

## Autobiography in Five Short Chapters

### Chapter One

I walk down the street.  
There is a deep hole in the sidewalk.  
I fall in.  
I am lost ... I am helpless.  
It isn't my fault.  
It takes forever to find my way out.

### Chapter Two

I walk down the same street.  
There is a deep hole in the sidewalk.  
I pretend I don't see it.  
I fall in again.  
I can't believe I'm in the same place.  
But, it isn't my fault.  
It still takes a long time to get out.

### Chapter Three

I walk down the same street.  
There is a deep hole in the sidewalk.  
I see it is there.  
I still fall in ... It's a habit.  
My eyes are open.  
I know where I am.  
It is my fault.  
I get out immediately.

### Chapter Four

I walk down the street.  
There's a deep hole in the sidewalk.  
I walk around it.

### Chapter Five

I walk down another street.

(Portia Nelson)

Source: Nelson, P. (March 1994). *There's a hole in my sidewalk: The romance of self-discovery*.  
Beyond Words Publishing Inc.