

# North Ottawa Wellness Foundation NorthOttawaWellnessFoundation.org



# Autobiography in 5 Short Chapters

by Portia Nelson

## ACT I

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

## ACT 2

I walk, down the street, there is a deep hole in the sidewalk. I pretend that 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.

### ACT 3

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

### ACT 4

I walk, down the street, there is a deep hole in the sidewalk. I walk around it.

### ACT 5

I walk down another street.

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