

## Karo has to work on herself

Kari and Karo were happy that they met each other. They admitted to themselves that they really enjoyed each others company. It was only sometimes that there was a grey cloud above their friendsheep. It was only sometimes that they had a little or bigger argument. Or let me correct that, it was usually Karo who started with an argument and Kari ended up being trapped in one.

It was her character that she analyzed pretty much everything and pretty much everyone. She always tried to detect causes and effects of behaviour and she always tried to differ between the two of them. Most of the time she reflected and analyzed herself, but she also spent a lot of time analyzing others, including Kari.

She felt that the results of her analysis were often proofing inconvenient truths. She didn't always share her results about herself, about Kari or about someone else with someone else. She tried to accept how things and beings were. She was often sad about her outcomes, but she tried not to judge and not to blame. She tried to forgive. However, while her intention of not judging and not blaming anything and anyone and forgiving everything and everyone worked for pretty much everything and everyone, it almost never worked for herself and it rarely worked for Kari. If she detected something about herself, she tried to work on it. That meant, she was trying to understand it, change it or live with it. Of course, it didn't always work and then she hated herself. When she hated herself, her anger and frustration often radiated to her surroundings. As Kari being her closest surrounding, he often got a share of her anger and frustration. She really didn't want that, but in such an emotional moment, she wasn't able to control her emotions or channel them in a positive way. That in return made her hate herself even more. Luckily, those moments

were rare.

There were some other moments, when she detected something unreasonable or weird about Kari straight away. Then she would, when she was reasonable, find a suitable way to discuss it. When she was emotional, thus frustrated, angry or sad, she would heavily criticize him. In principle, she knew that his life was not her business. She knew that she had no right to intervene or to change. She knew that in theory, but it was so incredibly difficult to implement practically, when she was emotional which mainly happened when her hormones went crazy because of biological reasons. Obviously, Karo didn't blame her hormones for that, she knew, if at all, she had to blame herself. She knew she had to work on controlling and channeling her emotions especially during those times, but to be able to do that, it needed full and constant awareness ... And on that she still had a lot of work to do.

The trouble was, she really liked Kari. The trouble was, he really meant a lot to her. Those were her real troubles. They were troubles because due to her feelings towards him, she couldn't be neutral to his acts. In her emotional outcries, Kari often got infected with the helper-syndrome. It was like a virus. She then fictionally jumped in a super-sheep-heroine-costume and had the urge to save Kari from Kari! She knew that this was totally arrogant, but when she was in that emotional mood noThing and noBody could stop her from doing that.



Sometimes when she was very frustrated, she imagined Kari being a turtle. Of course, there is nothing wrong with turtles and actually she really liked turtles. She found them cute, but she didn't find them very brave. They were moving and travelling a lot, but **ALWAYS** with their comfort-zone. They were always carrying their little homes with them, not a step away from familiar place, always ready to hide and never fully open to a new territory. They were sticking out there tiny heads from their little door, but they never

dared to move out completely. They were walking carefully and slowly and as soon as there was the tiniest noise or vibration ... wrubb ... they were back in safety. Maybe he already made some bad experiences in his past life and was therefore lacking trust, she thought ... But you see, Karo was analyzing again.

Karo was thinking a lot of how to get Kari out of his turtle house. She was thinking a lot how she could encourage him. She came to realize that she cannot force any movement out of him. He had his own legs and therefore the only things she could do, was to wait and to hope that one day he would be ready to leave his comfort-zone behind.

She had to be patient. She had to change herself. It was difficult, but Karo knew that she had to work on herself! That was the only way for sustainable change!

