

# PLEASE LISTEN

When I ask you to listen to me  
and you start giving me 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 ask is that you listen.  
Don't talk or do—just hear me.