Sharing My Problems and Challenges

I have no problem sharing my problems & challenges. Something that I do have a problem with is the "sharing" of my time & attention. I admit it, I am not the best listener in the World. At times it's hard for me to focus, and I am not a good "phone call person" (probably work related I think).

For me, my sharing should not be all about the troubles in my basket. Otherwise I'll learn very little. I need to listen as well as hear, see as well as look. I need to be there for all of you who have always been there for me.

God, grant me the focus-clarity-direction that I lack.

Let the Abstinence Begin!