**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 problem and 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 me and 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 reason you 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 clear and the answers become obvious then 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. |