

The Phil Sandoval Show
Show Notes - 3rd Quarter 2017

July 5, 2017 (Rebroadcast of July 6, 2016)

- Finding your Faith: Phil shares about a woman returning to her Faith after 45 years. The example of Helen Keller. The cleansing, regenerating power of baptism. Caller: I am helped by visualizing Jesus as my “employer”.
- Caller: I am terrified about an upcoming exam. The possibility of Self-Sabotage. Trust - in yourself. Phil shares a personal story about pride, and an exam he took once.
- Caller: My grandmother is 98 years old, and still lives at home - but with a personality disorder, the family thinks that it’s probably time for her to leave.
- Caller: My husband is a resident and Chief of Staff at a hospital; it’s all about saving lives. Don’t let anxiety stop you; don’t quit. Caller: I’m concerned about my sister; she is depressed, and keeps going back to the mental hospital.

July 6, 2017

- Phil reflects on the Prodigal Son. The suffering of the father - concealed in Luke’s narrative.
- The Prodigal Son, continued. How do we forgive? Forgive “not counting the cost” (St. Ignatius of Loyola).
- Caller: My 19-year-old daughter just lost her boyfriend in a motor vehicle accident. She found out that she was pregnant with his child a week afterward. How can I help her?
- Previous caller, continued: My husband is not my daughter’s dad; I’m worried about my daughter being depressed. I would like a therapist to address her grief, and lack of communication.

July 7, 2017

- Suffering, continued. The process of “bibliotherapy”. Phil shares about a patient that read his way to better health.
- Phil shares Gloria, Princess of Thurn - the transformation of an extravagant socialite to a Roman Catholic Saint.
- Dr. Ben Carson is an example of true suffering recently mentioning that “poverty is just a state of mind”, and that there is hope for all.
- How to find a meaningful job despite your poverty in light of example of Dr. Ben Carson. The example of our spiritual mothers - Mother Miriam, OSB and the Blessed Virgin Mary.

July 10, 2017

- Taking control of your life. How do you want to experience life? Phil shares a helpful imaginative exercise.
- Imagination - one of our greatest gifts. Andrew Wyeth. The message in “Christina’s World”.
- Losing control to gain it.
- The Dalai Lama on virtue and diversity. The need for spirituality in the modern world.

July 11, 2017

- How do you want to live your life? The Mosaic of life. Caller: I suffer from chronic pain; I'd love to live a life of service.
- Caller: I suffer from a medical condition; I'd love to be able to get up and dance.
- Caller: Where do I even start with this 'happiness' thing? Life is bitter. . .
- Treating depression. Finding your baseline level of "joy".

July 12, 2017

- Taking charge of your life. Dominic, Ignatius, and self-diagnosis.
- Self-analysis. Discernment vs. Judgment. Caller: I've had two divorces; both were amicable - but it took a great deal of patience.
- Caller: I fell into the lie of "needing a husband to be happy" falsehood; my faith has been the critical thing.
- Overcoming bitterness through Faith. Becoming aware of one's strengths and weaknesses.

July 13, 2017 (Better than average - NM)

- Recovery. How do we regain control of our life? Starting anew.
- Caller: I'm going through a divorce - I'm a survivor. Getting through the devastation divorce brings. The joy of a puppy in rural Virginia (Annie Dillard).
- Taking an inventory of where you are: Phil shares the steps toward re-evaluating your life. Don't overcorrect; you can't go back.
- Phil reads a passage from "Night", by Elie Wiesel, holocaust survivor. "Snow was our bread."

July 14, 2017 -

- Phil shares about Jennifer Havey, founder of a prayer group and Principal of a catholic school in Sacramento, CA.
- C.S. Lewis on life, death, and the hope of heaven. Time = death.
- Caller: I forgive others easily - but I'm having trouble forgiving myself. . .
- With age comes perspective. The benefits of age - the folly of our sin.

July 17, 2017 (pretty decent show - good calls)

- Phil plays "You're the Therapist". Scenario 1: Four more years of abuse, 'till my child leaves home.
- Caller: I stayed with an abusive husband; now my kid is a chip-off-the-old-block. Should I have left earlier? When should we leave an abusive relationship?
- Caller: I left my marriage - but lost my kids. I am the "bad one" here.
- Caller: I left an abusive relationship 30 years ago; my ex just tried to reconnect with me. He is dying of AIDS - should I tell him that I've forgiven him?

July 18, 2017

- Discerning our purpose in life. Mindfulness.

- The locus-of-control - internal vs. external. Is your happiness in other peoples' hands? Can we pursue happiness? Emotional sobriety.
- "Fit or Fat" Covert Bailey. It's how we deal with challenges that matters.

July 19, 2017

- Your relationship with yourself.
- Study on college students: Forgiveness positively affects health.
- Can we rightly expect to avoid conflict? Jesus did not come bring peace, but a sword.

July 20, 2017

- Deceiving ourselves, and bargaining with the "lizard on our back".
- The insidious nature of conflict, and the false sense of meaning it provides.
- Raising our thoughts to a spiritual realm; not thinking in earthly terms.
- Caller: My daughter and I have a poor relationship; she is moving out to college. How can I have a better relationship with her?

July 21, 2017

- Spiritual "childhood". Are Americans innately over-confident about their abilities?
- Shedding our spiritual dryness. Ann Hillerman writes about striking out on one's own. Don't be the one who says: "I wish I hadn't driven my kids so hard. . . "
- Caller: Raising a child is akin to flying a kite: You need to let a bit of string out, but not too much. . .
- Thinking of the hour of our death. St. Therese of Liseaux's encounter with darkness as death approached. Writing one's own life-script; taking responsibility of one's life.

July 24, 2017

- Making sense of past events, and of the world around us. The consequences of failure to process. The cycle of "you did this, you did that".
- Phil shares about counselling a man in pain. You are greater than the sun. What is the most important thing you did today? Monitoring your emotions.
- Keep going through your trials. Finding purpose on the other side of the rapids.
- Cardinal Rafael: Being free of desires.

July 25, 2017

- What do you want in your relationship? Is it simply having it "your way"?
- Two perspectives about love: Projecting love. The expectation of love is the beginning of trouble. The gifts of the Holy Spirit.
- Problems that can arise. "Failure to launch". Anti-social personality. The frog-in-water analogy, and the danger of incremental change. It's never too late.

July 26, 2017

- The systems-approach to family therapy. Adult-Entitled Dependents. Failure-to-Launch. Who is affected by this?
- The consequences of F.T.L. Parents who fear their children.

- Caller: My son has Asperger's disorder; he was on drugs for it for most of his childhood.
- Getting professional help. Non-Violent Resistance - avoiding those heated arguments. Caller: I'm divorced; my ex-husband went to jail. His son moved in with me; he has no job and no motivation.

July 27, 2017

- Truth - it's objective, not subjective. Is college always a good idea? What is the intended purpose of college? The challenge of Jesus.
- The importance of simply asking for help. Caller: I'm one of 4 siblings; one is a master-manipulator. We're fighting over my 85-yr-old mother's money.
- Anger and frustration affects the whole family. Therapy can help all members affected.
- Caller: I finally got my daughter out of the house, but now she's living with her boyfriend. Was I wrong to do this?

July 28, 2017 (better than average)

- The devil creates Noise. C.S. Lewis on how noise, distraction is corrosive of God's peace. A listener writes: "This would put you out of business (as a therapist)".
- Losing our way, and fighting about the wrong things. Bad memes society promulgates.
- Dr. Liebowitz, and the Family Accomodation Scale. Caller: My teenage son doesn't respect me, his father won't back me as a parent.
- Loaves & Fishes and the good work that they do. Caller: My 20-year-old son isn't motivated to do anything.

July 31, 2017

- Are you "done" - tired of fighting? Finding one's path to Christ. Dr. Holly Ordway's journey from Atheism to Faith. The book: "Cold Mountain", and the book: "Lay Down Your Arms".
- Phil shares about a man who found freedom in getting tuberculosis, and getting sick. Seeing your circumstances with new eyes.
- "Fiddler on the Roof" - Phil chats about the famous scene: "Do you love me?"
- Story of a father who couldn't show love to his child. The damaged sexuality of today's culture.

August 1, 2017

- Sex: The difficulty of talking about sex in today's culture. Can a celibate priest or nun give competent advice regarding sex? The clarity of parables. Rules for communication about sex.
- How to talk to your children about sex. Setting (physical and mental), When (age), Who (know your audience).
- Would humans just naturally figure out sex if nobody told them about it? How do we talk to our kids?
- How do we cope with our child's changing biology? The consequences of not having that talk with your child.

August 2 ,2017

- Sex: Why is it so difficult to talk about it? Not the State's job. Scare-tactics - proven not to work.
- Teaching skills: Curiosity better than rote memorization skills. Learning to understand ourselves.
- Sex therapy: It's never too late to start talking. An example of bad advice from your therapist.
- Lack of communication. Fundamental insecurities. How to talk to your kids - even when they don't want to listen.

August 3, 2017

- Talking about sex, continued: Levels of pathology. Repression vs. self-control. Suppression.
- Defense mechanisms, continued. Dr. Edward Peters and the Three "C"s: Celibacy, Chastity and Continence.

August 4, 2017

- Talking about sex, continued: Dr. Peters and the Three C's.
- The need to talk about sex. Displacement - "kick-the-dog" syndrome.
- Would God ask us for more than we can provide? Does our Faith hold us down? Deciding for celibacy.
- Increase your communication - with your spouse and your kids. The importance of spending time with your kids. Dissociation.

August 7, 2017

- What would you take back in your life, if you could? What would you do differently? Tempting the Lord with ingratitude.
- Reflecting on who we are. Bill Murray and getting a new outlook on life.
- Caller: I had a stroke; I can't do what I used to do. How do I cope with the anger I have?
- Caller: I was diagnosed with Leukemia 4 years ago; I realize God has given me a chance to look at death differently.

August 8, 2017 (better than average)

- Finding the happiness within. The goals of a therapist, and the goal of a parent - they change over time. A goals/relationship exercise.
- How does one motivate their child for success in life? The differences between child motivation and adult motivation.
- Caller: I have a 17 and a 21 year old child; they both seem to reject my parenting.
- Gaining perspective in parenting: Awareness of the influence of institutional school.

August 9, 2017

- What do you want for your child? What if your child is "only" average? What if your child is a couch-potato?

- Caller: The #1 thing I want for my child is that they know that God will get them through any difficulty.
- Stop fighting; model conflict resolution to your kids. Caller: I'm a 7th kid; my mom did a great job with all of us. Mom and dad didn't always agree, but they backed each other.
- Caller: How does one "not worry" about child rearing, Phil? Are you saying that we should just pray things away? The need for authentic prayer. Caller: My son and daughter-in-law are bickering, and talking about divorce.

August 10, 2017

- Looking back: "What was I thinking?!" Analyzing what went wrong in your life and your parenting. Is a crappy job worth the money?
- Peace in your heart: What it looks like. Caller: My 17-year-old son persists in making poor choices. His drug dealer burglarized my home.
- Previous caller, continued: What would you advise yourself if you were the counsellor?
- The story of Kris Kristofferson's rejection by military family. Lessons from the Prodigal Son.

August 11, 2017

- Life's challenges: Phil leads a prayer for North Korea. A Hail Mary for peace.
- Knowing what you can fix in life, and what you can't. Self-esteem vs. self-confidence - what's the difference?
- Suffering - a normal part of our life. Our unity in prayer. Phil prays the Memorare.
- Managing adversity. Praying for North Korea. A vision of heaven, and redemption.

August 14

- Stop fighting! Communication ceases when the fighting begins. The psychology of hitting rock-bottom.
- How to deal with chaos. The model of Jesus, St. Joseph, and the Blessed Mother.
- Rock-bottom: Not the end, but the beginning.
- The medicinal effects of reading. Lessons from Willa Cather. Jesus shows us how to live - and how to die. The example of St. Maximilian Kolbe.

August 15, 2017 - Rebroadcast of: 6-30-17

August 16, 2017

- Dealing with our fears. Phil shares a self-diagnostic exercise.
- Phil shares a personal story about managing anger and judgement. What is your goal as an atheist?
- Prayer. Lifting ourselves out of despair. The examples of those who have overcome disabilities. Always have a saint in mind!

August 18, 2017 - Rebroadcast of 6-30-17

August 21, 2017

August 22, 2017

- Suffering and trauma. Emily Dickinson and overcoming the chaos in our world.
- Caller: I've suffered from anxious attachment issues for my whole life. I need to address the trauma I suffered in my childhood.
- Reframing your perspective; taking stock of the progress you've made.
- Do not alter your fundamental values. Let nothing get in between you and your source of grace. Seeing your multitudinous options.

August 23, 2017

- The example of Elie Wiesel, holocaust survivor and human rights advocate.
- Caller: Should I send my kids to college? Is it worth it?

August 24, 2017

- The subtleties of marriage. The brain chemistry of marriage.
- The importance of perception. Growing with one's spouse. The Four Stages in a Relationship (from Retrouvaille).
- How does our perception/dissolution affect our communication within our marriage?
- What can you expect from a Retrouvaille retreat?

August 25, 2017

- Fr. Bennett and wisdom from the Benedictine order: Everyone has a right to be heard.
- The "Greatest Commandment". If everyone could read thoughts. . .
- Don't become cynical. St. Benedict, and "harden not your heart". Is the therapist the solution? The importance of the Truth.

August 28, 2017

- Selfishness. Phil shares a story about the joy of travelling with pious, faithful people.
- Growing up in a selfish family. The selfishness of wanting a different life.
- A story of a woman who had it all - and threw it away.
- The importance of self-examination. Knowing what real gain is.

August 29, 2017

- Overcoming selfishness. The Gospel of St. Matthew, chapter 11 - the disposition of Christ.
- What happens when other people accuse you of being "selfish"? Caller: I feel like I crave attention; I want people to give me back what I give them. The Litany of Humility. Say what you mean, mean what you say - and don't say it "mean". The example of the saints.
- "I wish you peace".
- Caller: How do I respond to bullying in love? Don't I have to defend myself? Figuring out how to cooperate.

August 30, 2017 - Rebroadcast of

August 31, 2017

- Recognizing the patterns that you find - stuck in your mind. You don't have to be a slave to them.
- Dr. Suzanne Hollman, Divine Mercy University. Psychology degrees - and the necessity of faith.
- The integration of Faith and Reason in the University. The importance of philosophy. Accrediting of PhD. programs.
- Living our Faith in the world. Caller: Will previous work experience help me get into the PsyD. program? The threat of "disconnectedness". . .

September 1, 2017

- Selfishness. The difference between selfishness and recharging yourself.
- Caller: I'm having a terrible day; I just broke up with my boyfriend, and it's my last day at work.
- Projection and St. Benedict. "Of all work, nothing is preferred over prayer."
- Think about peace. Will we be worthy of an audience with our Lord? Take time to reflect on ourselves. St. Ignatius' spiritual exercises - what if we're not a St. Ignatius? Chesterton on St. Francis.

September 5, 2017

- Remembering the Munich massacre at the 1972 Olympics. Phil recalls John Paul II's early years.
- St. Hildegard of Bingen, mystic, composer and cookie baker.
- Finding our vocation in life - why are we here? Our worries for our children facing their future.
- Standardized testing for our children. Does IQ determine success in life? Will IQ help us get along with other people?

September 6, 2017

- Vocation: Finding your purpose in life. A job - or a calling?
- The standardized testing phenomenon in school.
- The Five Factors of Personality - Phil breaks each down.
- Dealing with our strengths and weaknesses; managing our lives.

September 7, 2017

- Special guest: Dr. Gregory Popca, www.catholiccounselors.com discusses the Theology of the Body.
- Creating healthy "traditions" in your family. The need for investment. 40 minutes per day would change the world.
- What happens when the family can't get together? Repairing relationships, and doubling-down on spiritual.

September 8, 2017

- What can change, and what stays the same. What's preventing you from changing your life?
- Having one's life together, for the blessing of the entire country. The need for well-adjusted people.
- My relative says she wants a relationship with God - but she is getting serious with an Atheist.
- The importance of pre-marital counselling. Trusting in God first.

September 11, 2017 (pledge drive)

- Guest: Father Matthew Spencer. The need for Christ in people's lives.
- Our unique callings: Phil chats about the various charisms
- Guest: Noah Mackenroth discusses his turbulent upbringing, and how God's grace allowed him to embrace change for the better.

September 12, 2017

- Guest: Father Matthew Spencer. Why do relationships commonly go wrong shortly after marriage? Priesthood failure - the first five years are key.
- Re-authoring your life, and embracing change.
- Guest: Principal Jennifer Havey, and Cord Dorcey of "Net Ministries", www.netusa.org.

September 13, 2017

- Guest: Father Matthew Spencer. Guiding spiritual development, and fostering devotion to our Lord.
- Becoming a person filled with joy and grace.
- Desensitization. The danger of pornography.
- Willa Cather and her witness. Worrying about the wrong things in life.

September 14, 2017

- Guest: Father Matthew. Father and Phil pray for the lonely and dispossessed.
- Coming together in prayer, charitable contributions, and in the Eucharist. The founding of Immaculate Heart Radio, and the retirement of Doug Sherman.
- What is "Ordinary Time"? Remembering Lent, and the need for transformation.
- Father Boyle, Drew Carey and the founding of Homeboy Ministries.

September 15, 2017

- Teaching morality to your children: How do you teach your kids right from wrong?
- Serious biblical exegesis vs. unstructured, informal reading. C. S. Lewis and "resistance to heaven".
- The process of self-analysis. Integrating one's faith.
- The value of literature in self-improvement. The apparent conflict between relationships and values; the latter cannot be sacrificed for the former.

September 18, 2017 (better than average)

- “Games People Play” Transactional Analysis. The three main roles we play in our relationships. The role of the “victim”.
- The dynamics of the family.
- Breaking out of the “triangle of conflict”. Each relationship is an individual, one-to-one relationship. Same-sex “marriage”. The Drama Triangle.
- Approaching family dynamics: What’s going on? How do we fix it? Peace is within you - let go of the rope. Forgiveness: Starting fresh.

September 19, 2017

- Conflict. Phil shares about the desire for peace. The necessity for a chaste life. A silent retreat; how long would you last?
- The conflict actively generated by media. The psychosocial, spiritual barrenness of higher education. Types of conflict that are dangerous.
- The characteristics of Borderline Personality Disorder. The Litany of Humility.
- Recognizing that you’re not in control - a great starting point (AA). Suscipe. Stepping back, and gaining perspective. Gain control. The effect of sleep deprivation.

9-20-17

- When you are in the midst of despair what is required is forgiveness. Phil shares about Rosh Hashanah and how it ties to forgiveness in the Catholic church with the sacrament of reconciliation.
- Phil asks listeners: write down things that they did wrong to each other and seek forgiveness.
- Is suffering a result of poor decision making?
- What happens when you investigate the cause of your problems. Forgiveness is a process of healing.

9-21-17

Hour 1

- Interview with Net Missionaries discussing how they are working on college campuses showing others how they can truly experience Jesus in their everyday life.
- Joyful examples of the joy of ministering as missionaries from Net.
- Caller shares how happy she was with her son’s experience with Net Missionaries ministry.
- Net ministry staff share personal stories of how they got over jitters sharing the faith with others.

9-22-17

Hour 1

- What is your purpose when suffering as a result of negativity.
- Caller: how can I not feel negative towards outsiders of family?
- Reasons why the sacrament of reconciliation is powerful and why you should be using it everyday
- ! reasons why it is important to not grieve the holy spirit!

9-25-17

- The process of thinking about someone else's problems will help you to lessen the suffering of your own. What "Peace Be With you" truly means when you say it at Mass.
- Phil shares how Justice Scalia's memorial service was an example of how peace can truly be.
- Phil shares an example of People who witnessed Father Rosa falling and injuring himself probably had peace as he died at the altar. Pain and suffering might not disappear but the intensity can!
- General Patton's example of the Nazi flag and a POW compared to today's professional athletes and kneeling during the national anthem.

9-26-17 (Guest- Sister Anne Flanagan)

- Theology of The Body
- Sister Anne shares how she uses her unfortunate situations into gifts.
- Sister Anne mentions that the body tells us the truth and it won't deceive us.
- Theology Of The Body is not just about sexual education, it is about the body as a whole and its image on yourself.

9-27-17

- Suffering as a component of living. There is no one at all who will not get their dose of suffering even if they are joyful in life. Phil shares about a note that he received from a friend of his about how he is suffering and what joy he gets on it.
- Caller: I am married and have been disabled for 3yrs and just found out that my husband had an affair.
- People who have medical conditions or mental disorders are beyond the person's control so let them know that their suffering isn't within their control.
- Caller: My husband has bipolar and suffering and it's hard for my teenagers.

9-28-17

- How to be truly happy!
- Reasons why the saying is called, every good path to hell is paid with good intentions. How you can truly bear the cross.
- Practical ways to think about and find joy in your life despite hard circumstances.
- Phil talks about his oak tree he likes in his backyard and how it brings him much pleasure and joy.

9-29-17

- Phil shares his observation from the perspective of a husband who likes to talk in relationship with a quiet wife. Equity in a relationship.
- Caller: My oldest son is a fallen away Catholic and does things that I absolutely hate!
- We will have moments in our life when we have to decide what level of control we must exert.
- Reasons why you need to be aware that you have affinities to relationships and what needs to be done next. Caller: My ex husband left long ago, dated someone. still a good time.

