



Could you just Listen?

*When I ask you to listen to me when I hurt or have a problem  
and you start giving me advice,  
you haven't done what I asked.*

*When I ask you to listen to me and you begin telling me  
why I should or 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 it may seem.*

*Listen - all I ask is that you listen, not talk or do - just hear me.*

*Advice is cheap.*

*A quarter will buy it both from Dear Abby and an astrologer in the same newspaper.  
I can get advice by myself - I'm not helpless.  
Maybe I'm discouraged and maybe I'm confused.  
But I'm not helpless.*

*When you do something for me that I can and need to do for myself  
-no matter what your reason  
you contribute to my fears of inadequacy.*

*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  
get about the business of understanding what's behind this feeling.*

*When that becomes clear  
and the answers become obvious  
and I don't need any advice.*

*So I ask you, if you truly care  
- to just listen to me.*

*Please hear me.*

*And if you want to talk, just wait a minute for your turn,  
and I'll be happy to listen to you.*