

# Raising Likeable, Responsible, Respectful

## Children in an Age of Overindulgence

[Home](#)[How Much is Too Much ▼ ▼](#)[Our Research ▼ ▼](#)[Resources ▼ ▼](#)[ParentTalk ▼ ▼](#)[Overindulgence Online Course](#)

## Parents Which Wolf Are You Feeding? The Evil One or The Good One? By David Bredehoft

[Subscribe to RSS feed](#)[Tweet](#)

[ParentTalk](#) [Mom, Dad – Are You Ready to Pony Up \\$1,000 For Your Child’s Prom Night? By David Bredehoft »](#)

[Click here to download a free PDF copy of this blog](#)



Photo: “The Good Wolf” David Bredehoft Photography License - CC

The parable of the “[Two Wolves](#)” is a popular Native American legend ([Cherokee](#)). It has been quoted and made popular in movies ([Tomorrowland](#)), television shows (11th episode of [Star Trek: Discovery](#) - “The One I Feed”), and novels (e.g., William Kent Krueger, [Windigo Island](#)).

*The legend is about a battle that goes on inside all of us. The battle is between two wolves - the good wolf and the bad. One evil, one good.*

*“THE EVIL ONE is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.*



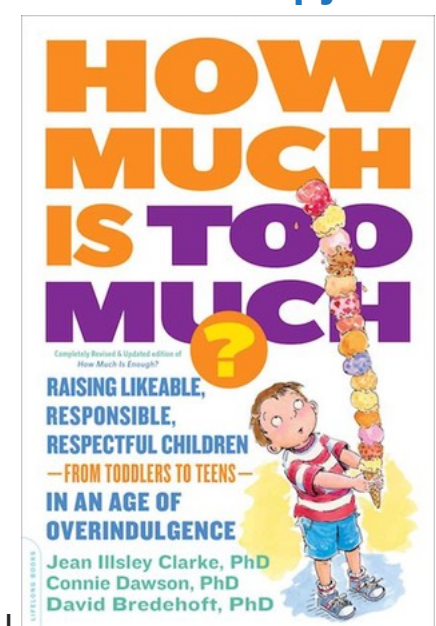
[Like us on Facebook](#)

[in Share](#)[Pin it](#)

### Newsletter

[Click here to subscribe to our free newsletter](#)

### Order Your Copy Today



### How Much is Too Much?

How Much is Too Much? is the only book on overindulgence with scientific support that tells parents and professionals what to do instead.

Order Paperback or ebook on [Amazon.com](#) or [BarnesAndNoble.com](#)



*THE GOOD ONE is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.*”

*Which wolf wins?.....The one you feed.*



Photo: “The Bad Wolf” David Bredehoft Photography License - CC

This legend speaks to us on many levels: parents, children and overindulgence.

Messages that we send to our children create what Eric Berne calls “Parent Tapes”.

**Amber Pound describes it well.....**[\*\*“What Exactly Is a “Parent Tape?”\*\*](#): A parent tape is essentially a thought, feeling, or belief that plays in the background of our mind that we picked up from our parents.

*These tapes are often learned from watching our parents' behaviors, but they can also be deliberately taught to us as well. This type of predisposition is one which we tend to carry well into adulthood. We are often unaware that the thoughts we have about ourselves today stem from external influences that happened during our toddler and adolescent years. This is because as we get older we usually believe that they are just simply a part of who we are.”*

What messages are we sending to our children? Are they positive messages or negative ones? What messages do our children listen to? Which ones do our children act on? What messages do we send when we overindulge our children?

**Children who ARE overindulged grow up:**

- ✓ thinking of themselves as failures;
- ✓ believing others think less of them if they make mistakes;
- ✓ not being happy unless all people admire them;
- ✓ rarely achieving important goals,

- ✓ feeling insecure about their abilities;
- ✓ believing that they are not capable of dealing with most problems that come up in their life.

*Which wolf wins?.....The one you feed.*

### **Children who are NOT overindulged grow up:**

- ✓ interested in meaningful relationships, a meaningful life, or making society better;
- ✓ to be adults who have self-control and are not materialistic;
- ✓ to be appreciative, grateful, and more happy than those who were overindulged;
- ✓ to become adults who do not feel entitled;
- ✓ interested in spiritual growth, finding meaning in times of hardship and are more apt to develop a personal relationship with a power greater than themselves.

One wolf is **Darkness** and **Despair**. The other is **Light** and **Hope**.

*Which wolf wins?.....The one you feed.*

### **PARENTS: SUGGESTIONS FOR FEEDING THE GOOD WOLF**

- ❖ Ask yourself, “Am I doing this for my child, or am I really doing it for me?”
- ❖ Ask, “Am I doing something for my children that they really are old enough to be doing for themselves?”
- ❖ Let your children make decisions that are appropriate for their age.
- ❖ Hold your children accountable for their behaviors.
- ❖ Practice saying, “You have had enough for now.”
- ❖ Gradually give your teens freedom appropriate for their ages.
- ❖ Encourage your teens to solve their own problems.
- ❖ Teach your children to do chores and expect them to complete them.
- ❖ Agree on a set of rules and enforce them.
- ❖ Decide which of your rules are negotiable and which are nonnegotiable.

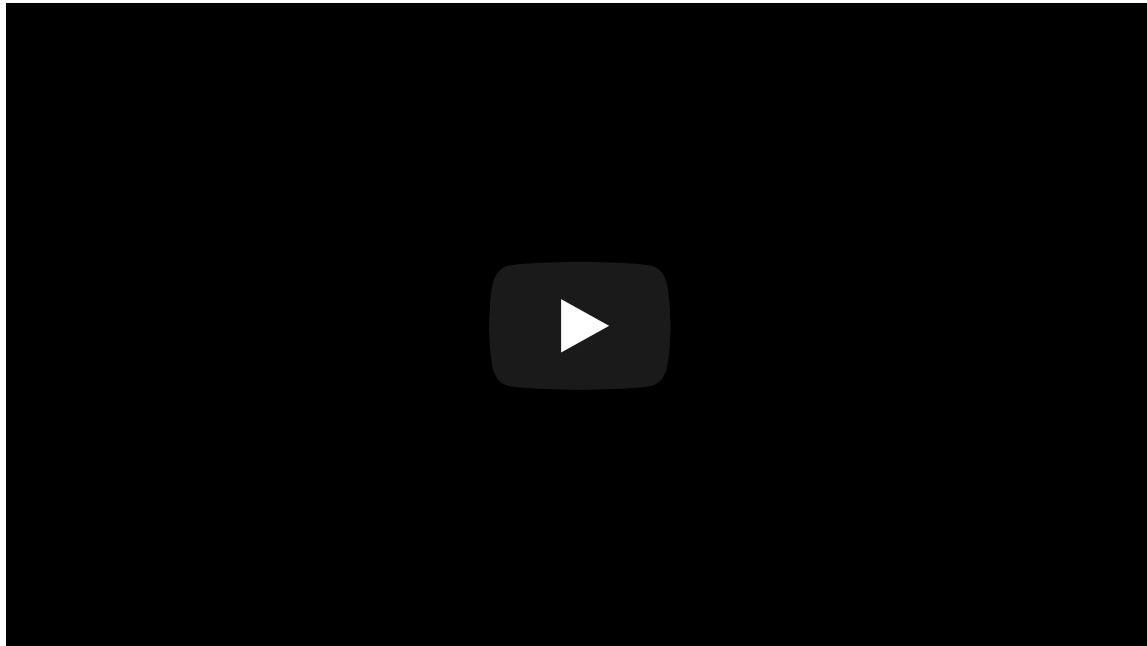
### **ADDITIONAL RESOURCES YOU SHOULD CHECK OUT**

- ✓ There is more help about avoiding overindulgence in [How Much is Too Much? Raising Likeable, Responsible, Respectful Children – From Toddlers To Teens – In An](#)

[Age of Overindulgence](#) (2014, DaCapo Press Lifelong Books).

✓ Jean Illsley Clarke's Affirmations from her book "[Growing up Again](#)".

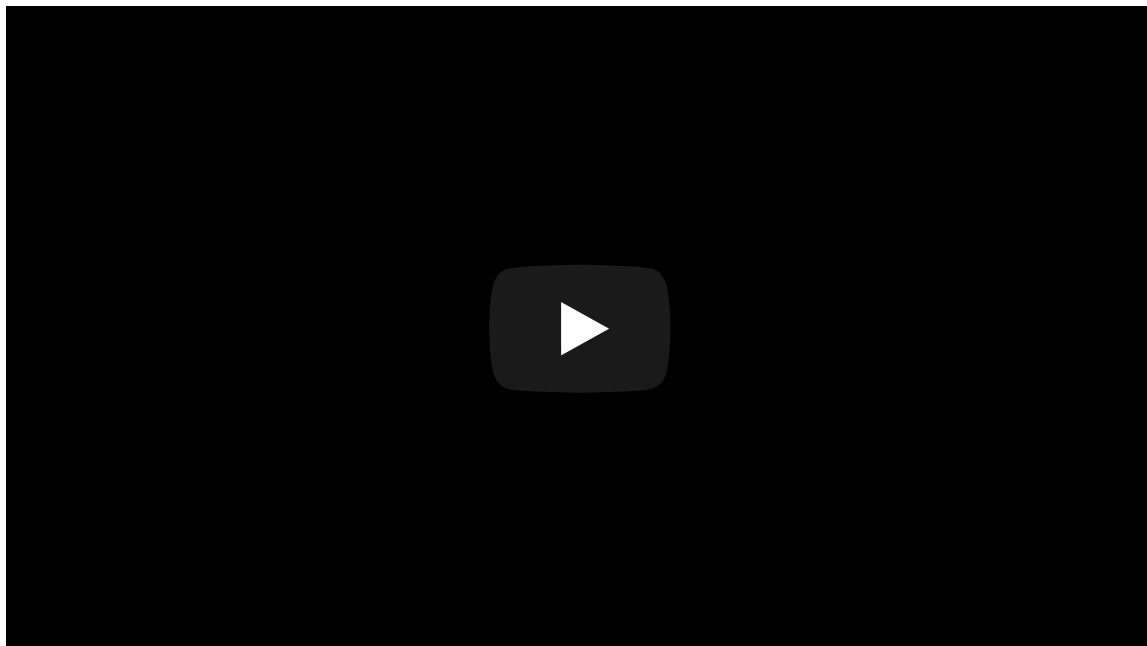
✓ There are two wolves. Scene from movie: "Tomorrowland".



✓ [How to detect overindulgence: The test of four.](#)

✓ Take a Free online course: [Parenting with a Good Heart](#)

✓ Which Wolf Are You Feeding?



Do all things with Love, Grace, and Gratitude

**Photos from David Bredehoft.**

 May 6, 2018 at 6:59 AM

© David J. Bredehoft, Jean Illsley Clarke & Connie Dawson 2004–2018; [bredehoft@csp.edu](mailto:bredehoft@csp.edu), [jiconsults@aol.com](mailto:jiconsults@aol.com)