

THE HOLE

AN 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.

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THE HOLE

WORKSHEET

1. What is your 'deep hole'? (A problem behavior specific to you.)

Possible answers are: drinking, drugs, violence, unhealthy relationships, self-harm.

2. Tell about your chapter #1 – your first fall. Explain how you found a way out.

3. What is the difference between chapter #1 and #2? What does "I pretend I don't see it" mean and how did you pretend you didn't see your 'hole'?

4. In chapter #3, why do we fall in? What do we recognize that helps us get out immediately? Tell time you admitted it was your fault and how it helped.

5. What big difference occurs in chapter #4? Tell a time you 'walked around it.'

6. What does it mean to 'walk down another street'? Describe your new activities and/or lifestyle. What will you be thinking and doing? What kind of relationships will you seek?
