

# The Good Wolf/Bad Wolf Story



Why is it hard to be kind? Read the Good Wolf / Bad Wolf story aloud (see below).

One evening an old man told his grandson about a battle that goes on inside people. He said, “My son, the battle is between two wolves inside us all.”

“It is a terrible fight and it is between two wolves. One is bad—he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.” He continued, “The other is good—he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you—and inside every other person, too.”

The grandson thought about it for a minute and then asked his grandfather, “Which wolf will win?”

The old man simply replied, “The one you feed.”

Discuss why it’s sometimes hard to “feed” our good wolf. Have participants think about a time they were unkind (i.e., fed their bad wolf). Then have participants rewrite their story when they were unkind, but create a different, more kind ending (i.e., feeding their good wolf). Use participants’ rewritten stories as an opportunity to practice through role-play.

