

## The Joe Sikorra Show

### Show Notes

#### 2<sup>nd</sup> Quarter 2018

April 2, 2018

##### Hour 1

- Joe recalls a little bit about his Easter weekend and tells a story about the hiccups moments before going on air. Joe speaks about those difficult things to talk about. Sometimes they are like the hiccups; you can't always avoid them. Do you feel stuck in your relationship?
- Joe asks you, do you have your eye on the goal that God has called to you? If not, you will be less empathetic and you are less likely to move that relationship forward.
- Joe outlines an exercise to help with empathy in your relationship. Sometimes you can roleplay. Caller: My parents have been going through some marital issues. It boils down to a lack of empathy and lack of communication. What can I do to help my parents? Joe: They might be in what is called a "help rejecting" place. Perhaps you can ask them about the good times between them to get them to remember that they don't have to "attack" each other. Jesus tells us that the person you choose to ignore is actually Him. This includes your spouse.
- Joe speaks about his police training and how it applies to reacting with empathy in the face of anger. Joe discusses going over possible scenarios as a police officer and the responses he wanted to perform. When the moment came, he was able to react calmly. You can actually practice empathy in your mind by imagining situations and how you will react. God wants you to live in a way that will command the respect of outsiders. You can't change anyone, but you can practice empathy. Until they see that you understand their situation, you won't be able to help them change.

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

- Joe explores why you might have difficulty with asking for help. If you have trouble asking others for help, you probably have difficulty asking God for help. Perhaps you grew up in a home where your mother/father/caretaker had over the top reactions when you asked for what you wanted. This might have contributed to your current attitude.
- Caller: I can't remember when I last asked for help. My parents weren't really "there" for me. They just seemed to focus on their own lives. When I did ask my sisters for help and some acquaintances, but they didn't want to help me. I do feel lonely. I need a friend, but I've been this way for many years. Joe: You're not experiencing friendship because you're holding back. You haven't learned how to be vulnerable because of your childhood.

- Joe discusses a child who learned mistrust at a very young age. He was abandoned, and now has to deal with his trust issues. Jesus tells us not to be dazzled by flattery or charm, but to look for character. God does not manipulate, he just wants your love in return for everything He has to offer you.
- You don't have to strike bargains with God. He doesn't operate quid pro quo. If you grew up expecting that everything has a price to pay, you might be resisting asking for help when you need it.

April 3, 2018

- Millennial question: I can't pay attention to longer college classes. How can I teach myself to focus more?
- Caller: My father's health is declining and I want to help him communicate with me and my mom.
- Caller: I'm a full time student and work full time. How can I reduce my anxiety?
- Millennial question: I have trouble communicating with older people.
- Millennial question: Can I stop being extroverted and become more introverted?
- Millennial question: Why do we feel the need to document every event in our lives?
- Millennial question: Can friends who live differently become good roommates?
- Millennial question: Why is it a bad idea for a boyfriend and a girlfriend to move in together?
- What are some bad and good ways to end a relationship?

April 4, 2018

Hour 1

- Joe talks about what do feelings mean to you? Joe talks about how feelings play out in the body and emotions play out in the mind.
- Your fears are not the boss of you! Joe poses a question, what do your emotions stop you from doing? Fear can work both ways it can be motivating but also crippling. Sometimes you have to realize that fear is preventing you from something. The reality is you have to face your fears to grow. Feelings sometimes get a bad rep, feelings are actually trying to protect you. These feelings lead to automatic behaviors and they create habits and the brain likes habits. Are you going to allow your anxiety and fear to keep you from what God would want you to do.

- When you reframe your performance anxiety as excitement, it can help you feel excited rather than fearful. This technique is called cognitive reappraisal. Joe recalls the nervousness he felt when he called in to another radio show. Cognitive reappraisal can affect your emotions in a positive way.
- Joe speaks Jesus and Peter walking on the water. Peter first started with excitement, but then let fear overcome him again. Don't just suppress the fear, that doesn't work. What emotions have control over you?

#### Hour 2 (JP Catholic: 1918, Christendom: 1936)

- Joe discusses the good and bad ways to end relationships according to science. Joe recalls having a doctor remove a bandage as a child. Sometimes ending a relationship badly can feel like removing a bandage quickly and violently.
- Joe discusses PRCT, post relationship contact and tracking. In a study the impact of the breakup and the more sudden the breakup, the more likely it is for PRCT to occur. We usually are not completely honest about what is going on in a relationship. We either blame someone else or self blame.
- Cecilia joins Joe in studio and tells the infamous story of the breakup over the burrito. Cecilia recounts her other breakups.
- Caller: I was dating a friend I knew from school. He dumped me over text suddenly. Caller: A woman I was dating didn't let me know she was in the hospital for a few days. It seemed like she also expected me to magically know where she was even though we lived 3 hours away. Joe continues with the good ways to break up. Establishing some boundaries during the breakup can help. Helping the person to "save face" can help also. Take the long view of the end of the relationship.

April 5, 2018

#### Hour 1

- Joe discusses "control." It can be seen as negative or positive. Would you recognize if you were being emotionally controlled? Are you emotionally controlling? Joe shares the story of a husband who was controlling all of the financial matters. The wife did not have a check book, and did not let his wife see the bank account. Joe saw the instability in this relationship because of the control issues, even though they were two good people. The husband let his anxiety control those around him.

- Caller: I was in a controlling relationship for 3 years. I've never actually met her or heard her voice. I sent them a lot of money. Joe: I'm sorry, but it seems like you might have been scammed. Did you actually contact the police? Caller: She got me in trouble because she sent me credit cards and I would buy computers and send them overseas. I'm don't have a lot of schooling. Joe: Many people have been subject to scams. Joe shares a story about when he was scammed in New York.
- Joe speaks about the deceptive nature of emoticons. Emoticons are not a substitute for direct relationships. God wants you to have a direct relationship with Him.
- Caller: My sister is known to be very controlling. I don't think she wants to deal with her anxiety. Her kids can't play a card game without her arranging cards for them. Joe gives the example of a friend who is a controlling parent. Her son now has anxiety because she did not deal with her issues. Joe asks the caller why she thinks her sister is so controlling? Caller: I think she feels like she is controlling because she's made mistakes in her past and wants to make sure that she isn't hurt again. What can I do to help her? Joe: Have strong boundaries. She will stop from trying to control you even though she might resent you because she sees this relationship as an unsafe relationship. You're seeing her situation accurately, but you can't control her.

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

- Joe outlines some bad advice that you might be giving your kids. The first piece of bad advice is to tell your kids to stress about the future. When you come into the present moment with God, you stop focusing on you and start living life.
- Caller: My dad gave me great advice, "Don't love anything that can't love you back." He told me this when I had to sell my Firebird. Joe: I'm kind of upset at you because you reminded me of my Camaro, but that is very good advice. Another piece of bad advice is allowing your kids to be overscheduled and then telling them that they have to just "deal" with the stress. The body wasn't made to live in the "fight or flight" state.
- Another piece of bad advice: "Play to your strengths." There are some things that your child will naturally be good, but to be more well rounded, you should encourage them to explore some new things. Failure isn't a bad thing as long as you learn from it. Joe recounts the parable of the talents.
- Joe recounts how his son was very loved. He specifically remembers how another child took a dinosaur from his son. Instead of getting angry, he allowed the other child to play with his toy. Some other bad advice: Write down your goals (the Harvard study was false).

April 6, 2018

## Hour 1

- Joe welcomes Dr. Bill Creasy, Bible Scholar, of [logobiblestudy.com](http://logobiblestudy.com). They discuss the resurrection of Jesus as the pivotal moment in Salvation history. If Jesus did not rise from the dead our Catholicism means nothing. Dr. Creasy discusses the difference between resurrection and resuscitation.
- Bill Creasy discusses the difference between the Second Sunday of Easter and Divine Mercy Sunday. Dr. Bill discusses the first reading (Acts 4) and the psalm (Psalm 118) for this Sunday. He also discusses the deep regrets of Peter.
- Dr. Bill Creasy discusses his upcoming pilgrimage in the footsteps of Paul. Caller: In John 1:1, what does the word "beginning" mean to you?
- Dr. Bill Creasy discusses the Gospel, John 20. He sets the scene as the disciples are locked in a room. Imagine the surprise at seeing the Lord after they had left him to be brutally murdered. Thomas was not with them and did not believe until Jesus also appeared to him. Dr. Bill mentions the art piece, "Incredulità di San Tommaso," by Caravaggio.

## Hour 2 (JP Catholic: 1926, Christendom: 1935)

- Joe asks you do a little thought exercise. One day, you will draw your last breath on Earth. What would you want others to say about you? What is it that you would regret? Joe tells about a call he received from an old friend reporting his unhappiness. Today is the day to change things so that you won't live with regret. One of the things that people regret on their deathbeds: Worrying too much about what other people think. Are you concerned with how people will perceive you or are you more concerned with how God sees you?
- Joe tells a story about trying to be popular. At the end of his 8th grade year, he won.....not most athletic, or most popular.....but he won best personality. What does God want you to accomplish? Another regret: I wish I had stood up for myself more.
- Joe tells the story of the rich young man. Jesus asks him to give up everything and follow Him. Jesus is telling us to let go of all of these things and follow Him. Joe recalls some days when he was miserable as a cop. Now he understands that everything we do must be done to give Glory to God. Another regret: I wish our last conversation wasn't an argument. Who could you say that about today?
- Caller: I want to make good choices going forward. I've been unemployed on and off for 7 years. I've asked God what he wants for my life. Joe: It feels better to have steady employment, but many regret spending so much time worrying about jobs. When you can pay your bills and be alright, that's about as happy as that job will make you.

April 9,2018 (Producer's Notes: Brilliant as always.)

## Hour 1

- What is keeping you from joy? Joe talks about cognitive therapy. Are you overwhelmed with stress and guilt? Your belief about you self has to change. Joe uses Paul as an example, Paul talks about the revelations, Paul was given the gift of a handicap. God had the perspective given by God. Maybe god is using that handicap so you can depend more on him and less on yourself. You can replace all the negative beliefs about yourself with what God said. You have been given the freedom the forgiveness of sin. You have every reason in the world to be happy. You can change the thoughts you can change your emotions.
- First thing turn off your binocular vision. If you have a problem in your life and you continue to focus on the problem it becomes bigger and bigger. Joe relates this back to having traffic, if you take an ordinary problem and turn it into something bigger, such as because of traffic your boss will think your a slacker. You need to focus on the positive in your life, God does not want you to be overwhelmed.
- Peter tried to push Jesus away, he looked at his own life and thought he was not deserving of being in the presence of such holiness. Re-color your world. You can try and change the situation or you can change your view.
- Joe continues the conversation, on your thoughts and beliefs you have about yourself, that causes you anxiety, depression. Joe talks about black and white thinking, People look at their circumstances as either all bad or all good. When tough things happen you should not look at it as evidence that your life is not good. A lot of times in life it is not going to go the direction you would like it to go. Joe talks about how his life is not what he expected it to be and he is thankful for it.

## Hour 2 (Christendom: 1918, JP Catholic: 1936)

- Joe tells the story about a friend who had trouble in her relationship. After hours and hours of struggle, turmoil and denial, she admitted in therapy that she was raped by her grandfather. Finally, she was able to honestly walk down the road to recovery. Jesus entered the disordered mess of humanity, but to save those who know that their lives are a wreck.
- Sometimes when on the road to recovery, many seek to control. Joe cites a study in which those that were abused tended to have eating disorders and other illnesses. Forgiveness is what gives you peace of mind. It doesn't mean just letting someone off the hook. **Caller: When I was 11, my uncle asked me to touch him in an inappropriate place. I have a lot of fears and anxiety and I find its hard for me to trust. When my daughter was propositioned by my nephew, she knew to refuse.**
- **Joe to Caller: Bravo to you. Many sexual abuse survivors don't share their story. You shared your story with your duaghter and because of it, she wasn't fooled. Caller: This is still having an affect**

today. I love my husband but, sometimes I don't sleep in the same bed because its hard for me to be intimate sometimes. Joe: You can now approach this from a position of truth. What happened to you was a tremendous violation of trust. Would you go to counseling together?

- Caller: I was sexually molested 3 times. I ask myself if i should reveal them. I haven't told my parents. I'm 31 now. I have some images in my mind, but I can't fully remember the incidents. Joe: It is not unusual for adults to have blocked out memories like this. Sharing your story might actually help unlock these. What gets suppress gets expressed. Perhaps you can write it out instead of trying to tell them directly.

April 10, 2018

Hour 1

- Joe welcomes resident Zillennial, Cecilia to the show. Joe tells the embarrassing story of his therapist falling asleep while Joe was telling him about his problems. Cecilia recounts times when she was stressed out. She mentions that she sees people crying on her campus regularly.
- Joe discusses how to raise resilient children. Young children learn by example. Caller: I've started as a high school teacher and I'm 23. I sometimes feel like I might not be able to do it and I feel anxious sometimes. Fortunately I do have teachers that are younger to whom I can relate. Joe: It's important that you have the support around you.
- Zillennial Question: How can i not fall into peer pressure, and how can I say, "No." Joe gives the example of Cecilia as a dancer. She had to do things that were difficult when practicing dance and had to realize that it would take dedication and tedious work. Doing difficult things helps you to build mental strength. Most peer pleasing is done because we want to be liked. The antidote to that is to realize what you like about yourself. It sounds funny, but she might need to fall in love with herself. Not in a self-consuming way, but in a way that recognizes how she is valued by God.
- Joe speaks about parents helping children to deal with their emotions. Parents can acknowledge feelings without "giving in" to their children. Zillennial question: I'm in college with a job and as I get older I'm finding that my parents are bad communicators. I put a whiteboard up for my parents, so that they would know my schedule. Joe: She might actually be the one who is having trouble communicating? Is this activity good communication, or is it passive-aggressive? As a child we cry, and we get fed or get our diaper changed. As we get older, we have to take more responsibility to communicate to others.

Hour 2 (JP Catholic: 1936, Christendom: 1948)

- Caller: My daughter moved back home and is in graduate school. She has bouts of anger and I'm wondering how I can better communicate with her. Joe: Graduate school is very difficult so she

might feel overwhelmed. Cecilia: Perhaps it would be a good idea to have a family meal. Joe: Also be sure not to get sucked into her world of anxiety. Your job is to remain calm. As a parent, I have a strong-willed son. There were times when he really irritated me, but I knew that my job was to stay calm. I realized the best thing I could do for him was to monitor my own emotional reactions. Cecilia reveals the fake laugh.

- Joe recounts the story of how his therapist kept falling asleep. Joe even made things up to keep him interested, but he just kept falling asleep. Cecilia reveals that she will be camping for three days without cell phone reception or WiFi. She remembers times when she listened to a boring person. Joe: One of the things that makes a person boring is when that person doesn't take social cues. Caller: I was talking to a girl and she says that I'm too wreckless.
- Caller: My therapist also fell asleep on me when I was 15 years old. Joe: Maybe we had the same therapist.
- Cecilia reveals how she lied to get into a relationship therapist to research different careers. She recalls that the therapist drew a map of her feelings. Joe: Another way you might be boring is being negative all the time. Do you complain about situations without seeking a solution or do you resist help even though you keep telling others about your problems?

April 11, 2018 (Producer's Notes: lots of positive feedback during the show. Compelling calls second hour)

- People with damage low self acceptance usually has to do with weak boundaries. Joe poses the question, Do you have weak boundaries, do you feel like your opinion does not matter? The first step is knowing you do not have good boundaries, not boundaries equal low self esteem. At some point you begin to feel resentful.
- Self esteem is not about being full of yourself, it is about knowing you have value. If you want to live a life of faith you might actually have to improve boundaries, those who do not respect your boundaries will not have your best interest at heart. You have the right and obligation to be who God intended for you to be. The cost of weak boundaries is you become a door mat and you become a victim. God says I want you to be a light he does not say be a door mat.
- Your faith actually gives you strength, The stronger you are in your faith you will be willing to stand up. You might not be able to change someones elses behavior but you but you can change your behavior. You can maintain your boundaries by standing your ground. Being able to stand up because of your faith and your beliefs. Our faith is wonderfully healthy.
- Are you afraid to stand up and speak your opinion? God wants you to be strong God knows it is going to be a battle. The devil will be throwing things at you but you will be able to stand up. This is a life and death fight to the finish. How do you say no, how do you decline a request, you will not if you do not have boundaries. There are times it is appropriate to stand up and say no.



## Hour 2 (Christendom: 1920 JP catholic: 1936)

- Joe talks about breakups and what causes the real pain, and how to deal with the pain in a healthy pain. There is a way for a break up to cause less pain, by the story you tell your self. What do you believe about your self after you break up. You create a story about your belief. Depending on what you tell your self you will either move on with pain or with recovery.
- We look to other people as sources of information about ourselves. Joe asks the question, who do you allow in your life to define who you are and how you feel about yourself? Pete did not always act like a rock, when he was struggling, he always came back to the words "you are a rock". God shaped you inside and out. You can look at yourself from a fixed mindset, but God calls you to a life of change.
- If you do not feel like you can change and grow there will be more pain. Joe talks to a caller, Jeff about his brother in law who is living in his household and causes problems in his marriage. Joe talks to Jeff about tough love, allowing people to learn on their own. Joe suggests that Jeff that they go to the beach or that they do something that they enjoy that they can do together.
- When you adapt the God mindset/growth mindset you remain open to love. God very clearly says he came to give you life, love, joy, and abundance. Joe asks the caller if he thinks his wife does not respect him or if he does not respect himself enough. What would it look like if he would respect himself more? The caller feels guilty when he stands up for himself. Joe lets the caller know that sometimes we project our own feelings onto other people.

April 12, 2018

- Joe talks about an embarrassing story that happened in grade school that caused him shame. Joe asked his teacher when the baby was at the belly button how does the baby come out. Shame during childhood is a powerful thing. How does shame from childhood affect your life as an adult? How do you heal from your shame from childhood?
- Joe welcomes a guest Paul French a choral conductor, he explains what he does as a choral conductor. Friday a group of high school student will gather to sign an educated festival and on Saturday a group of elementary school and middle school will come together to sign and prepare music for mass. At Saint Andrew church in Pasadena. <http://www.pcchoirs.org/paul-french>.
- Joe talks about an experience he had when in elementary school he took the brown bag to school because his family was not able to afford lunch for him every day and was made fun of, now he looks at when his card gets declined at a restaurant and he feels shame and he connects it back into his childhood. The triggers caused by the shaming moments in your childhood. Where do you begin? You go back to your faith. You experience real love from God.

- Joe grew up with eight kids in the house, Joe gets asked the question why does he make so much extra food. If you were told you were never enough or you got made fun of. Shame goes beyond childhood, you have to allow compassion and love to change and heal, and that is exactly what God does.

#### Hour 2 (Christendom: 1918 JP catholic: 1935)

- Joe discussed that sometimes parents even use shame and humiliation to discipline kids. The problem is that you do not just get over it. So many of the problem you deal with as an adult goes back to childhood. You want to have a feeling that you have control over your life but when you feel shame it is because you look at all of the things you could have done. You have to know that you do not have to be perfect because God loves you.
- When you live with shame and you find yourself constantly being self critical, you cannot take any criticism. You allow God and his compassion to heal you. You have to forgive yourself, you are not responsible. Yet if you are self blaming and self critical you have to forgive yourself as God forgives you. Babies who are not loved in their early years their brains do not develop the same.
- Joe talks about the whole idea of self compassion, God wants us to love other people as we love ourselves. Self compassion just recently has been studied, self compassion can act as an antidote to self criticism. When you practice self compassion oxytocin is released into your brain. We trigger the fight or flight response. Self compassion has been shown to help people with PTSD.
- Love heals it is not just a saying, touch and compassion actually does heal. Maybe you should talk to yourself with the same care and compassion you talk to others. We need to treat ourselves compassionately as well as others. Words of compassion are healing. You have to imagine God coming to your aid. Allowing God to love you right now.

April 13, 2018

#### Hour 1

- Joe welcomes Dr. Bill Creasy of [www.logosbiblestudy.com](http://www.logosbiblestudy.com). Dr. Creasy is a bible Scholar.
- Caller: In Luke 13, what does it mean to "strive?" Are we saved by faith or works?
- Caller: What does it mean when Jesus tells us about the Second Coming?
- Caller: Jesus says, "If you love Me, keep My Commandments." Does this mean I will not be with Him in Heaven? I have a problem with drug addiction.

#### Hour 2 (Christendom: 1915, JP Catholic: 1935)

- Joe cites a study which shows that we are programmed to conform. The more you hear something said, the more your brain changes to start to believe it.
- Caller: My fiance and I are being pressured to just be married civilly because it's so much easier, but I want to do things the right way. Joe: In your marriage, you will encounter difficult things. This is an opportunity to do what is difficult but what is true. It does feel better and easier to do what everyone wants you to do.
- Caller: I called before lent and asked for prayers. I'm so thankful for all your prayers and donations. They've worked!!! My car is fixed and I'm ready to work again.
- Caller: My brother and his wife are going through a divorce and my niece seems to be straying from the faith. What can I tell her to bring her back?

April 16,2018

Hour 1

- Joe welcomes on Megan Harrington, She tells us about The dating project movie that is coming out tomorrow night <https://www.thedatingprojectmovie.com/>. She found the lost art of dating, on how dating should look. If your single what do you want in a relationship.professor cronin at boston college is offering a script . What they found is that dating is outdated, and we need to make a comeback, we need a script that we need to follow. The fear of commitment and the fear of rejection. It is within all of us to make that decision.
- Joe gives away a gift card for Catholic Match.com Joe discusses the topic of anxiety, so often we look at our anxious thoughts and we respond as if they are real. what if you just said what if something wonderful is going to happen. the brain is made to look for threats, from an evolutionary standpoint. All you see is the troubling difficult thing if you can not look past the anxiety. allow God's grace to enter your life, maybe god has something better in mind.
- Joe talks about cognitive defusion. Paul talks about thoughts in second corinthians. take everything that you think and feel bring it into a life shaped by God. Joe poses the question what are the things driving you crazy? Mindfulness is taking a moment and being countiously aware of your thoughts.
- Sometimes you have to focus on your direct experience with God. In Paul's letter to the Romans he says we continue to shout our praise even when were hindered with trouble. what is causing you anxiety and pain, what if you labeled the thought. If you are feeling anxiety it is because you are focused on the worst thing imaginable.

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

- Joe talks about coping with the death with someone close to you. Joe knows for him he asks the question why? Sometimes you will not get that answer. Right now is the time to ask the question are you really living? In first John the way that you know that you have been transferred from death to life is that you love . You could be living right now but feeling as though you are dead. Or you could have been told you only have limited time to live but you could be as alive as ever. with Gods grace you learn how to carry the pain.
- You are not meant to go through this life alone. you do not heal alone, you have to find that circle of support. Your faith will be tested during hard times, but God is always there when you need help. You let the distress bring you to God you do not run from him. One of the first questions is, is death bad? Does the fear keep you from living? Maybe because of your experience you do not feel the light.
- Joe takes a caller who asks Joe how to deal with his fathers unexpected passing but only thinking about the negative emotions. Joe lets the caller know that he has to allow himself the time to grieve. Be okay with feeling whatever it is that you feel, talk and pray about them. The way to mend a broken heart with love the more that you love that is what is going to bring that healing and peace.
- Joe takes another caller whose husband passed away three years ago, she struggles with things that are left behind. Her husband left behind projects in their house unfinished. Joe asks her if she has not tried to fix things up because of his memory. She realizes that it would be closing a chapter on her life. Not closing a chapter in her book but just adding a new chapter to her book.

April 17, 2018

Hour 1

- Joe welcomes Cecilia, resident Zimmernian, on the show to discuss dating in today's world. Cecilia reveals "shooting your shot" and the "talking stage" of a relationship. Joe shares a story about impressing girls that went horribly wrong.
- Caller: is "shooting your shot" very stressful for you, Cecilia? Have you ever considered doing it the "old fashioned way?"
- Caller: I was going out with a man, and he suddenly broke up with me. I moved for him and we were discussing the future very seriously. He came back from a trip , said the "spark" was gone, and broke up with me.
- Joe and Cecilia discuss the "talking" stage in more depth. Joe speaks about communication in a relationship and dealing with differences. Zimmernian question: How can I tell my mom that I am back together with my ex-boyfriend. When we broke up, I told my mom that he was horrible and I'm not sure how to tell her we are back together.

## Hour 2 (JP Catholic: 1926, Christendom: 1935)

- Joe tells what happened after he got a bloody nose trying to impress some girls. Not one came to his aid to see if he was alright. Joe speaks about the importance of knowing what values you want in your future spouse. Cecilia and Joe discuss making a physical list.
- Cecilia speaks about the list she had when she was a child compared to the list she has now.
- Joe tells a story about a friend who mentioned that she didn't Cecilia speaks about the importance of dating a fellow Christian.
- A study finds that about 70% of problems are unsolvable. When you think about your list know the difference between traits that are essential and those that are more peripheral. Joe tells about meeting his wife in high school.

April 18,2018

- Joe asks the question are you lacking the courage to live with purpose? How do you cultivate the courage to achieve your goals. Where are those times when you say you can not do something and then it worked out. in Finland they have a term sisu it is the idea of the power that enables individuals to push through challenges.To achieve your goals and the goals have for you it is not just about determination. It is what God has determined for you.
- Joe talks about how writing his book took him years, and he got denied the first time, but then we did another draft and many more after that. All along the way he thought he was not a writer, by faith he took the next step he said he could write the next sentence. God is right there striving ahead of you, God says take courage be strong. God is walking ahead of you he will not let you down he is not going to leave you. Joe takes a caller who is afraid to speak the truth because she does not want to offend people. Joe lets her know to speak the truth with love.
- Joe takes a call, who was called to pray about going to law school. She was strongly pressured to sticking with her job she had. throughout her life she also continued to feel called to that profession. She is wondering what happens when we choose fear over faith? God always gives us another chance cultivate God confidence. God wants you to trust and believe, he will fill in the blanks.
- You have to stay with God's plan. There is an evolutionary part that wants to survive, sometimes that is playing it safe but God calls you to a life of growth. Sometimes you have to step out of the comfort zone, and that is when you expand your capacity. Joe takes a caller, he was in an accident and he is afraid to get a job. Joe lets him know he has to venture out, if he

does not the soul will suffer. Paul was beaten up but he kept getting up. Do what you do for the glory of God.

Hour 2 (JP Catholic: 19:35, Christendom: 1918)

- Even in faith, People try to control God with their prayers, Jesus says no you are not in control. God says breath follow me, self sacrifice is the way. A lot of what happens in life is out of your control. even though you are not in control God wants you to feel peace. Joe always goes back to what God says, God will take care of everything you need.
- Name and acknowledge the feelings that you are feeling. when you are overwhelmed your breathing changes without you thinking about it and it causes anxiety. Breathing slowly sends a message to your brain that it is okay. How your choosing to think about the problems, could make you feel out of control. You are asking the question why did this happen. As long as you are asking why you are not moving forward. Focusing on the next step is what will help you move on.
- Gratitude is something you can control, you can cultivate and this is the thing that will help the most with your mental health. Sometimes life is just saying you can not do what you want to do, but you can do the things you appreciate. Be cheerful no matter what, pray all the time. God says cultivate gratitude and thankfulness. Thanking God every step of the way. For 30 seconds think about the ways life is out of control. Now for 30 seconds say thank you God you are in control.
- This too shall pass, no matter how horrible you feel the reality is feelings are constantly changing. God's spirit touches your spirit and confirms who you really are. No matter what you are feeling right now God also says you will get an unbelievable inheritance. There is no comparison between the present hard times and the future good times. Not a day goes by without Gods unfolding grace.

April 19,2018

- Joe talks about getting duped, and why we are so susceptible to the lie. Tell your neighbor the truth, when you lie to others you end up lying to yourself. Joe talks about a woman who made up a story about a woman whose children were saved by stranger danger. The story went viral and later it came to the light that the story was not true. God is very clear do not lie. Our confidence makes us more susceptible to believing the lies. Joe shares a story, where he came across a deal on a boat, he sent a email and heard no response and they asked for his number. Joe was willing to give them all of his information, because it was such a good deal. Before he sent a check he realized he was being duped.

- Why do we have this fascination with people who are con artists, and we root for them, we love redemption stories. What happens when we do not give the victim a second chance. There was a website lovefraud.com a website for people who were coned in relationships. A month they get a hundred thousand visitors a month. Sometimes people do not want to hear the stories because they are too close to home. Desire sometimes overpowers critical faculties. Paul says rather than putting so much trust in your self trust God.
- They developed a scale to measure scam compliance and susceptibility. Often times people think they know too much and then they fall for the scam. the reason why you feel like there is no reason why to back check it. I believe what I want to believe, I want it to be true so it is true. The victims set themselves up because they believe they are smarter, and the scammers think they are smarter. If you get suckered in the past you are at greater risk to be tricked again. You become more confident because if it happens once it will not happen again. Jesus said do not be so sure of yourself, peter says he would never deny him, it is over confidence.
- God says be humble, humility helps make you less susceptible to being duped. you can convince yourself to believe what you want to believe, often you lie to yourself more than you lie to others. when you trust and believe and the closeness in the relationship matter, it makes it more difficult. The greed and desire, you can talk yourself into anything. always go back to the only who always speaks truth, God.

#### Hour 2 (JP Catholic: 19:, Christendom: 1947)

- How do you transform your job into a job you love, Joe talks about Mario who was energetic, but not during his job. Mario became fully engaged at his job without changing his job. Think about what you love and what you are good at. Paul says take your everyday ordinary life and place it before God as an offering, Fix your attention on God and you will be changed. Focus on what God has given you and you will be more happy.
- Joe talks about mindfulness, being quiet and slowing down your breathing. In Matthew chapter 6, Jesus talks about finding a quiet place and simply be there the focus will shift from you to God and you will begin to feel his grace. God wants you to keep moving, he wants you to keep your eye on him. Prayer gives you that necessary focus.
- Life is going to present difficulties, your attitude is what needs to change not the job. What sets apart good days from bad days, is when you sense you are making progress in something that is meaningful to you. Think of the positive, God calls you to a life of growth and change. God wants you to be honest in small things, give your self to what you are doing. When you are doing your work for God it has meaning, it is not about the job, you have a boss and it is God.
- Job craft, according to researchers you can turn the job you have into the job you want. Shift the things you are good at when you have the most energy. Focus on doing the things at work that you enjoy doing. Love the lord the God with all of your passion and intelligence, with enthusiasm, and the second is love others as you love yourself. God wants you to use all of your

energy to get along with people. Paul says in Romans you are focusing on the wrong things, share the life of Jesus.

April 20, 2018

Hour 1

- Joe welcomes Dr. Bill Creasy of [www.logosbiblestudy.com](http://www.logosbiblestudy.com) to discuss the readings for this Sunday as well as your bible questions.
- Caller: Jesus mentions committing adultery by lusting after a woman. Dr. Bill: Jesus follows the beatitudes with these statements of the nature of sin. Cut off sin right at the beginning.
- Caller: What does Romans 14:7-9 mean? Dr. Bill: When we accept Christ and embrace Who He is and what He did, we step into the family of the Church.

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

- Do you find that your purpose in life is elusive? Welcome to the club. Its actually very rare that you exactly know your purpose in life. Joe discusses 6 keys to finding your purpose. Joe tells the story of a woman who gave up her career as a doctor to become a dancer.
- Caller: I'm struggling with purpose. I'm on disability, and I lost my job. Joe tells about becoming an actor and part of his story getting to where he is today. Perhaps you can create a schedule. Impose that structure on yourself, no one is going to do it for you. Joe prays with the caller.
- Caller: I was in healthcare, but I left my job to care for my mother. I try to find meaning in my job. I don't know if I chose my career for the wrong reasons. I'm an introvert but I want to serve. It might be difficult for me because I don't see the impact on peoples' lives. My strength is not in communication. Joe tells his story about working with the police force. He felt a similar feeling to the caller while working there.

April 23, 2018: Encore of 3-22-18

April 24, 2018: Encore of 3-14-18

April 25, 2018

Hour 1

- Do you feel that you can't say anything right? What do when you disagree with your boss, your friend, your family member? Find a way to have a constructive conversation. Do you see



someone you love as your “enemy?” When you actually love, you can have a conversation in a different. God’s way brings out the best in you.

- Joe speaks about projection. Do you have an aspect of yourself that you hate and believe that everyone feels the same way? You might be angry and believe that everyone else is angry, or distrustful and believe that no one trusts you. The bible tells us to love. If you look for a fight while you tell the truth, no one will listen.
- Caller: My parents are divorced and they speak ill of each other. I try to keep the peace and I end up snapping at people because it is so frustrating. Joe: sometimes being a moral man or moral woman you get upset at the injustice in the world, but you can’t let it change you or act unjustly. Imagine things “going wrong” in your conversations with your parents, and imagine you giving them a good response, not an angry one. Joe tells the story about him imagining how he would respond to different situations in the police force. When a situation happened, he was ready because he already trained his mind for the response.

Hour 2 (JP Catholic: 1917, Christendom: 1936)

- If you have trouble with trust in your formative years, it affects your faith if you don’t deal with it. If it becomes extremely hard to trust others, you also will have trouble trusting in God.
- Perhaps you’ve erected those barriers in your early life to try to protect yourself. The paradox is that if you feel safe, then you can be vulnerable. Joe tells a story of a person jaywalking at the airport. The person walking took personal offense to a car getting too close to him. As a child, many of the things that your parents say and do are taken personal. When you are neglected as a child,
- Caller: Growing up my mom was abusive. I had to do things right, or I would get beaten. I find now that it feels dangerous to love. I haven’t visited my mom in a month. Should I cut off my relationship with her? Joe: God tells us to honor your mother and father, but you and God must determine what that looks like specifically. Visiting your mom, might give you anxiety, but it doesn’t mean that it’s the wrong thing to do. Realize that you won’t get what you want from your mom, but find a relationship in which you can experience truly being known. Find those with whom you can be vulnerable.
- Caller: My girlfriend has had 4 other husbands. I might be co-dependent. Joe: You’ve mentioned many red flags. I don’t think you should continue with this relationship. She has many things to work out, but you won’t be the one to “fix” her.

April 26, 2018

Hour 1

- Joe welcomes Cecilia, our resident, "Zillenial." Joe begins to address daughters growing up with unloving mothers. Every story has 3 characters: Hero, Victim and Villain.
- Caller: How are children affected by "distant" fathers? Joe: What do you believe about yourself because of your father's distance ?
- Caller (cont'd): My father caught me viewing pornography. My relationship with my father didn't seem the same after that. I have had other father figures in my life.
- Cecilia recounts taking care of some children and realized that the children might have development of a secure attachment to her instead of the mother of the children. Caller: My mother became an alcoholic.

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

- Joe recounts telling his story in his book "Defying Gravity." Joe and Cecilia discuss breakups and how you might "tell the story" of the breakup. Caller: My mother blamed me for being born and not having the life that my family could have had. Joe shares a time when he blamed himself when he lost his son.
- Caller: I'm trying to be a good parent and partner. We are not married.
- Caller: I was abused as a child. My daughter was also abused by my father. He went to jail and had a conversion.

#### April 27, 2018 (JP Catholic: 1917, Christendom: 1935)

#### April 30,2018 (Producer's Notes: Guest Harmony Dust is awesome)

#### Hour 1

- Joe has a guest on his show Harmony Dust she has a ministry they are an outreach and support group for women who are in the sex industry [iamatreal.com](http://iamatreal.com). She is a survivor of sexual exploitation. She has a background of brokenness. She stood up for herself at thirteen years old and ran away from home. She saw that her mom knew what was happening and was not doing anything about it. The abuse began at three years old exposed to pornography, she was sexually abused at five years old for the first time. Harmony Dust has a book Scars and stilettos a story about her experience overcoming. Her second edition is also coming out soon.
- A friend was able to give her the courage, her friend offered a phone number. Her friend invited her to her home and it was the first time she had an example of a healthy family. At thirteen years old she was left with her brother twenty dollars and food stamps. Her outreach helps any women involved or exposed to the sexual industry. They offer as much support as they can to women who need it and are ready.

- Harmony Dust is having a gala at Weston Pasedina May 19th. More information at [iamatreal.com](http://iamatreal.com). 70% of trafficking victims are from the foster care system.
- Harmony tells a story about a church who rejected a sex worker and her children. Caller: How can I bring up my abuse to my fiancé?

#### Hour 2 (JP Catholic: 1928, Christendom: 1936)

- Caller: I was molested and then started working in the sex industry just like Harmony. I'm 50 now and I have been single most of the time. I thought getting older might improve my relationship. How can I heal?
- Harmony tells of the different paths a woman might take on the road to recovery. Some can quit cold turkey, and others might be "two steps forward, one step back." Treasures is there to support them no matter where a woman is. [iamatreal.com](http://iamatreal.com). Harmony mentions the restitution fund, a fund paid into by men who have taken part in the sex industry who want to now use their money to help women to exit the industry. Harmony tells of an ex-porn star who could not understand why her husband still went to strip clubs.
- Caller: I have a friend in the sex industry. How can I get her out of it? Harmony: She has to want to leave more than anyone else. Love her as she is, and be a soft place to land. Let her know that when she's ready, you'll be there to support her. Caller: I feel that I can't feel safe with a man until I've been sexually intimate with him. Harmony: If a man can keep you safe emotionally and in other ways, he will be safe with you in the bedroom. One book that helped me was "Safe People" by Cloud and Townsend.
- Harmony admits that she sometimes still feels dissociation because of her trauma. Caller: I haven't really dealt with being molested as a child. I listen to your show every night and you've inspired me to finally call in. I never admitted to my therapists that I was molested.

May 1, 2018

#### Hour 1

- Joe welcomes Cecilia for our "Zimmemial" segments and discuss why there is a lot of miscommunication through text. They discuss portraying emotion through emoticons.
- Cecilia tells the story of her trip to San Francisco to see the San Francisco Giants beat the Los Angeles Dodgers. She recounts the miscommunications she had with her boyfriend that day that led to a longer journey than she expected. Joe and Cecilia discuss the differences in communication.
- Caller: My wife and I have some issues with communication. I ask what she wants to do but in turn she asks what I want to do. I choose but then sometimes she seems to resent me. Joe: When was the last time you've discussed with her exactly what you are telling me right now?

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

- Zimmeal Question: How can I deal with a long distance relationship in a good way? I'm going away to college and my boyfriend is going to another college. Joe discusses the divorce rate between Christians.
- Caller: I'm going through a divorce right now. My wife left with my daughter. I was unfaithful during our engagement and when I was honest with her Joe: when a woman has a child, she's vulnerable even from an evolutionary
- Joe reflects on the last caller and tells a story about a friend who made serious blunders in his relationship. The process of true transformation can be painfully slow. Zimmeal Question: Do you think significant others should have passwords for each other's Social Media accounts and Phones?
- Cecilia reflects on one of her breakups. She ruminated on her part in the demise of the relationship. She turned a corner when she went to college and realized that she was going to learn from different situations and meet many people in her life. She resolved to learn from her mistakes and not repeat them.

## May 2, 2018

- Joe talks about an email he had gotten, she said she feels like a lost soul, she can not help but shake the despair of being lonely. She did not get the nurturing she needed because of her family's health. There was a role reversal she had to grow up. Now in her 40s she finds herself with so many regrets, she feels she sacrificed her life for others. There is nothing she wants more than a family, she needs prayers. Job suffered greatly, the lesson here is that you do not look for the easy answer. It is never too late, finding meaning and purpose in life. Continue to grow in faith, it is okay to struggle. God sees you and loves you completely right where you are.
- Joe talks about the differences between revenge and justice. Abraham is sitting and he looks up and he bows to them. The three men said to him where is Sarah your wife, they said they will come back this time next year that Abraham and Sarah will have a baby. God speaks to Abraham and asks the question why did Sarah laugh is anything too hard for God. Focus on mercy no matter where you life is no matter how impossible the odds may be it is not up to you it is up to God. Abraham confronts God are you really going to get rid of the good people along with the bad. Justice is fair revenge is not.
- Joe talks about how revenge is emotional, justice is rational. It is not about getting even that is revenge and that is not Godly and morally not correct. Robert Jordan says often men killing for justice. Love your neighbor as yourself. Some 91 you who sit down in God's presence God you are my refuge. God shields you his arms protect you, his arms fend off all harm.

- You get God's love you do not actually get what's coming to you. You my sheep recognize my voice and they follow me. You and I need protection we need to rely on God to take care of us. Revenge is a kind of wild justice. Justice can not be from one side alone it must be for both. Justice is made for the sake of peace. What do you do with your anger, pray and calm down and breath. Paul says go head and be angry do not stay angry. Let go of ideas of revenge.

## Hour 2 (Christendom: 19:18,JP Catholic: 19:35)

- The brain looks for bad news, we are so conditioned to see what is bad. God wants you to deliver a news that is gentle. God set you up for salvation. No matter what is going on you have the responsibility to deliver news in a hopeful way. There the mum effect, keeping mum about undesirable messages. It is hard to deliver bad news. In 2015 at hope college they defined bad news as a message communicating information and it perceived to be negatively received by the receiver. Why is it that bad news is more compelling than good news? God says he wants us to share the good news. When you live out your faith having empathy for people delivering bad news is going to be difficult. You think it is going to make you look bad or fear being blamed.
- An experiment was done, the sender had to send a message that the receiver is not smart. They measured the time that bad news would take and negative messages took longer than positive messages. How do patients want to be told bad news a quarter preferred that the patient be told first. more than a third said the family should be told before the patient. 13% thought the truth should never be told. accepting is as good as giving, living in service you discover your true identity. When you choose to embrace the suffering with someone else.
- There are going to be times in your life when you are going to be the better of bad news. God says tell the truth. Paul says speak the truth in love. How you share bad news matters a lot. People are vulnerable and fragile. Be considerate in everything the truth can always be difficult. When God moves into your life and blesses you your response might be to turn away. Paul turns to Jesus and says leave I am a sinner. Paul was overwhelmed by it. God enters and blesses you and the first thing you say is I am not worthy of this. The politeness theory when you have to deliver bad news. Treat other people like you would like to be treated.
- Sometimes thinking about the difficulty of like not only for yourself but for others. Share the news with love and compassion. Bad news can be emotional be prepared pray and think. Understanding and having empathy is important to delivering bad news. You can not just wing bad news think about it what is it going to mean to you or to them.

May 3,2018

- Joe talks about how back up plans bay be the barrier to success. Not having a back up plan for marriage, if you have a back up plan you might have already admitted defeat. If you have a

backup plan it might actually be hurting you. Not all back up plans are bad. God does not want you to have a back up plan. Jesus is saying come follow me do not go back to security. You have every chance in the world if you trust in the Lord. God wants your total commitment he does not want a back up plan.

- Sometimes even thinking about a back up plan can reduce success in the first plan. In a study showed that those in the back up group performed worse had a diminished desire to perform well. Paul says let's keep focused on our goal. If you are always thinking about the backup plan you will not give yourself enough energy to achieve your goals. When you create a backup plan you feel more secure and comfortable. In marriage if you go into it looking at divorce as a backup plan there are more chances that you will not succeed in that relationship.
- Does your partner really know you? The brain is wired to see new love and think it is perfect. We tend to enhance facts about ourselves. If you do not allow your partner to actually know the real you and all of the flaws you will live in anxiety. When you are hiding yourself then they never know you. If you are living just for the approval of others then you are not living in the truth. Our jobs are to be who we really are authentically.
- Do you feel known by the person you are dating? God says he wants us to be real we are created in God's image. self verification is the need to be known by who you really are. At some point you have to let go of the impressions. There is a marriage shift where you go from being seen as an enhanced version to being seen as who you really are. God wants to clean you from the false things in your life. you were baptized changing you from the inside out. the original closeness build on self enhancement disappears because you believe they do not love you for who you really are.

## Hour 2 (Christendom: 1935, JP Catholic: 1928)

- Joe has Paul Maxey as a guest. Paul thought seminary would be easy, but he did not anticipate how difficult it would be for Spiritual Transformation. He sees how painful that process can be. In another six years he will be ordained. One of the things he has experiences is ministry as a seminary, it is amazing to see how God uses that. God puts you in the right place at the right time. He is doing a young adult group over the summer every time he goes off campus he asks people if they want to join and God puts them in his path. He is also working with foster kids one day a week. He has gotten to teach the children how to pray the rosary.
- Joe talks about what kinds of support are actually the most supportive. the absence of social support is a predictor to depression. If you feel alone God is listening to your prayers but you also have to give yourself to him. People who are depressed isolate themselves. Opening yourself up to people can help with depression. Receiving over support can make you feel dependant. God wants us to give and love, do not let them see just give and love. Be quiet about the support. Support is most effective when it is given invisibly.

- The best kind of support beings by not looking like support just being invisible support. Remind people of their ability and capacity that is support. having respect and compassion for their hardships is important. Do not make them feel as though you are burdened by their hardships. As the support giver sharing your own experiences is not helpful. It is helpful when you are letting them know that they are not alone in their struggles. Experiences of suffering are unique. expressing empathy and putting yourself in their shoes. Asking questions listening attentively and withholding judgement.
- Joe discussed effective support. When God says give support what he says is show do not tell. Show people that you can do not tell people that you care. Respond promptly and check in with them. Do something with you actions forget the words. Be a calming presence in their lives. Love, be there for that person. Support is not always supportive it is about how you give it. Walk with that person help them out.

May 4, 2018

Hour 1

- Joe welcomes Bible Scholar, Dr. Bill Creasy, of [logosbiblestudy.com](http://logosbiblestudy.com).
- Caller: Why did Jesus call her the woman at the well a dog?

Hour 2 (Christendom: 1919, JP Catholic: 1946)

- Joe tells the story of a fish out of water. Even if the fish could convince themselves that they liked living on grass, they would never adjust and eventually would die. Do you feel that you are living according to God's purpose. Do you really put God in charge of your work, or are you trying to manage everything?
- Joe reflects on a tragedy in his family and discusses how the suffering actually helped him find purpose. Maybe God is actually speaking to you in your misery. If you feel like a fish out of water, maybe you need to let God put you back into the water where you belong. Job (referred to by Joe as the "King of Calamity") told us true wisdom and power belongs to God. From God we learn how to live. If you aren't listening to God, you won't find your real intended purpose. Joe discusses a moment when he wanted God to want
- Caller: I'm a grandmother who has never been married. I feel selfish many times. I don't love well. I wish I had joy in helping others. My prayer life isn't consistent either. Joe describes caring for his disabled son. Sometimes he doesn't want to do things for him, especially when his son struggles against it. When Joe sees Christ in his son, it makes bearable for love. Caller: I've tried this, but I tend to make more excuses. Joe: have you ever had the experience of being loved completely? Caller: No. Joe: I think that is why it is hard for you to love sacrificially. God loves

you completely. The more you can focus on how you are loved so extremely, that will be transformative and allow you to love others. Joe prays with caller.

5-7-18

#### Hour 1

- Self-sabotage: What are you doing to get in your own way? What's keeping you from moving forward – perfectionism perhaps? Joe announces the winners of his new book giveaway.
- Caller: I'm an alcoholic. I pray every night: "God, please help me not to drink" - and it doesn't work. Joe: Are you willing to suffer in order to stop drinking?
- Underfocus on the positive. Avoid judgemental statements. A characteristic of bad counseling. Anger – perhaps the most destructive self-sabotaging statement.
- Caller: I'm a mom of 5 who would love to become a therapist, but I just can't seem to make it happen; something always comes up to get in the way.

#### Hour 2

- So, you want to do "X" - but something always comes up? - Maybe you didn't really want to do it in the first place. . . Joe shares a personal example of this. The pressures put on our children; research shows it's a detrimental factor with our youth today.
- What causes black-and-white thinking. Catastrophising – and the antidote. St. Paul's solution. What happens when you look at life and say: "It's all over. . ."; could this be perhaps the best thing that could have happened? Moving from your own power to God's power.
- What the parable of the workers in the vineyard tells us about God's grace, and mercy. Do you feel unappreciated? Is God too distant? What do we do when we find out that life isn't fair?
- Who has the power to make you feel bad? What are the role of compliments in our self image?

May 8, 2018

Hour 1



- Joe welcomes resident Zimmennial, Cecilia, to the show. Joe discusses perfectionism and Cecilia tells about counting her steps in "8-count" fashion just as she did in dance. Joe tells us that this might be a sign of "perfectionism."
- Zimmennial question: How young is too young to start thinking about College? Joe: 10th or 11th grade. Any sooner might be a indicator that you are focusing on the wrong things. Joe speaks about those that stress about college to early, finally finish college and then are anxious in the real world because other areas of their lives haven't been developed. Zimmennial question: I have no idea how to balance what is important to me.
- Cecilia and Joe discuss her tendency to not say "no." Caller: I was a perfectionist and I hit a brick wall. I was crying all the time and felt guilty because I had a great family and a great life. The joy left. I realized who I was to God, and that helped me.
- Zimmennial question: I feel stuck. I'm anxious about meeting people.

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

- Can you be depressed without knowing it? Yes. Joe tells about a doctor who knew all the signs of depression, but then didn't recognize it in himself. Cecilia discusses the difference between depression and "the blues."
- Cecilia reflects on how her boyfriend makes mistakes twice. She brings it up to him because of her perfectionism. Caller: I keep calling myself bad names. Joe: how can you concretely change this? Tell me what is good about you. Realize that when you make a mistake it is because you're doing something outside of the norm and being courageous.
- Cecilia tells about a middle school friend who says she might be suffering from "deprectionism." She is made to rewrite essays in cursive until they are perfect. (Note: Deprectionism is a word that Joe and Cecilia made up to describe depression brought on by perfectionism) Caller: My sister is a perfectionist and I feel like I have to be someone else around her. Joe: Your sister is not responsible for your feelings.
- Joe asks Cecilia why it is important for her that other people do things more perfectly?

## Joe Prerecord\*\*\*

### Hour 1

- Joe speaks about addiction. You will not have a successful recovery if you hold on to your old life. You're more likely to go back to using when you are hungry, angry, tired, lonely, etc. If you aren't taking care of yourself, you're more likely to go back to your addiction. Think about the

people with whom you associate that encourage you to use, either directly or indirectly? If you're aware of your "high risk" situations, you won't be caught off guard. The first rule of recovery is that you must change your life.

- Many studies show that relaxation reduces the use of alcohol, tobacco, and marijuana. Joe shares a piece of advice from an addict: "How do you know when an addict is lying? When his lips are moving." When you are lying, you don't like yourself. Lying also traps you in your addiction. Jesus tells us that He is the Truth, and that the Truth will set us free. Another saying from the 12 step program is "Nothing changes if nothing changes." It's time to walk away from the lies, to others and also to yourself.
- Joe mentions [www.addictionsandrecovery.org](http://www.addictionsandrecovery.org) as a resource for your journey of recovery. Early relapse prevention recognizes that most of things that tempt you into relapse are preventable. Are you finding healthy ways to deal with anxiety? Are you connecting with others? Jesus when He was with us on Earth periodically took time away from the crowds to pray and recharge. What do you do when you are exhausted and need an "escape." When you stop using all of these things about your life will come to the surface. When you have an urge to relapse remember that most of these temptations stop within 15-30 minutes. Do something else for 15-30 minutes like go for a run or a walk, or another healthy enjoyable activity.
- Whether it is alcohol or drugs, you've been hiding. When you into a 12 step program, you won't find judgement or criticism, because they've all walked through the same thing.

#### Hour 2 (JP Catholic: 2nd Segment, Christendom: 3rd Segment)

- Do you happen to blow up when speaking with that one specific person? Does that person just "push your buttons?" You're giving up a lot of power if you allow someone else to just push your buttons. Joe speaks about how to disarm your buttons and about your fight, flight or freeze response. Joe speaks about Herod's reaction to Jesus' birth. Enraged he gave the order to kill all the boys under two years old in Bethlehem. When you get your buttons pushed, you go back to a time in your past in which you were more defenseless. You can learn to respond appropriately rather than irrationally.
- Go back into your childhood to see why your buttons are being pushed today. The child inside you might be trying to recover a sense of safety. Consider how you can grow in your faith when your buttons are being pushed. As an adult, you can adress your own internal narrative.
- Joe tells some stories from the bible about people having their buttons pushed. One Pharisee whose button was pushed when a woman annointed Jesus with expensive perfume. Are you indignant with others sometimes? It might be the same type of reaction. Are you just responding to the culture around you, or are you focusing on God? If you trust that God for your confidence, you can let the slights go.

- In the epistle to the Hebrews, Christians are told to remember the persecution of Christians. What did Christians do in those days? They had supreme confidence in God and thus were not discouraged by obstacles, suffering or death. You might feel that when others push your buttons, you have to step in to defend that inner child, but you don't have to if you allow God to define you.

May 9,2018

- Joe speaks about dying, having a fear about death is healthy. How do you allow the fear of dying to motivate you? Fear of death can recognize the importance of life. It is a motivating force. Much of mental illness stems from the fear of dying. What does dying do? Young people are more fearful of death. People who are terminally ill and were asked to make blogs they were more positive.
- When you think of death it can inspire you to live to fully and appreciate life. When Jesus said the sickness is not fatal in John chapter 11 . You think death is it, when you trust and live faithfully it is not fatal it is a new beginning. Thomas was anticipating his own death yet he marched bravely. God has given you a resurrection life. The last words of death row inmates and poetry from death row inmates. When they were really at the end they had more positive words than those who wrote poetry. The fear of death is greater when it is distant. You find peace when death is near. Joe thought he was not going to live long when he was 17. When you are young you have a greater fear of death.
- Jesus said to his disciples i am going i am going to die for you. He did say you are going to be sad your sadness will develop into gladness. Fear of death is caused by your lack of control. God presented himself as a sacrificial death, when you were too weak to help yourself God did it for you. How do you take in the glory of God you can not do it in this body. Our faith is a huge motivator for us to live with good cheer.
- Those who are close to death are more likely to be at peace. A lot of people who profess trust in God are still fearful. Thinking of not having control in death, but God has control. Acts chapter 5 Peter when he was given the gift of the holy spirit he was empowered. if your work is inspired by God it is going to succeed. God has given you his spirit. The way to overcome the fear of death is you live, you love and forgive.

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

- Joe talks about emotional vampires. Are there people in your life who drain the emotion right out of you? Your eyelids get heavy you feel anxious or depressed you feel the need to eat carbs. When you have these people in you life you must follow God. You do not have to run from this person you do not have to react to this person. Love your enemy. They lack empathy, if you can not do things their way then they punish you. Do not fall in love with a narcissist, do not expect

them to change. Do not make your self worth dependant to them. There is no comparison better the present hard times and the coming good times.

- There are battles worth fighting in life, and there are somethings we just need to walk away from. God gives us instructions on how he wants us to deal with everyone. God says love your enemies allow them to bring out the best in you. Focus on God instead of focusing on the emotional vampire. Focus on the gifts God has given you. If you are the victim you are you're own worst enemy. It is draining to play the victim. God has empowered you to live not to be a victim. Jesus him self was rained by people. He gets away so that he can pray.
- Joe talks about the words that are fighting words in relationships. Learn to listen and to talk without fighting. The words that you use matter using different words could have different outcomes. You can not be afraid of disagreeing. you have to learn to navigate disagreement. The first word is nothing. it is the word to start the fight. Instead of communicating the issues we may use the word nothing instead. The word nothing does not allow the opportunity to work through disagreement. Whatever is the next fighting word it is a dismissive minimizing word. It means that you do not care about the other person's feelings.
- The other fighting words are always and never. It is not a fact when you are talking about always and never. God himself calls you into a life of change and growth. You can not tell someone they will never change or they always make mistakes. How you use words matter. Paul says use all of your energy to get along with people. Use encouraging words.

May 10, 2018 (Good for Encore)

- We have 70 thousand thoughts per day, they will either be positive or negative. You can change the way you think. We need to not only focus on the problem. We need to allow God to help us find the solutions. God wants to help us do that. You have to exercise your thoughts and exercise your faith. Praying reading scripture practicing gratitude thanking God for the blessings in your life. God wants you to begin a training method so that you are happier and more joyful. Differentiate between rumination and solving problems.
- Give problem solving a chance. developing strategies to overcome the struggles in life. When you are stuck in the roominating it just leads to making catastrophic outcomes. Get up and do something focus on something productive. Shifting your brain into problem solving when you focus on doing something productive keeping your eyes on Jesus. Jesus said find a quiet place get away and present yourself to God. Anxiety comes when you focus to much on yourself, focus on God. Give your self the same advice you would give to a trusted friend.
- You can change your thinking you have to change how you are operating. Something that helps train your brain for happiness labeling your emotions. Using the thinking part of the brain gives the emotional part of the brain a break. Emotions can alter how you live. Save your fear for God

who holds your mind body and soul in his hands. You need to learn to balance your emotions with your logic.

- There is nothing wrong with being logical or emotional God gave us both. We have to learn to balance emotion and logic. Write out a list of pros and cons of choices, this helps you move from the feeling brain to the thinking brain. This helps you not be stuck anymore. if you are struggling get out of yourself and focus on God. Practice gratitude as an exercise to train your brain for happiness. A study found that grateful people are 25% happier. Take five minutes a day to thank God for what your thankful.

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

- Do you ever feel like an imposter where you have no idea what you are doing. God wants you to risk and take chances. God wants so much more for you than being comfortable. God does not want you to run from what is scary or difficult. if you are a perfectionist you will never think you have done enough. Write down a list of achievements to look back on. You might be suffering from imposter syndrome. Men and women both suffer from feeling like a fake or fraud. Take a small step into accomplishing the goals you have set for yourself.
- If Joe said he was a handy guy his brother would laugh. Joe's sink broke and he tried to call his fireman friend and he was not able to help. Then he called the plumber and the plumber was not able to make it. He was not feeling like he would be able to fix it. Joe decided to try and get it started to fix the problem. Afterwards he did not feel like a fraud he had to push himself. The first place to go when you are way over your head think about your focus. Instead of worrying pray.
- Breathing helps, your brain can not focus on two things at once. When you are focused on your breathing it helps with anxiety. Turing to prayer also so the brain is focused on prayer and God. Think about the gifts God has given you and if you are using the gifts. The solution to anxiety is living life on God's terms. Sometimes slowing down the mind and learning to tolerate frustration. Breath in God's grace and embrace what God does for you.
- You take the first small step towards getting rid of anxiety. One small step can change your life. We are unwilling to take that first step because of fear. Take the first small step and there will be nothing to be fearful about. Every decision in your life needs to come from love. Do everything from a place or love. Give nad love without an expectation of return. You will never regret it. God says we have to learn to tolerate the pain instead of running from the pain. No one who trusts God heart and soul will never regret it.

May 11, 2018

Hour 1

- Joe announces more winners for todays drawing for his book, "Defying Gravity" and welcomes Dr. Bill Creasy, bible scholar ([www.logosbiblestudy.com](http://www.logosbiblestudy.com)). Dr. Creasy discusses the lively

discussion from last week about Jesus calling a woman a "dog." Bill read a listener email and addresses the issue in his podcast "Scripture Uncovered." Dr. Bill speaks about the birth of the Church and Pentecost.

- Dr. Bill discusses how Saul was the rising star amongst the Jews. Caller: How could Cain have a wife if Adam and Eve just had two children?
- Caller: Could the reason Jesus did not want Mary Magdalene to touch him was because he was radioactive? The Shroud of Turin was marked by some type of radiation. Caller: Couldn't God have just had Adam and Eve pay for their sins themselves and create a new man and woman?
- Caller: Did anyone do any DNA testing on the Shroud of Turin?

Hour 2 (Christendom: 3rd segment) Makeup JP Catholic

- Are you connected to your spouse or significant other? From the time you are born, you begin to learn about the world around you. If there was a deficiency in your relationships when you were younger, you might have brought that "baggage" to your current relationship. Caller: What do I do about my jealous, abusive, alcoholic husband?
- Joe: There is no easy answer to this, but no one deserves abuse. Make a safety plan. Joe gives the number for the National Domestic Violence Hotline 1-800-799-7233. Joe offers a prayer for Sandra.
- Caller: My daughter is estranged, but she told me to not contact her. This was ten years ago. I don't know how to get that relationship back. My husband was abusive and we had to leave him.
- Caller: My sister has separated herself from her siblings after our mother's death.

May 22, 2018

- Joe talks about what is love. How it looks different and how we really feel it. Love is about actions it is a verb. limberance is an obsession with the desire of love. Where that other person existence seems just perfect. When you love it is your actions that reflect those feelings.
- You do not only have to feel the feeling of love but also acting on the feeling of love. paul speaks about love, even if he gives everything he owns to the poor and he doesn't love he goes nowhere. Love never gives up, love care more for others than for self, does not force itself on others, it is not me first. Love takes pleasure in the flowering of truth, always looks for the best, never looks back and keeps going till the end. To develop love you must express empathy. The ability to focus and care about the experience of another person.

- Joe takes a call who is struggling with love. He talked about how he lost his feelings. Feelings come and go, just because you do not feel something it is not what matters it is what we do that matters. The way to find love is go back to the beginning. Be curious wanting to know more.
- Disagreeing frequently is not a bad thing in a relationship. It can cause a deeper more intimate relationship. Suppressing feelings should not be let go they need to be brought up and talked about. How you begin a disagreement it is predictive of how it will end. If you begin the disagreement with loving words it will have better outcomes. There is no such thing as finding the one.

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

- Joe talks about good communication and how it does not always lead to satisfaction. It has to do more with how you're treating each other. When you love you learn to communicate more. In a study good communication in itself does not account for how satisfied couples in relationships are over time. The more satisfied couples do communicate better on average than those who are unsatisfied. You have to learn how to satisfy each other better and the communication will follow.
- Joe takes a caller who does not know why her relationship didn't work out. She says all of the men were different. Joe asks her what continued in her that caused all of the relationships to end up the same. She realized she has fears of abandonment and that she is not enough. It is not about choosing the wrong men it is about what we choose to believe about ourselves. It is a self-fulfilling prophecy looking for evidence due to what we believe.
- A caller asks if he should tell his wife that he had an affair. Couples can recover from an affair. What is devastating to the relationship is the breakdown in trust. Recognize like Paul says all have sinned all have fallen short. We have to be ever vigilant and we can go down that path again.
- God looks at you understands you completely and loves you unconditionally. To be in sin and share your lives. How we respond to one another. Coming before God and saying here I am. Talking about problems fosters intimacy. Paul was the first to say he was least qualified. He did not only focus on the parts he needed to work on about himself. He did not count himself as an expert but he had his eyes on God. Real intimacy with God and other relationships.

May 23, 2018

#### Hour 1 (School Ambassador: 1818)

- Joe speaks about self-imprisonment. Do you feel free or imprisoned? Joe speaks about the prophecies of Jeremiah. There is a way to be free despite your circumstances. Pain can actually become a comfort to you.

- Paul tells us that we can't contain all that God gives us through the Holy Spirit. Free yourself by letting go of the idea that you can control others.
- Caller: My husband walked out on me after 38 years of marriage. We still are legally married. I feel stuck. My kids want me to be happy and they tell me to date. Joe: You can't control what he does. You can't wait for him. Caller cont'd: I'm not happy. I have my moments when I'm alone in my home.
- If you worry about what other's think, you will be imprisoned. When you only worry about what God things about you, you'll be free. Joe discusses Romans 3 about God bringing glory into your life. Laughter can be a form of prayer. Fear keeps you from doing many things and closes your mind to possibilities. Comfort itself can imprison you.

Hour 2 (JP Catholic: 1925, Christendom: 1935)

- Are you stuck in your relationships because you're losing the ties that bind us together? Are you worried about what you say with certain people? The first step is to see the other person as a child of God, and not just as an "enemy." Caller: I feel stuck between my mother and my brother. My brother is abusing drugs, and my mother 'enables' him. Joe: I suspect this relationship with your mom isn't your helping your marriage. As long as your brother is addicted, you can't expect an honest conversation. Indirectly, you're contributing to your brother's addiction. First have an honest conversation with your husband so that you are united in this, and both talk to your mom.
- In the book of James, scripture tells us about the sources of wars and conflict. Humbling yourself before God and others can lead to more constructive conversations.
- Caller: My sister grew up with me picking on her. Now we're adults and I've moved on. After my mom died, our family split regarding faith. Now my sister moved away and still calls me a bully.
- Joe tells a story about being a training officer as a police officer. His Lieutenant gave him some very good advice when speaking with people, "End with the positive." At the judgement, you and I will be held to account for every word that we have said. Ephesians tells us that each word is a gift.

May 24, 2018

Hour 1 (Ambassador: 1847)

- Joe discusses the science of happiness. Do your circumstances actually dictate your happiness? Science has determined that 10% is because of your circumstances. 50% is because of your genetics. What about the other 40%? Joe discusses hedonic adaptation. This explains the phenomenon of "diminishing returns" on happiness. This is why you can chase the latest and greatest things and still be unhappy.



- Joe discusses the distinction between Joy and Happiness. Happiness can be more fleeting, but joy is not dependent on circumstances at all. Roy, the famous researcher, concluded from studies that meaningfulness is more enduring than happiness because of hedonic adaptation. Joe speaks about the “body” of Christ as Paul describes it in scripture as the Church. Our meaning comes not from our function, but from the function of the entire body.
- It isn't actually that successfulness makes you happy, but that happiness makes you successful. One of the biggest predictors of success is optimism. 25% of your success is based on IQ. 75% of your success is based on how you deal with stress, how you see yourself and attitude
- Living out your faith will make you happier because giving to others also makes the giver happier. When you are generous with your life and open up to others, you'll be happier. Have you taken time to acknowledge God's grace in your life today? Practicing gratitude by praying, writing in a gratitude journal, etc., will help orient you in the right way.

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

- What makes you think such negative things about yourself? Do you berate yourself? Are you your own worst enemy? Joe tells the story of a brilliant actor he knew in college. He was not happy even though he was capable.
- Joe admits the he tries to talk God into listening to him. Joe speculates that maybe he doesn't believe that he is worthy of being heard, possibly because of growing up in a household with many siblings. There is nothing stronger than faith to help you challenge those negative core beliefs that you've internalized.
- Believing that you can achieve if you work hard, is a belief that helps you to work harder. Seeing mistakes
- Joe speaks about Patrick Madrid's secret to show prep.

May 25, 2018

#### Hour 1 (Ambassador: 1818)

- Joe begins Freedom Friday discussing resilience and the traits of a resilient person. One of the traits is adaptability. Because of God's relationship with you, you can more readily accept the things that go wrong in your life.
- Caller: My daughter is 18 and dating a man who is 23. This man asked her what she thought about premarital sex and he has a child out of wedlock. My relationship with my husband is strained. Joe: Maybe your daughter would like to call during our "Zimmennial" show on Tuesdays. The best thing you can do for your relationship with your daughter is to strengthen your relationship with your husband.

Hour 2 (JP Catholic: 1926, Christendom: 1935)

- Caller: I didn't think I need Al Anon, but my parish priest encouraged me to go and a friend took me to a meeting. It brought me closer to the Church.
- Caller: My friend is manic depressive and she left the faith after she quit taking her medication. She became irrational and even crashed a car. How can I reach out to her now? Maybe if I was a better friend to her she wouldn't have left her relationship with Jesus behind. Joe: I believe you made the right choice because a manic depressive person off her medications is extremely difficult to deal with. Instead of thinking that you made some kind of mistake, be like the Prodigal Father. Wait for her to come back and plan for her party when she comes back. Sometimes friends will make wrong decisions of their own accord.
- Caller: How do you know what God wants you to do? Joe speaks about many times in his life when he was confident that he knew what God wanted him to do...but he was wrong! Joe speaks about approaching God's plan with great humility. Caller cont'd: I was thinking about writing a book about my time being homeless.

May 29,2018 (JP Catholic: 1926, Christendom: 1836)

- Joe and Cecilia talk about bad dating advice. Cecilia talks about a friend who was given bad advice by her mother. Cecilia Shares a story where she told her boyfriend that she could bake on their first date she bought cookies and told him she made them. The most important thing in a relationship is trust and Joe talks about how it is important to start a relationship off with trust.
- Some bad dating advice is knowing right away when you meet the love of your life. Love at first sight is not real that is more like lust at first sight. Raymon a caller talks about the bad advice he had gotten from his siblings. He met his wife on Catholic match and they worked on their relationship. Having things in common with someone in a relationship is important.
- Playing hard to get goes along with people wanting what they can not have. Research shows that we are attracted to people who are selective on who they date. We are not attracted to people who seem like they do not like us.
- Getting to know what you are looking for in a relationship is important. Knowing your values and beliefs before getting into a relationship.

Hour 2

- There are questions you can ask yourself that are helpful and there are some questions you can ask that are not helpful like will they like me am I enough?

□ What questions are you asking yourself? Who inspires you the most? God created us to work hard but also to rest. Where we connect with God. What are your favorite stories? Is there a common thread that run through those stories. You're core values are laying on the surface of your favorite movie.

□ Pual Angone wrote the book 101 questions you should ask yourself in your twenties. He goes in depth about what questions you should ask yourself.

May 30, 2018 (Good for Encore, esp first hour)

Hour 1 (JP Catholic: 1818, Christendom: 1835)

- Joe tells about a doctor who left the medical profession to pursue dance. He also tells about a neighbor who speaks to his dog in a strange way (just like Joe). One of the things that might be just as difficult using advanced vocabulary with your dog is trying to live your life without purpose. Joe tells about how he "knew" his purpose, but then lists his long resume of different jobs.
- Joe tells about a listener who listened to the Joe Sikorra Show to make it all the way through a Marathon. Joe tells about his deep desire to be an actor when he was younger. He reflects how he was afraid to really ask God whether or not that was his purpose. Joe speculates about how it might have felt to make that change from medical doctor to flamenco dancer. Joe discusses her gradual journey. It was not an overnight change, but many many small steps.
- Caller: I have been struggling purpose. I might have found my purpose but I'm not sure. I've decided to go back to work after 14 years of being an at-home-mom. Joe shares his experience as a cop and how some days he did not love the job. When he reframed his work as work for the Lord, it became more meaningful. He was energized when he thought of his job not just as providing for his family, but as a job for the glory of God.
- Finding purpose might mean abandoning some safety. God accomplishes things not by pushing you around, but by His Spirit gently working with you.

Hour 2 (Ambassador: 1917, JP Catholic: 1949)

- Caller: I just found proof that my wife has been having a few affairs. She doesn't know that I know. What do I do?
- Joe discusses a post by Dr. Craig Malkin about narcissistic parenting. If you grew up with a narcissistic parent you might now be blaming yourself for not experiencing what you wanted in your childhood. One of the affects is "Echoism." Just as Narcissus fell in love with himself in Greek Mythology, Echo fell in love with Narcissus.
- Caller: My ex husband is a narcissist. It is affecting our children.

May 31, 2018

## Hour 1 (Christendom: second segment, JP Catholic: 1849)

- Are you in a bad or abusive relationship? Joe discusses ways to leave a bad relationship.
- Caller: Right now I am in a safe house for tonight because of a situation with my boyfriend. He wasn't so bad 3,4,5 months ago.
- Caller: My relationship won't move forward unless my boyfriend goes through the annulment process. He's not taking those steps. I'm 53. Caller: I'm out of a bad relationship. It lasted a year and half and there was constant verbal abuse.
- Caller (cont'd): My ex-boyfriend sent me an email calling me a lying coward who deserves to be alone. I feel guilty because I stopped trying in the relationship. I pointed things out to him, but he pointed the fault back at me. Joe: When you're dating a narcissist or abuser, there is nothing that *you* can do for him to recognize what he is doing is wrong.

## Hour 2

- Joe tells the story of Mrs. Noise, his piano teacher. Joe analyzes the interactions of Roseanne Barr on Twitter after an offensive tweet, and goes over the steps of an effective apology.
- Joe analyzes two different apologies by two lesser known people and points out what might be wrong in each apology.

June 1, 2018 (pre-recorded)

## Hour 1

Studies show the more people give, the happier they are and the fuller their relationships are.

Learning to be more generous can be learned by Christ and his call to lay your offerings before him.

The more we focus on God the less we focus on our possessions and the easier it is to be generous.

The more generous you are, the more of a leader you become.

## Hour 2

A broken heart also affects the brain.

How can you heal from a broken heart? Allow God to comfort you in those times.

The healing affects of music really does help in moments of emotional pain

Avoid self help books when healing from a broken heart

June 4, 2018 (Producers notes: good for oncore)

- Joe talks the failure to launch, about millennials who are still living at home what they can do to move out. Young adults 18-34 are still living with their parents even though they are employed.
- Joe talks about how parents are the ones enabling their children not to launch. Somewhere along the way kids desires and needs took precedence. Parents are doing everything to make their children happy and they are still feeling guilty. The counter productive effect of over parenting
- Joe talks to a caller who is in his 30's and is still living with his parents. Joe talks about the reasons Over parents have a negative influences on lives of children when they try and launch their lives.
- If you have not struggled and if you have not risked you have not challenged yourself enough. Joe takes a call from a mother of college students who admits to over parents her children. Joe found she was under pressure from other parents to raise and pave the way for her children. Thinking the right thing is to make your children's lives easy and smooth but it might not always be the best idea to hover over them.

Hour 2 (Christendom: 1916)

- Joe thought he knew what he was suppose to do with his life and he later came to find out that he was wrong. What do you do when you feel abandoned? If you are feeling empty go back to your faith. Do not suffer alone get some help. When you feel empty start by acknowledging the emptiness.
- Joe talks about what you do with fear and a sense of loneliness when i is not socially acceptable. Anger drives people away even from yourself. There are appropriate times to feel emotions they are all separate emotions loneliness tends to turn into anger. Start by separating those emotions.
- Joe poses the question do you feel empty. Does it have to do with your expectations or you lacked love in your childhood. Filling emptiness for a lack of love is by loving other people. God picked us to live on God's terms not on the world's terms.
- A caller calls with the concern that she feels empty she is going to retire and doesn't know what to do now. She is scared she is not going to be busy any longer. She is scared that everyone is

going to be too busy for her. Joe tells her to hold her anxiety before making herself busy to fill the emptiness.

June 5, 2018

### Hour 1

- Freedom to change your life. Are you stuck in your past? Or, are you free to change your life? How does one begin to change?
- The role of expectation in relationships. Accepting what you've chosen. Learning to let go. What does God tell us to do?
- Learning to hear God's voice. An experiment on canines shows that dogs can be made to put up with needless pain, even when free to go. Joe shares some tips from Dr. Eileen Strauss-Cohen.
- Ways to get stuck: Perfectionism. Learning to cut yourself some slack, and accept your mistakes. "Happiness is when what you do, what you think, and what you say are in harmony." - Mahatma Ghandi.

### Hour 2

- Caller: I lived with an alcoholic, codependent mother for 40+ years; I never moved out. Now I'm an alcoholic living alone.
- Caller: I've been on disability and can't work; I'm anxious about what my future holds. What purpose does God have for me?
- Caller: I'm anxious about moving back to the area where my kids live; they think I rejected them many years ago.
- Looking at God's promise for you - not Paul's comment on anxiety in his letter to the Romans (Chapter 4). Embrace faith! Look at what God can do in your life - not what *you* can do.

June 11, 2018

### Hour 1 (Came back 30 seconds late from first soft break)

- Joe welcomes the Andrew Hyatt, director of the movie "Paul: Apostle of Christ." Joe brainstorms briefly about "Paul: the Musical." Andrew and Joe speak about Paul's attitude right before his execution based on scripture and historical scholars.
- Joe speaks about the recent suicides of Kate Spade and Anthony Bourdain as well as teenage suicide. Joe reflects on going to scenes of suicide as a police officer. Caller: I had bad post partum depression which turned into clinical depression. Now my daughter
- Caller: I was bullied physically constantly as a teenager. There were times that I considered suicide. My faith, and making some changes helped me to get out of it. Joe: What would you tell to a teenager considering suicide right now?

- Joe discusses Jeremiah 29. God has a plan for you. Caller: My sister and my brother committed suicide. My son had suicidal thoughts also. What can I do for him? Should we be discussing this with the kids?

Hour 2 (Christendom: 1907, JP Catholic: 1936, Ambassador 1948)

- Caller: I got out of college and into the workforce. I found myself in a hellish job and actually had suicidal thoughts. What got me out of it was the example of my parents as a reflection of God's love.
- Caller: I have been struggling with depression since 11. I am now 19. Support from people around me gave me hope.
- Caller: My brother committed suicide 2 years ago, and none of us saw it coming.
- Caller: I have been hospitalized 4 times from attempting suicide. I thought I could pull myself out of it. The Devil told me that I was destroying God's plans just by existing and that I was leading souls away from God because I wasn't faithful enough. My family didn't take it seriously when I reached out to them at a young age.

June 12, 2018

Hour 1

- Are you self-sabotaging yourself? Those who misuse their talents and blessing won't inherit the kingdom - so why do you still do it?
- The love of pleasure. Worldly pursuits that lead you away from Christ. Herod's poor example.
- What kind of self-destructive behaviors do you exhibit? Do you recognize them all? The evil of procrastination.
- Caller: I'm destroying myself by neglect of my health. My husband doesn't care about me.

Hour 2 (Ambassador 19:35)

- Do you hang out with people that lift you up? Do your "friends" actually support you? God wants you to receive.
- How do you support yourself - and others? Do what you can to make your life better.
- How do we give effective support to ourselves and others? Paul's 20 questions everyone should ask. "Would I want to live with (me) the rest of my life?"
- What parts of you need to grow? Don't let fear of change leave you stuck.

June 13, 2018

Hour 1 (JP Catholic: 1845, Christendom: Yes)

- Joe welcomes to the show Catherine Fowler Sample, Producer and writer of "The Dating Project" movie. During a birthday party, Catherine noticed the large amount of single women at this party. She speaks about "hook-up" culture and the lack of connection.
- Joe and Cecilia explore the concept of boundaries in relationships in today's Zimmennial culture.
- Cecilia reveals why some Zillennials actually do not want to know if a meeting is an "official date."

#### Hour 2 (Ambassadors: 1935)

- Cecilia discusses being compared to a robot. Joe and Cecilia discuss the value of emotions.  
Zimmennial Question: I find myself bored with the guys that I date. Is it just me?
- Joe and Cecilia discuss why she might be avoiding certain events at which she might possibly become emotional.
- Caller: I think that people shouldn't be wasting their time dating the wrong people. I got married in my mid 20s.

June 14, 2018

#### Hour 1 (Christendom: 1818, )

- How much time are you actually spending trying to "get" the other person. If you don't feel understood, you don't feel known. When you have that experience of being understood, you get a sense of validation.
- Joe talks about the need to be understood. You might go through a life where you do not feel completely understood. God made you in his likeness God knows you completely.
- Joe discusses having a real sense of being known. When you are known flaws and all you feel like you belong. When the perception of self becomes expanded your life takes on more meaning and purpose.

#### Hour 2

- Joe poses the question what grudge are you holding on to? Grudge holders might have memory that is too good or too bad. The brain has a negativity bias. If you hold onto the anger you are going to hold on to those things.
- Are you overly focused on the negative? Do you see Christ in them? Or are you keeping score. Keeping score is one of the worst things there is in a relationship. Keeping scores only leading to grudges.
- Joe takes a caller who is struggling to forgive her father who abused her family. Joe offers the advice that she is taking steps in the right direction. She can forgive and know that what he did is not okay.
- Sara is holding a grudge to someone who killed themselves. They had promised each other that they would do it together and she is upset that they had not. Joe says maybe his gift was to not allow her to do it with him.

June 15, 2018



### Hour 1 (Christendom: 1817)

- Joe welcomes Dr. Bill Creas of [logosbiblestudy.com](http://logosbiblestudy.com). Dr. Bill recounts his pilgrimage in the footsteps of Paul.
- Joe and Dr. Bill discuss the Ezekiel and the Babylonian captivity. Dr. Bill mentions Jeremiah's strange public spectacles.
- Dr. Bill discusses the prophets in the context of their own time. The prophets' prophecies had a more immediate fulfillment because their prophecies had to be proven true to establish them as true prophets, but in hindsight, they can also be shown to point to the coming of Jesus.
- Dr. Bill gives an example from Isaiah of a prophecy being fulfilled more immediately, but shows how it is also a prophecy of Jesus.
- We are called to nurture the seed that God has planted. Dr. Bill speaks about the Gospel reading for this Sunday.

### Hour 2 (Ambassador: 1950)

- Joe tells us a story from his day....that he does not want the bossman to hear. He discusses certain excuses that came to mind as he was travelling to a certain destination that the bossman will never hear about.
- Do you feel guilty when you're able to take a break? How do you break bad habits and these negative habits of thought? Consider every decision that you make and place them before God.
- Caller: How can I overcome my impatience?
- Don't worry if you don't feel confident all the time. Joe gives an example of a friend whose lack of humility hurt him. Confidence should be accompanied with humility.

June 18, 2018

### Hour 1

Control. We don't like the feeling of being controlled, yet we find ourselves trying to control as much as possible. At what point and how can we let go of control?

<https://blogs.psychcentral.com/caregivers/2017/09/5385/>

How can we get those who try to control us to stop?

Do you have friends that are only friends when it's convenient for them?

Do you find yourself trying to control your relationship with God? We don't have a clear picture of our lives, so we need to trust in God's perfect vision of how we should live. We see over and over again in scripture when followers of Jesus overcome their fears and trust in Him, that they fulfill their full potential.

## Hour 2

Is it natural to feel some anxiety from time to time when faced with enormous hurdles in life?

What do you do when you feel like you're an impostor or a faker?

Can we find contentment, regardless of our circumstances?

Fear of failure and nonacceptance will always follow you if you don't live a genuine life.

How can you prove it to yourself that you're enough and that your authentic self is enough?

When you start to accept God's plan for you, you don't need to fake it anymore.

June 19, 2018

## Hour 1

Heartbreak affects the brain just as much, if not more than the heart.

-emotional pain that feels like physical pain. Broken hearts activate the same parts of the brain as when you experience physical pain.

-Heartbreak also has the same effect that a drug addict feels during withdraws.

Become friends with your heartbreak and learn from the experience. Do not try to numb the feeling.

It's proven that listening to music can help you hear your broken heart.

A broken heart can be an opportunity for you to deepen your faith.

## Hour 2

Creating friendships and authentic relationships is increasingly harder as loneliness becomes a bigger problem.

How can we be persistent in building friendship?

Simply choosing to smile more will open the door to countless interactions that can lead to authentic relationships.

Moralizing can be a big problem in a friendship. Sometimes the best route to take is listening and letting your friends express themselves without giving advice.

Try taking the first step by reaching out to a friend and making an appointment to hang out. It may be what the friendship needs as you and your friend change.

June 20, 2018

Hour 1 (JP Catholic: 1836, Christendom: 1848)

- Cecilia and Joe share about different stories at opposite ends of the "perfectionism" spectrum.
- (Z) Caller: All of my anxiety and perfectionism caused me to leave the teaching profession. I was a science teacher and wanted my students to have perfect experiments.
- Caller: What books would you recommend for a teen that is a "perfectionist?" Cecilia recommends "Resisting Happiness" by Matthew Kelly who gives concrete examples to start improving.

Hour 2

- (Z) Caller: How can I become less complacent in my professional life. How do I know when it is time to move on from a job?
- Zimmennial Question: Why does no one knock on the door anymore? We usually contact each other first and walk back into the house together. Joe speculates about why this has become more common.
- (Z) Caller: How do I deal with my emotions when my husbands gets too drunk and stays out all night?

June 21, 2018

Hour 1 (JP Catholic: 1836, Christendom: 1835)

- Joe shares a story about how he saw bad warnings and still decided to go on. Joe poses the question what are the things that you do that bring you joy? What are the things that contribute to your unhappiness.
- Joe talks about how to be happier. Look at yourself and your life and use words of encouragement to yourself. Joe takes a caller who feels like she is her own worst enemy.
- The things that really matter are the things that you do day in and day out. you've got to look at what is difficult and painful.
- Joe talks about an email he got, If you do not feel good about your life you have to look at the people around you. People who had more friends outlived their peers who had less friends.

Hour 2

- Joe talks about what you do with a bad mood. Joe asks the question what do you do when you are in a bad mood? Telling yourself you should not be in a bad mood actually may feed into the bad mood.
- Joe reads an email he had gotten, he stepped outside of his comfort zone and it began improving his mood. Helping other people lessens the intensity of a bad mood. You stop focusing on yourself and you focus on someone else.
- Taking the focus off yourself and putting it on others is a helpful way to improve your mood. Joe takes a caller who says he gets in a bad mood when things do not go his way. Joe talks about Psalm 23 look around and know by faith that God is there with us.

- Give your entire attention to what God is doing. God is going to help you deal with the hard things when they come up. Sometimes you have to set feelings aside and work towards finding a solution. You might not feel like trying to find a solution, do it anyways.

June 22, 2018

Hour 1 (JP Catholic: Yes)

- Joe speaks about an experience of death in his own life and the fear of death as a motivating factor to live life more fully.
- Studies have shown that younger people have more fear of death than other age groups. Caller: Everyone says that life stinks and then you die, but I say that in between you can make a difference.
- Caller: I am a non-believer. Because this life is all there is, I believe it makes it even more special.

Hour 2 (Christendom: 1918, Drew: 1936)

- Caller: I regret being kind to people. No good deed goes unpunished.
- If you try each day to love completely, you will probably die with less resentment.

June 25, 2018

Hour 1 (Christendom: 1818, JP Catholic: 1850)

- Joe discusses Job's bitterness and the Prophet Samuel relating to the bitter Saul. Are you engaging in behaviors that are taking you down a dark hole. Are you bitter? Is it because you are holding on to unforgiveness?
- Caller: My husband has cancer and is taking medication that makes him more cranky and irrational. Sometimes I just have to leave and I just drive. Joe shares a story about being tired and frustrated. He shares about his sons' degenerative neurological disease.
- Joe discusses an interaction with a bitter friend. Caller: I'm bitter because when my mother died, my sister didn't allow me to buy the estate.
- Caller: How do I know if I am bitter? My Mom left when I was young, and then my Father died.

Hour 2

- Caller: My daughter committed suicide 16 years ago. I feel like I was part of her decision because I was the one who broke the family.
- Joe speaks Joe tells about a friend who was afraid to ask out a girl, because he didn't have sufficient skills. Men tend to talk to negotiate and maintain their status, Women tend to talk to build rapport.
- One of a reasons that men live longer when married is that women convince them to not do certain things that shorten their lives. Men tend to be more about efficiency in our daily lives.

- Caller: I believe I have some difficulties communicating with the opposite sex. We called it off and we were supposed to revisit it, but now she has told me that she doesn't want to see me. It was a fast engagement.

June 26, 2018

Hour1 (Christendom: 1918, JP Catholic 1821)

- Joe talks about loneliness and how it affects your health if you are struggling with loneliness. When you do not feel connected there is more of a chance for divorce. the sense of loneliness makes you pull back and push away from people more.
- College freshman had bad reactions to the flu shot when they felt lonely. It actually represents a greater risk for your health than smoking cigarettes. When you see someone who looks lonely, God says move closer to them.
- When you are lonely do not push yourself to isolation. Force yourself to surround yourself with people push yourself outside of your comfort zone. Life requires active participation. Go out an form a new friendship.
- Even if you are lonely offer a word of encouragement to someone else. Offering encouragement to someone else is a way to lower your loneliness. Find hobbies or interests that will provide a way to meet people. God calls us to community.

Hour 2

- Joe talks about being sensitive and what is the middle ground. It is good to be sensitive but not over sensitive. If you worry about what other people think or your afraid of rejection you might be too sensitive.
- There are a lot of positive aspects of being sensitive. Joe talks about the negative parts of being sensitive. Reading into people and their actions might mean you are too sensitive. If you find yourself comparing your self to other people you might be too sensitive. God gave you both a feeling brian and a thinking brain.
- Sometimes you can create an automatic reactivity. If as a child you went to your parent crying and they told you to grow up you did not develop good sensitivity. Self observation is important with emotions. Writing and talking about your emotions might be a good way to self observe those emotions.
- Joe talks about how you can train yourself to control your feelings by using the thinking side of your brain. Being too sensitive is when is where life overwhelms you easily. There is a difference between being co0-dependant and too sensitive. If you constantly feel anxiety about your relationship that is codependency not being to sensitive. Sometimes you have to step outside of your comfort zone to grow

June 27, 2018

Hour 1

- Joe welcomes resident Zimmennial, Cecilia to the show. Joe and Cecilia discuss the need for control in some as a way to escape anxiety.
- Zimmennial Caller: How can I help my brother (16) who was just diagnosed with OCD?

- Joe and Cecilia discuss whether or not Zimmennials get less sleep than other generations.
- Zimmennial Caller: What is the difference between my father's generation and mine? Were previous generations more "accepting" when beliefs were presented?

#### Hour 2 (JP Catholic: 1919)

- Cecilia and Joe discuss the hold of social media on Zimmennials. Joe presents a hypothetical situation with Cecilia and her boyfriend.
- Joe and Cecilia discuss questioning yourself, and how it can lead to better self knowledge.
- Caller: Self Doubt can actually help you to resist temptation because know that you have to rely on God.

#### Joe Pre July 6, 2018

##### Hour 1 (Christendom mention: yes)

- Do you remember when you were a child anticipating Christmas morning? Desire can bring you joy, or it can be dangerous.
- Joe cites a book called, "Authentic Happiness" by Martin Seligman, Ph. D.
- How do you tell if your desires are what God desires?

##### Hour 2

- Joe tells the story about Joseph's interpretation of the prisoners' dreams, in Genesis 40 and how it relates to childhood trauma.
- You are not just a bunch of cells, or just an intellect. There is more to you. If you've been traumatized in childhood, you might live in fear because you don't fully realize your true self. God looks at you and sees exactly who you are. Joe speaks about how Jesus tells Peter (His apostle) who he is.
- Did you learn from your childhood that "you don't matter?" The child that laughs, plays and trusts is who God wants you to be. God is there for you no matter what happens.
- As someone traumatized in childhood, you might think that there are some emotions that you are not allowed to feel. You might equate anger with only violence, but it is what you do with anger that can be good or bad. God can tolerate any of your emotions.

#### June 28,2018

##### Hour1 (Christendom: 1936, JP Catholic 1819)

- Joe has a guest on Dr.Joyce Mikhal Flynn. She created a clinical pathway, she looks at secondary trauma. She looks at post traumatic growth. She shares her story with us, of how her heart stopped. Her life as she knew changed.
- Joe talks about control, the choices that you make and the things outside of your control. The more you can accept the parts you can not control you will be happier. Dr.Joyce Mikhal Flynn talks about her struggle with letting God back in.
- Joe takes callers who share their stories with how they are struggling after their traumatic experiences. Joe talks about how it is important to focus on how far they have

come. Dr. Joyce Mikhal Flynn says the callers need to focus on what they can do rather than focusing on what they can not do.

- Joe talks to a caller who can not remember her past. Victims of abuse often times can not remember those traumatic experiences in their lives. Visiting a therapist could be the resolution she needs. Sometimes focusing and trying to remember is not beneficial and the focus needs to be on the letting go.

#### Hour 2

- There is a lot of energy in anger, people need re focus that energy into something positive. The one thing that holds people back from growing is losing a sense of purpose.
- Joe talks about being in a relationship with someone who is narcissistic The qualities of a person who is narcissistic. This can lead to a toxic relationship.
- Joe talks about how a passive aggressive person is hard to communicate with. Being passive aggressive just means somewhere along the way you learned that talking about feelings is not okay.
- When a narcissist feels threatened they may turn and try destroy you. God wants you to be fully engaged with him and with others. You need to be able to talk about differences. It is okay to disagree.

June 29, 2018

#### Hour 1 (JP Catholic: 1840, Christendom: 1846)

- Joe welcomes Dr. Bill Creasy, Bible Scholar, of [logosbiblestudy.com](http://logosbiblestudy.com).
- Caller: Was the Old Testament Canon the same as our Catholic Bibles during Jesus' time?
- Dr. Bill discusses the Gospel as oral teaching as the early churches are founded.  
Caller: Are there different paths to God? Are people saved outside the Church?

#### Hour 2

- Are you limiting your happiness? Are you open to what God can do for you? Or do you limit your happiness by telling yourself you don't need to be happier?
- Caller: I was abused by my boyfriend. I thought I was happy with him, but now I have found true happiness in God.
- Caller: I'm going through a divorce and I wonder if I really should have hope. My husband is a sex addict.
- Caller: I'm a faithful Catholic and i've been involved in my church. I've lost my husband and my home. My daughter is an addict and prostitute. I feel like Job. Is God listening?

July 2, 2018

Hour 1 (JP Catholic: 1835) (Producer's Notes: Caller in fourth segment was very rude to call screener, Cecilia. Teresa from southern california. Caller ID is listed as "BLOCKED BLOCKED.")

- God wants you to look at those places in your life that are not strong. What do the mentally strong people do?

- (Z) Caller: My dad got out of prison and promised to stay on his medications for paranoid schizophrenia but he's let me down many times. I took over his business for him.
- Joe speaks about reminiscing with his stuntman friend. They remembered many times when the show went wrong. They always had to keep going.
- Caller: My son feels like I am attacking him sometimes. He is driven at work, but admits that he feels inadequate.

#### Hour 2 (Christendom: 1918)

- Caller: How can I step out with confidence and listen to the Holy Spirit at the same time?
- Caller: I am a refugee from the Bosnian wars. I have PTSD, and I can't find support.
- Caller: I drink and smoke when I get home from work and no one knows. I have been drinking tonight. Joe: Would you consider going to an AA meeting tomorrow?
- Caller: When I was addicted, I considered endangering myself and my child.

July 3, 2018

#### Hour 1 (Christendom: 1835)

- Joe and Cecilia speak about technology, Yozen Frogurt and his dog Riley. There is no escaping technology, but Joe asks, "Are you a slave to your devices, or you using them as tools?"
- Caller: I'm a former Satanist. I use my phone a lot, but it is for productive purposes.
- Caller: I feel like my husband spends too much time getting just the right picture for social media. Joe discusses some rules about technology in his household.

#### Hour 2 (JP Catholic: 1917)

- Caller: My children's phones are distracting my grandchildren.
- Caller: My brother and I have many addictions. Included in these is addiction to electronic devices.
- Joe and Cecilia discuss the marshmallow test and how it helps determine future success. Zimmennial Question: How do I know if I am ok, or just distracting myself from my negative emotions with activity?
- God calls us into a life of growth and change.

July 5, 2018 (Great for Encore!!!! Replay on a Monday)

#### Hour 1

- Joe welcomes Dr. Robert Maurer ([scienceofexcellence.com](http://scienceofexcellence.com)), discussing the importance of sleep.
- Caller: I work for an airline. And I sleep for 3 hours a night sometimes. I feel ok, and I try to catch up on sleep on the weekends. Is this alright?
- Dr. Maurer speaks about the relation between food and sleep. Caller: What does it mean if I am dreaming "too much."



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

- Joe welcomes friend and fellow stuntman, Greg Fitzpatrick. Greg speaks about the humility of being a stuntman. A stuntman who does his job well, allows the main actor to receive the glory.
- Greg speaks about living his Catholic faith in Hollywood and his experience with various stars. Caller: What is your most painful experience and what was your most fun experience as a stuntman?
- Greg reflects on fear of death while performing stunts and his prayer life.
- Caller: Has anyone ever asked you about your Christian faith in Hollywood? Caller: Are there any stuntwomen in Hollywood? Which actors do their own stunts?

Joe Pre July 6, 2018

## Hour 1 (Christendom mention: yes)

- Do you remember when you were a child anticipating Christmas morning? Desire can bring you joy, or it can be dangerous.
- Joe cites a book called, "Authentic Happiness" by Martin Seligman, Ph. D.
- How do you tell if your desires are what God desires?

## Hour 2

- Joe tells the story about Joseph's interpretation of the prisoners' dreams, in Genesis 40 and how it relates to childhood trauma.
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