

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 shouldn't feel that way,
you are trampling on my feelings.

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

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

And I can do for myself: I am 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 as I feel,
No matter how irrational.

Then I can quit trying to convince you
and can get down to the business of understanding
what's behind this irrational feeling.

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

Irrational feelings make sense
when you understand what's behind them.

Perhaps that's why prayer works sometimes for some people,
because God is mute and he doesn't give you advice or try to fix things,
"They" just listen and let 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!