



**ASSIST TRAUMA
CARE**

ASSIST TRAINING

Please Listen to Me

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

When I ask you to listen and you begin to tell me why I shouldn't feel that way, you are trampling on my feelings.

If you say you are listening, but then say you understand before you get to know me, or don't let me finish speaking, or end my sentence for me, then you have failed me, strange as it may seem.

If you show that you are bored with me, or become preoccupied with your own thoughts and so lose concentration, then you add to my hurt.

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

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

