

## Life Principle: Self-Discipline

### The Dog and the Bone –Aesop

A hound dog found a bone and held it tightly in his mouth. He growled and scowled at anyone who attempted to take it away. Off into the woods he went to bury his prize.

When he came to a stream, he trotted over the footbridge and happened to glance into the water. He saw his own reflection. Thinking it was another dog with a bigger bone, he growled and scowled at it. The reflection growled and scowled back.

"I'll get THAT bone too," thought the greedy dog, and he snapped his sharp teeth at the image in the water.

Alas, his own big bone fell with a splash, out of sight, the moment he opened his mouth to bite!

[The Dog and Its Reflection fable and history](#)

[Self-Discipline Choice Worksheet](#)

[Six Versions of the Dog and His Shadow](#)

Step 1: Question Focus: "Self Discipline"

[Question Focus Technique Instructions](#)

Step 2: Produce Questions.

Rules for producing questions:

1. Ask as many questions as you can.
2. Change any statements into questions.
3. Write down every question exactly as stated.
4. Do not stop to discuss, judge, or answer the questions.

Step 3: Improve the Questions.

- 1) Identify open and closed-ended questions.
- 2) Change questions: select one question to change from open to closed-ended and one closed question to open-ended.

Example: *Closed to open*

How did the story end?

How might the story be different if the dog had shown some self-discipline?

