

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.

- The 7 Habits of Highly Effective Teens By Sean Covey