Autobiography in Five Short Chapters

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.

You get hijacked and you're not sure why . At this stage we didn't know that our thoughts were attracting people and events into our lives.

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 believe I am in the same place.
But, it isn't my fault.
It still takes a long time to get out.

Discouragement and doubt come up about making change. At this stage we've tried a few things to change our lives yet we keep getting more of the same without knowing why!

Chapter 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.

I get it now! I'm seeing that if I keep thinking the thoughts that I've had I'll keep getting the things I've gotten!! AND I know that I can change my thoughts by tapping, which will change the way I feel and life will be different!

Chapter IV

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

Now I know – I choose my thoughts deliberately and I'm creating my life intentionally.

Chapter V

I walk down another street.

This is the way I live my life.

(poem by Portia Nelson, additional comments by authors)