

**“Autobiography in Five Chapters”  
by Portia Nelson  
Quoted in Charles L. Whitfield, Healing the Child Within  
(Orlando, FL: Health. Communications, 1989)  
(From Sogyal Rinpoche, The Tibetan Book of Living and Dying)**

**Chapter 1**

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

**Chapter 2**

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 3**

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

**Chapter 4**

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

**Chapter 5**

I walk down another street.