



Please Listen by Leo Buscaglia

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...

And I can do for myself; I am not helpless.
Maybe discouraged and faltering,
but not helpless.

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

But when you accept as a simple fact
That I feel what I feel,
No matter how irrational,
Then I can stop trying to convince
You and get about this business
Of understanding what's behind
This irrational feeling.

And when that's clear, the answers are obvious and I don't need advice.
Irrational feelings make sense when
we understand what's behind them.

So please listen, and just hear me.
And if you want to talk, wait a minute
for your turn– and I will listen to you.