

# Be Kind To Yourself

"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.  
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 me a long time to get out.

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.  
walk down the same street.

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

I walk down another street." –Portia Nelson

