

AUTOBIOGRAPHY IN FIVE SHORT CHAPTERS

By Portia Nelson

I

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.

II

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.

III

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.

IV

I walk down the same street.

There is a deep hole in the sidewalk.

I walk around it.

V

I walk down another street.

*Sometimes the easiest
way to solve a problem
is to stop participating
in the problem.*