PLEASE LISTEN

When I ask you to **listen** to me and you start giving advice
You really 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, my feelings feel trampled upon.

When I ask you to listen to me and you seem intent on solving my problems, you are failing me. Just listen.

All I ask is that you **listen**, please! Don't **talk** or **do**, **just hear me**.

Advice is cheap.

A quarter gets me both Dear Abbey and Billy Graham in the same newspaper, and I can do that for myself. I'm not helpless.

Maybe discouraged and faltering, but not helpless.

Please try to understand.

When you do something for me that I can and need to do for myself, rather than helping, you contribute to my fear and inadequacy.

When you accept as a simple fact that I really do feel the way I say I feel, no matter how irrational, then I can conserve my precious energy. I then have the energy to get about this business of understanding what's behind my irrational feelings.

And when that's clear, the answers become obvious and the advice becomes unnecessary.

I can make sense of my irrational feelings when I begin to understand what's behind them.

So please listen and just hear me.

And if you want to or need to talk, wait for your turn, and I'll **listen** to you.