

## Listening Poem

You are not listening to me when...  
You do not care about me  
You say you understand before you know me well enough  
You have an answer for my problem before I've finished telling you what my problem is

You cut me off before I've finished speaking  
You find me boring and don't tell me  
You feel critical of my grammar, vocabulary or accent  
You are dying to tell me something  
You tell me about your experience making mine seem unimportant  
You are communicating with someone else in the room  
You refuse my thanks by saying you haven't really done anything

You ARE listening to me when...  
You come quietly into my world and allow me to be me  
You really try to understand me even when I am not making much sense  
You grasp my point of view even when it goes against your own sincere convictions  
You realise the time I have taken from you has left you a bit tired and a bit drained.

You allow me the dignity of making my own decisions, even though you think they may be wrong  
You don't take my problem from me, but allow me to deal with it in my own way  
You hold back your desire to give me good advice when you sense I am not ready for it  
You give me enough room to discover for myself what is going on

You accept my gift of gratitude by saying how good it makes you feel to know that you've been helpful.  
Anon