

### **The Tip #8**

A pessimist is one who makes difficulties of his opportunities, and an optimist is one who makes opportunities of his difficulties. (Harry Truman)

### **The Tale #8**

The story of the 2 wolves is an ancient tale that has been a part of the Native American tradition for generations. Whilst the origins of the story are not known, it is often attributed to the Lenape people.



This tale features 2 characters: a grandfather and his grandson. The grandfather explains to his grandson that there are 2 wolves fighting within / inside him (which is an image that serves as a metaphor for the grandfather's inner sense of conflict). The conversation ensues:

*"I have a fight going on in me," the old man said. "It's taking place between 2 wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego".*

The grandfather looked at his grandson and continued.

*"The other embodies positive emotions. He is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith".*

*"Both wolves are fighting to the death. The same fight is going on inside you and every other person too".*

The grandson took a moment to reflect on what was said. He eventually looked up at his grandfather and asked; *"Which wolf will win?"*.

The old grandfather gave a simple reply. ***"The one you feed"***.

This parable serves as a powerful reminder of the struggle that many of leaders face. Regardless of the type of personality you have or the life you lead, on occasion you will find yourself battling two conflicting emotions at some point. Whether the internal struggle is between anger and peace or resentment and compassion, it is important to recognise the conflicting feelings inside of you and to 'feed' the values and choices that matter most.

A lot of this requires an understanding of self-compassion. How kind you are to yourself requires work. You can always delve into the work of psychologist, Kristin Neff and / or you can also take the self-compassion test at:

<https://self-compassion.org/self-compassion-test/>

Lacking self-compassion? Are you feeding the right inner you? Coaching/Mentoring (Moaching) can help. Call +61 410 586 700 **Be and Become.**