

Will you please just *listen*?

An adolescent's plea to adults

When I ask you to listen and you start giving advice, you have not done what I have asked.

When I ask you to listen and you start telling me why I shouldn't feel the way I do, you are [invalidating](#) my feelings.

When I ask you to listen and you start trying to solve my problem, I feel underestimated and disempowered.

When I ask you to listen and you start telling me what I need to do I feel offended, pressured and controlled.

When I ask you to listen, it does not mean I am helpless. I may be faltering, depressed or discouraged, but I am not helpless.

When I ask you to listen and you do things which I can and need to do for myself, you hurt my self-esteem.

But when you accept the way I feel, then I don't need to spend time and energy trying to defend myself or convince you, and I can focus on figuring out why I feel the way I feel and what to do about it.

And when I do that, I don't need advice, just support, trust and encouragement.

Please remember that what you think are irrational feelings always make sense if you take time to listen and understand me.