go after all of these years. Laura from Sammamish, Wash., called in to say she has formed a friendship with her neighbor who freely talks about her about marital issues. This neighbors husband came over one evening and made several inappropriate comments in front of Peggys children. She wants to know what or if she can do anything about it. Dr. Ray said that Laura needs to watch herself when it comes to marital issues because it is not her place to be caught in the middle. As far as the snippy comments he was making, Laura needs to just ignore it for now as her children probably did not notice. She needs to primarily focus on getting herself out of the neighbors marital issues.

08 21 2015 at 1200 The Dr. Is In 60 minutes Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Today is look back Friday show where Dr. Ray goes further in-depth on previously phone calls. He begins with a monologue about nonverbal communication. Gail has previously called in to say that she is completely unattracted to her husband of five years. She met him online and fell in love before seeing his appearance. She wants to know what she should do since she does love him, but dislikes his appearance. Dr. Ray points out that being a Catholic woman who did not marry in the church, she is essentially living with this man. He believes Gail needs to grapple with the fact of is this a marriage or not. Dr. Ray goes back to answer whether or not Gail should leave the man because she is not attracted to him. He answers that Gail is living with the man. If she wants to deepen her faith, she needs to move out and go back to a courtship with the man. If she wants to be with the man still, then get married in the church. If she does not want to be with the man, then she needs to let him know, and not in a way that seems like a favor to him, because it is not. Dr. Ray says that looks are never a real reason to leave a marriage, and that Gail should not leave him for that reason. She needs to step back, and evaluate their relationship in a more faithful manner.

08 24 2015 at 1200 The Dr. Is In 60 minutes Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Today is Monday where Dr. Ray answers email and does not take calls. Mary wrote in wondering if excessive detailed journaling is something she should be concerned about. She began journaling at age 12, and has done so on and off ever since. Mary claims she used it as a form of therapy for herself during difficult times. Dr. Ray responds saying that journaling as a child is not odd, especially among females. He says if she can write down her problems, sort through them, and come out on the other end with a better mindset, then that would be amazing and good. But, most journaling ends in a gripe-fest with no productivity coming from it. Mary wants to know whether she should keep these journals and pass them on or get rid of them. Dr. Ray explains that the things written in her journals would probably skew the opinions her children have of her. They would show a side of their mother that they do not need to know and therefore would be bad. Dr. Ray supports Mary in her idea to write a condensed journal to give to her children and suggests that she burn all of her other journals before she passes away.

09 14 2015 at 1200 The Dr. Is In 60 minutes Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Today is Monday where Dr. Ray answers email and does not take calls. Christy wrote in to say that her 12 year old son has run cross country for the past two years. He seems to like it okay and is not interested in any other physical sport. Christy and her husband believe physical activity is important and want him to practice more on the weekends to be the best he can

be. Her son does not agree and does not want to practice extra. Christy wants to know if she should force him to run extra. Dr. Ray said that he would not require the weekend stuff because this sport is not something her son is enormously invested in. Dr. Ray suggests Christy make sure that, if her son quits, he is active in something and does not take that extra free time to sit around doing nothing. Give him chores, other physical activity, etc. and if this is not what he wants, chances are he will go back to running cross country. Do not let him quit though at just any point. Make him finish out the season before being able to decide to stop. Parents today often let their kids quit and go back to technology, but Dr. Ray said to not allow this. Replace their activities with new activities.

09 16 2015 at 1200 The Dr. Is In 60 minutes Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Dr. Ray opens the show discussing chores, how much parents pay their children in allowance, and reasons why some parents do not make their children do chores at all. Debbie from Syracuse has some anger toward her husband who she believes is lazy. They have seven children and are coming up on their 25 year anniversary. She does not want to celebrate this anniversary for many reasons, but the kids want a party, so she is stuck and wants to know what to do. Dr. Ray said that one way to save financially on a party is to go to a restaurant, have everyone pay for themselves, or have a cookout. Dr. Ray then addresses the emotional problems saying that the kids want a party because they believe they have a great and united family. He tells Debbie that if she does not feel like this is something glorious to celebrate, she should not worry about. She should just fake it. Just because she has this feeling does not mean she needs to act it. For the kids, celebrate the 25 years and the family that God has blessed you with and do not celebrate the bad feelings.

09 28 2015 at 1200 The Dr. Is In 60 minutes Host Dr. Ray Guarendi is a clinical psychologist hosting a live call in show where listeners ask questions regarding family problems or behavioral issues. Today is Monday where Dr. Ray answers email and does not take calls. Dr. Ray opens the show discussing how people approach the faith with a you are not the boss of me attitude. Laura wrote in saying she had her children sign a chores contract stating the consequences of skipping chores. Her 13 year old daughter is on her third offense against the contract and wants to know how to continue laying down rules when the kids are great children to begin with? Dr. Ray asks, how she defines great children. Laura said she and her husband are trying to stay strong in disciplining their daughter, but the teen thinks the disciplining is worse than the offense that she made because she is not being rebellious like other teens she knows. This is making Laura doubt herself and her parenting techniques. Dr. Ray said that a great kid would not scream and disrespect her parents. He suggests Laura continue doing what she is doing and not doubt herself. When a parent stops worrying about the small problems, the child believes they can then get away with bigger things as well.

Certified by Donetta M Robben October 2, 2015