

LISTEN

When I ask you to listen to me,
and you start giving me advice,
you haven't done what I asked you to do.

When I ask you to listen to me,
and you start telling me why
I shouldn't feel that way,
you're trampling on my feelings.

When I ask you to listen to me,
and you feel like you have to do something
to solve my problems,
you've betrayed me—strange as it may seem.

Listen. All I asked you to do was listen.
Don't talk or do anything—just listen to me.

I can handle myself.
I'm not helpless.
Maybe discouraged and lacking,
but not helpless.

When you do something for me
that I can and need to do myself,
you contribute to my anxiety and weakness.

But when you accept that I feel what I feel,
no matter how irrational it may seem,
I can stop trying to convince you
and begin the work of understanding
what lies behind this feeling.

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

By Lifecreation (author unknown)

