

## **LISTEN**

When I ask you to listen to me  
and you start giving advice,  
you have not done what I  
asked.

When I ask you to listen to me  
and you begin to tell me why I shouldn't feel that way,  
you are trampling on my feelings.

When I ask you to listen to me  
and you feel you have to do something to solve my problem,  
you have failed me, strange as that may seem.

Listen! All I asked was that you  
listen.  
Not talk or do- just hear me.

When you do something for me that I can and need to do  
for myself, you contribute to my fear and weakness.

But when you accept as a simple fact that I do feel what I feel,  
no matter how irrational,  
then I can quit trying to convince you  
and can get about the business of understanding  
what's behind this irrational feeling.

And when that's clear, the answers are obvious  
and I don't need advice.

Irrational feelings make sense when we understand what's  
behind them.  
So please listen and just hear me.  
And if you want to talk, wait a minute for your turn;  
and I'll listen to you .

Anonymous