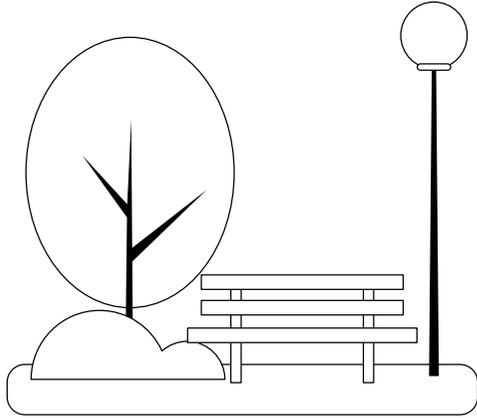


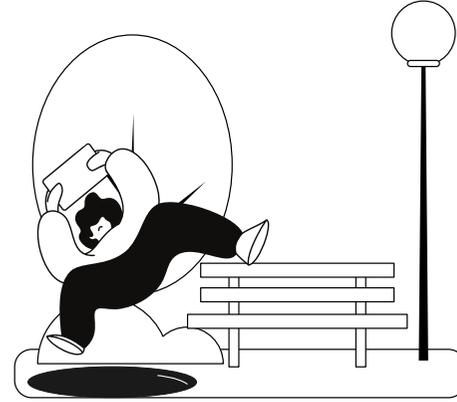
Conflict Confidence[®]:
**A short story about how
most people deal with conflict**

Told as a poem by Portia Nelson



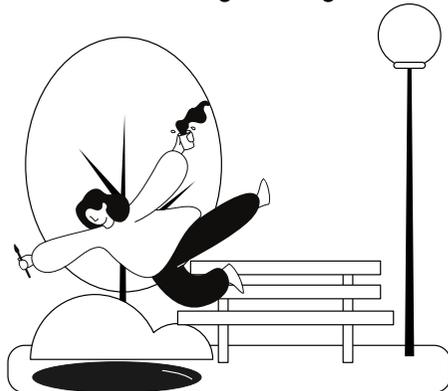
CHAPTER 1

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



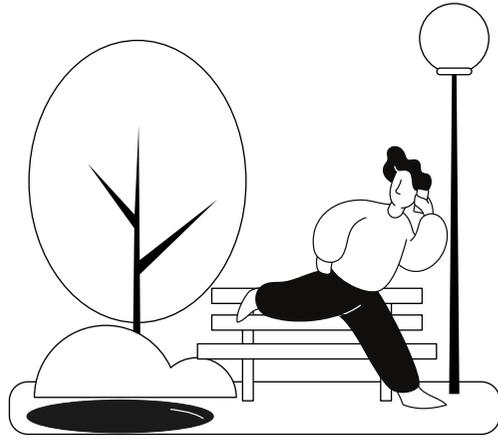
CHAPTER 3

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



CHAPTER 4

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



How to walk down a different street

In most unresolved conflicts, we attempt strategies that make sense to us and our story of the situation, without fully considering other possible perspectives.

Many people try things that clearly don't work; repeat this again, but hope this time for more understanding. We often don't know what else to do, so we blame another person for our mistakes.

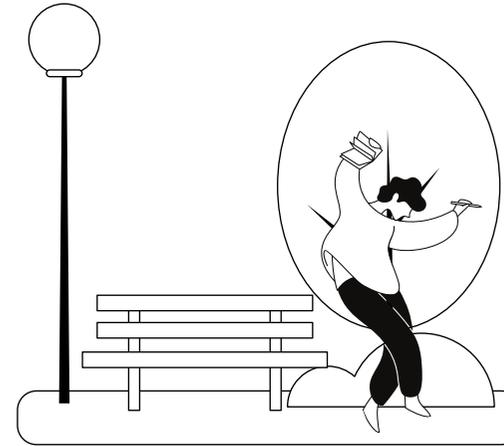
The gaping hole of defeat or defiance opens up and swallows us.

The Conflict Confidence[®] Program opens up the way forward. Learn what really works to build successful relationships at work and home.

Visit www.elizabethwilliamsonsolutions.com

CHAPTER 5

I walk down a different street.



A shout out for Portia Nelson

(born Betty Mae Nelson; May 27, 1920 – March 6, 2001)

A true renaissance woman: author, poet, singer, composer, lyricist, painter, photographer, and actress. She was a survivor of multiple cancers.

Her book is a mainstay of twelve-step programs.

Her poem,
"Autobiography in Five Short Chapters",
is a highly popular self-help and recovery text.

This poem is adopted by many motivational speakers.

It is reprinted in *The Tibetan Book of Living and Dying* by Sogyal Rinpoche, amongst many other books.