



Listen

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

When I ask you to listen to me and you begin to tell me "why I should 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 problems,
You have failed me, strange as it may seem.

Listen! All I ask is that you listen;
Not talk, nor do – just hear me.

And I can do from myself – I'm not helpless, maybe discouraged and faltering, but not helpless.

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 quit trying to convince you
And can get about the business of understanding
What's behind this irrational feeling.

When that is clear, the answers are obvious
And I don't need advice.

Irrational feelings make sense when we
Understand what is behind them.

Perhaps that is why prayer works sometimes for
Some people;
Because God is mute, and doesn't give
Advice to try to "fix" things,
He/She just listens,
And lets you work it out
for yourself.

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.