**Could You Just Listen?**

by [Columbus Firefighter](http://www.poems-and-quotes.com/poets/297600)   Apr 25, 2007category : [Life, society](http://www.poems-and-quotes.com/life) / [inspirational](http://www.poems-and-quotes.com/life/inspirational/poems/latest)

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| When I ask you to listen to me when I hurt or have a problemand you start giving me advice,you haven't done what I asked. When I ask you to listen to me and you begin telling me why I should or shouldn't feel that way,you are trampling on my feelings. When I ask you to listen to meand you feel you have to do something to solve my problem,you have failed me,strange as it may seem. Listen - all I ask is that you listen, not talk or do - just hear me. Advice is cheap. A quarter will buy it both from Dear Abby and an astrologer in the same newspaper.I can get advice by myself - I'm not helpless.Maybe I'm discouraged and maybe I'm confused.But I'm not helpless. When you do something for me that I can and need to do for myself-no matter what your reasonyou contribute to my fears of inadequacy. 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 get about the business of understanding what's behind this feeling. When that becomes clearand the answers become obviousthen I don't need any advice. So I ask you, if you truly care- to just listen to me. Please hear me. And if you want to talk, just wait a minute for your turn,and I'll be happy to listen to you.  |