



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



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 problem 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.

From *The 7 Habits of Highly Effective Teens*  
By Sean Covey