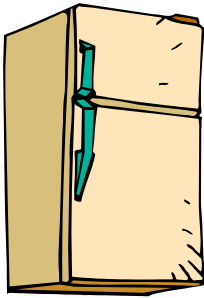


**Refrigerator Quote\***  
**Number 2.**



## **Two Wolves – A Cherokee Parable**



### **Here is a simple explanation of ego and choice:**

*An old Cherokee chief was teaching his grandson about life...*

"A fight is going on inside me," he said to the boy.

"It is a terrible fight and it is between two wolves."

"One is evil - he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, self-doubt, and ego.

"The other is good - he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.

"This 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 chief simply replied,

"The one you feed."

\* From a book about grieving# "I call these "refrigerator quotes" and ask grievors to put the quotation on a refrigerator door so they and members of the family, or friends, will see it. Some participants photocopy the quotes and pass them on. Others carry the quotes in a purse, notebook, or wallet for further reflection. The more they read and ponder a refrigerator quote, the more meaning it offers." (p.11.)

#Borrowed Narratives: Using Biographical and Historical Grief Narratives With the Bereaving by Harold Ivan Smith, published by Routledge Mental Health.



<sup>1</sup> Source of this version: <http://www.katherine-leon.com/2010/08/two-wolves-choke-parable.html>