

# Dogs Inside

## Insight

A Native American elder once described his inner struggles in this manner: "Inside of me there are two dogs. One of the dogs is evil and mean. The other dog is good and kind. The mean dog fights the good dog all of the time." When asked which dog wins, he reflected for a moment and replied, "The one I feed the most."

How can you feed the good dog inside of you? Write or draw your ideas in your journal.