



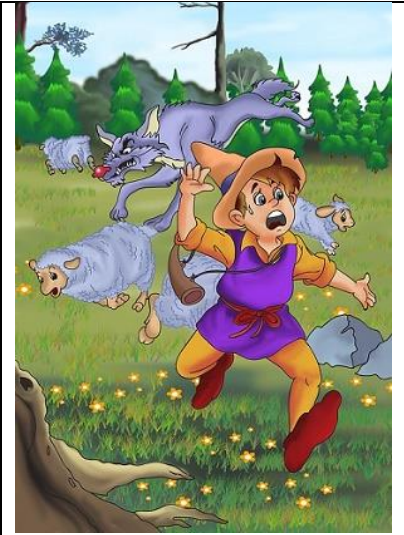
## Using Fables to Overcome Foibles

- **Fable** – a short story conveying a moral (As in “the moral [or greater meaning] of the story is...”)
- **Foible** – a shortcoming or weakness – (All of us have them)

**Discussion:** Did you ever consider how some of the common fables that we heard as kids can have deep messages that can be helpful in our lives today? Some of these lessons are even helpful when it comes to substance use issues. **Consider some of the following fables below and the valuable lessons that they teach:**

### The Boy Who Cried Wolf

1. Can anyone in the group summarize the story just to make sure that everyone understands it?
  - a. (Extremely short version) – A boy is asked by the village to guard the sheep while everyone is sleeping. He cries “wolf” a few times even though there is no wolf, just to see everyone react. Finally, a wolf really comes, and no one believes him, and no one comes to rescue him or the sheep
2. What is the moral, or lesson of the story?
3. How can this lesson apply in people’s lives today?
4. Can anyone identify with this story? Have you had any similar experiences and life lessons learned like in this story?



### The Ugly Duckling

1. Can anyone in the group summarize the story just to make sure that everyone understands it?
  - a. (Extremely short version) – A lost baby “duckling” is rejected by everyone for being different and “ugly”. The duckling turns out to be a swan when it grows up which is one of the most beautiful creatures in the forest.
2. What is the moral, or lesson of the story?
3. How can this lesson apply in people’s lives today?
4. Can anyone identify with this story? Have you had any similar experiences and life lessons learned like in this story?



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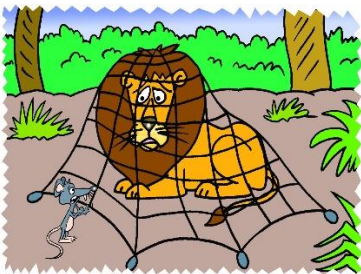
(Extremely short version) – It's still warm out but winter is coming, and the ant spends most of his time working hard by preparing for the winter by gathering food and preparing his home every day. The grasshopper spends all of his time resting and playing and not working or preparing for winter. Winter comes and the ant is comfortable and cozy because his hard work paid off while the grasshopper is freezing and starving because he fooled around instead of planning ahead

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### The Ant and the Grasshopper



### The Mouse and the Lion



1. Can anyone in the group summarize the story just to make sure that everyone understands it?

(Extremely short version) – A lion catches a mouse and is about to eat him as a snack, but the mouse begs to be let go, promising the lion that he will repay him one day. The lion laughs thinking the mouse could never repay him, but he lets him go anyway. Later the lion gets caught in a hunter's trap. The mouse sees the lion and rescues him from the trap by gnawing through the ropes to untie the lion and set him free

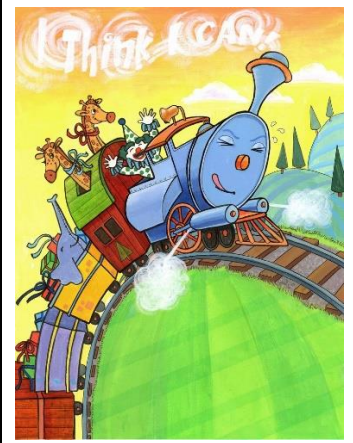
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(Extremely short version) – A little train engine is in a situation which he has to get over a mountain to save the rest of the train which is stuck. The mountain is big and the little engine struggles, but he starts getting going slowly by telling himself repeatedly "I think I can... I think I can..." As he makes progress up the mountain he starts saying "I know I can... I know I can..." This strengthens the little engine to successfully pull all of the train cars over the mountain

2. What is the moral, or lesson of the story?
3. How can this lesson apply in people's lives today?
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### The Little Engine that Could





## Final Discussion

Who here can share a real life “fable” that had a valuable lesson? What was it and what did you learn?

(Two examples provided below – You can use them if you’d like or come up with your own)

**Example**– “I was doing well and staying away from drugs and my ex was in rehab. For year my ex was a bad influence on me and almost always triggered a relapse. Everyone told me to stay away from my ex when rehab was over, but I didn’t listen. I tried to just be “friends” with my ex but soon we were both getting high again and I regretted that decision”

**Example**– “I was doing well with my substance use when I inherited a decent amount of money from my grandmother who passed away. Everyone told me to play it safe and put the money away save it but I started spending it thinking I would only spend it a little at a time. I just kept spending and spending, promising myself that it would be the last time every time I made a withdrawal but, in the end, I blew through the whole chunk of money in a few months with almost nothing to show for it”