There's a Hole in My Sidewalk: The Romance of Self-Discovery by Portia Nelson

"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 a 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 am 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 same street. There is a deep hole in the sidewalk. I walk around it.

Chapter Five

I walk down another street.

Posted by Marie Bloomfield, B.Sc., M.Psychol.MA Website: <u>www.bloomfieldpsychology.com.au</u> Website: <u>www.mindfulpath.com.au</u>