

Listen

Anonymous

When I ask you to listen to me and you start to give 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 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 or do - just
hear me.

Advice is cheap; two cents will get you both Dear Abby
and Billy Graham in the same newspaper.
And I can do for myself; I am 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 can quit trying
to convince you and can get about the business
of understanding what's behind
this irrational feeling.

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

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

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