One of my favorite parables is about a Cherokee grandfather telling his grandson about two wolves that are fighting inside each of us. One is angry, resentful, petty, envious, arrogant, bitter, etc. and the other is kind, compassionate, generous, hopeful, peaceful etc. When the boy asks which wolf wins the battle, the grandfather replies “the one you feed.” I love this parable because it represents the battle that each of us has between the negative and positive forces and energy within us. It does not deny the existence of these two wolves inside us, it simply tells us that we have a choice as to which will get stronger and ultimately win the battle. Every day we have a choice to feed one of these animals. And each day is a new choice. When we can recognize that battle within us, rather than simply reacting to whatever circumstances occur in our lives, we can make a choice about which wolf to feed. This is not always easy, as often the negative emotions of fear, anger, resentment, blame, self-pity etc. will overwhelm us, but the more we make a conscious choice toward the good – the kindness, generosity, openness and gratitude inside us, the stronger that wolf becomes. A large part of therapy is about understanding the battle between these two wolves within us. Ultimately, the goal being to feed the wolf that will help us to become the best version of ourselves…..