

THERE S A HOLE IN MY SIDEWALK NELSON PORTIA%0A

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There's a Hole in My Sidewalk Quotes by Portia Nelson

Chapter One of My Life. I walk down the street. There's a deep hole in the sidewalk. I fall in. I am lost. I am helpless. It isn't my fault. It still takes forever to find a way out.

There's a Hole in My Sidewalk: The Romance of Self ...

There is a hole in my sidewalk is a mix of diary, "poemary", aphorisms and self-deprecating jokes about relationships of different sorts, with another person, your self, or an object.

There s A Hole In My Sidewalk ... - My Meditative Moments

There s A Hole In My Sidewalk: Autobiography In Five Short Chapters ~ Portia Nelson. Chapter 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. Chapter 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.

There's a Hole in my Sidewalk. Part I in the Portia Nelson ...

Portia Nelson is an amazing woman; a singer, songwriter, actress, and author who passed on in 2001. Her brilliant poem entitled: Autobiography in Five Short Chapters, is published in her book: There's a Hole in My Sidewalk. There's a Hole in My Sidewalk by Portia Nelson, Book ...

In There is a Hole in My Sidewalk by Portia Nelson, there is a delightful poem that I absolutely love because it's so poignant Autobiography in Five Short Chapters. The poem resonates because it may take forever to finally get it right. Portia Nelson's book There s A Hole In My Sidewalk: The ...

Portia Nelson 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. I am helpless. It isn't my fault. It takes forever.

THERE'S A HOLE IN MY SIDEWALK -a poem by Portia Nelson

Nelson's poem is an incredibly powerful metaphor describing the change process that often occurs with addiction & recovery. It begins with the denial of a problematic behavior followed by the growing awareness that continuing to engage in it will lead to the same negative result over and over again.

There's a hole in my sidewalk - lessons4living.com

Portia Nelson's delightful and insightful story of the hole in the sidewalk provides another metaphor of life. Life is

like a stroll down a somewhat hazardous sidewalk. The story identifies the key feature required to safely navigate life's sidewalk. Let's read and discuss it chapter by chapter.
Portia Nelson's There's a Hole in My Sidewalk read by Adria Firestone

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Portia Nelson There's a Hole in My Sidewalk, Portia Nelson Lyrics 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

**AUTOBIOGRAPHY IN 5 CHAPTERS -
palousemindfulness.com**

Autobiography in Five Short Chapters . 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.