

LISTEN

by Anonymous

When I ask you to listen to me and you start giving me advice, you have not done what I have 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, nor do—just hear me.

Advice is cheap. 50 cents will get you both Dear Abby and Billy Graham in the same paper.

I can do for myself. I am not helpless. I may be 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 inadequacy.

But when you accept as a single fact that I do feel what I feel, no matter how irrational, then I can quit trying to convince you and can get about this 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 more sense when we understand what is behind them.

Perhaps that is why prayer works, sometimes, for some people, because God is mute, and he/she doesn't give advice or try to fix things. "God" just listens and lets you work it out for yourself.

And if you want to talk, wait a minute for your turn—and I'll listen to you.



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