



WISDOM FOR THE CAREGIVER

Death of a Spouse

Please Just Listen

When I ask you to listen to me
and you start giving advice,
you have not done what I asked
nor heard what I need.

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 problems,
you have failed me--
strange as that may seem.

When you do something for me
that I can do for myself
you contribute to my
seeming fearful and weak.

So please listen and just hear me.

And if you want to talk
let's plan for your turn,
and I promise I'll listen to you.

--Anonymous