



North Ottawa
Wellness Foundation

NorthOttawaWellnessFoundation.org

Autobiography in 5 Short Chapters

by Portia Nelson

ACT 1

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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