



**Incwadi Yokusebenzela yeziqhoboshelo  
ezisempilweni  
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## Intshayelelo

Olu xwebhu luhuhliswe yi-NICRO ngokwesicelo sabaxhamli bethu. Yenziwa ifumaneku kuluntu ngokubanzi njengenxalenyenkonzo yethu yokuthintela ulwaphulo-mthetho nobundlobongela. Abantu kanye nemibutho banokulusebenzisa olu xwebhu ngeenjongo ezingenzi nzuzo nezemfundo.

Lo mfundi uqulethe amanqaku engcaciso, imizekelo kanye nomxholo ofundisayo, kanye nesikhokelo neengcebiso.

Injongo yalo mfundi kukubonelela ngolwazi olufundisayo malunga nokuqhotyoshelwego okunempilo kubudlelwane, ukwenzela ukuba abantu abachaphazelekayo bakwazi ukwenza ukhetho olunolwazi malunga neemeko zabo zangoku nezexesha elizayo.

Lo mfundi usenokusetyenziswa ngokubambisana naba bafundi balandelayo kanye neencwadi zokusebenza, ezifumaneka kwiphepha leZibonelelo zeNICRO kwiwebhusayithi yethu.

- Iincwadi zokuSebenza ngoxinzelelo loontanga kubaTsha
- Ukulawula Ubunzima Babantu Guide
- Incwadi yoMsebenzi yobuNgqondo ngokweemvakalelo
- Ukupuhlisa iNcwadi yokuSebenza yokuZimela
- Incwadi Yokusebenzela yoBazali
- Ubudlelwane obuyityhefu Reader

## Yintoni i-Attachment

Kwi-psychology, ukuncamathela kubhekisa kumaqhina angokweemvakalelo okanye unxibelewano abantu abalwenzayo nabanye, ngakumbi ebuntwaneni. Eli gama lazisa nguJohn Bowlby, noMary Ainsworth abafunda indlela iintsana ezizincamathela ngayo kabantu abazikhathalelayo. Ezi zibophelelo zeemvakalelo zibalulekile kupuhliso lwentlalo kanye neemvakalelo.

## Zenziwa Njani Iziqhoboshelo

Ukuncamathela ngokwasengqondweni, ngakumbi ezo ziphakathi kweentsana kanye nabo babanonophelayo, zenziwe ngonxibelewano oluntsonkothileyo lwebhayoloji, imvakalelo kanye nentlalo. Inkqubo yokwakhiwa kokuncamathela ibalulekile kupuhliso lomntwana kwaye ibeka isiseko sendlela abaya kulwakha ngayo ubudlelwane kubo bonke ubomi babo.

Abaphandi ababini abaphambili ngesihloko sokunamathisela nguJohn Bowlby noMary Ainsworth.

- **I-Innate Biological Drive**
  - I-Attachment yi-innate biological drive.

- Kanye njengokuba iintsana zizalwa zikwazi ukuphefumla, ukutya nokushukuma, nazo zizalwa zinethuku lokwakha ubuhlobo obungokweemvakalelo nabo bazinyamekelayo.
- Olu qeqesho luncheda ekuqinisekiseni ukuba iintsana zihlala kufutshane nabo babanonophelayo, nto leyo ebalulekileyo ukuze ziphile kwaye zikhuseleke.
- **Ukunxibelelana kwangethuba kunye naBakhathaleli**
  - Ukuncamathisela kwenziwa ngonxibelelwano losana lwakwangoko kunye nabo balunonophelayo (ngokuqhelekileyo abazali).
  - Iintsana ziqlisa ukububona ubuso, amazwi namavumba abo babanyamekelayo, yaye baba nemvakalelo yokuthenjwa nonqabiseko xa abo bazinyamekelayo besoloko behlangabezana neemfuno zabo zokwenyama neemvakalelo.
  - Olu nxibelelwano ludla ngokuchubeka, njengosana olujonge kumkhathaleli, luncumile, lukhalela ukuhoywa, okanye luzabalazele ukuba lubanjwe.
  - Indlela umkhathaleli asabela ngayo kule miqondiso (efana nokuphakamisa umntwana xa ekhala) inceda usana ukuba luzive lukhuselekile yaye lukhuselekile, nto leyo eyomeleza iqhina.

## Izigaba zoPhuhliso oluqhotyoshelwego

I-Bowlby ichaze amanqanaba kupuhliso lokuncamathela:

- **Ukuqhotyoshelwa kwangaphambili (Ukuzalwu ukuya kwiiveki ze-6)**
  - Kweli nqanaba, iintsana zibonisa ukhetho oluncinci kubakhathaleli abathile.
  - Basenokuphendula kuye nabani na obonelela ngokhathalelo, kodwa abakakhe ibhondi eyomeleleyo okwangoku.
- **I-Attachment-in-the-making (iiveki ezi-6 ukuya kwiinyanga ezi-6-8)**
  - Ngeli nqanaba, iintsana ziqlala ukubonisa ukhetho lwabanonopheli abathile.
  - Baqalisa ukuqonda ubuso nelizwi lomkhathaleli wabo oyintloko, kodwa basavulelekile kwabanye yaye baya kukwamkela ukunyanyekelwa ngabantu abangabaziyo.
- **Isiqhoboshelo esisikiwe esicacileyo (iinyanga ezi-6-8 ukuya kwiinyanga eziyi-18-24)**
  - Oku kuxa uncamathiselo lokwenyani lufom.
  - Usana lubonakala lunamathele ngakumbi kumlondolozi (abagcini balo) oyintloko, lubonisa inkxalabo yokwahlukana xa umkhathaleli ehamba kunye novuyo xa bebuya.
  - Iintsana kweli nqanaba zifuna intuthuzelo kunye nokhuseleko kwi-attachment figure yazo kwaye zibakhetha ngaphezu kwabanye.
- **Ukwensiwa koBudlelwane obuBuyiselana (iinyanga ezili-18 nangaphezulu)**
  - Njengoko umntwana ekhula, baye bakwazi ukuzimela baze baqalise ukuqonda iimfuno zomkhathaleli.

- Kweli nqanaba, umntwana uqala ukubonisa ukuguquguquka ngakumbi ekunamatheleni kwabo, njengokuqonda ukuba umkhathaleli wabo uya kubuya nokuba akakho okwethutyana.
- Baphinde baqalise ukwenza ubudlelwane nabanye, nangona umkhathaleli oyintloko uhlala ephakathi.

## Indima yoMkhathaleli Oyintloko

Undoqo ekwenzeni ulwalamano olusempilweni kukukwazi komnakekeli ukuphendula ngokufanelekileyo nangokungaguququkiyo kwiimfuno zomntwana . Oku akuthethi ukuba abakhathaleli kufuneka bafezeke, kodwa kuthetha ukuba umntwana uziva ekhathalelw, exhaswa yaye eqondwa ngokweemvakalelo.

**Ukhathalelo olunovelwano nolusabelayo** (ukuqwalasela xa umntwana elambile, ediniwe, okanye ekhathazekile kwaye usabela ngokukhawuleza) kukhuthaza ukuncamathele okukhuselekileyo.

**Ukunyamekelwa ngokungaguqukiyo okanye ukungakhathali** kunokukhokelela kwizibophelelo ezingakhuselekanga, apha umntwana angaziva ekhuselekile okanye engaxhaswanga.

## Iimodeli zokuSebenza zangaphakathi

- Ukuba umntwana ufunda kwangoko ukuba abantu bathembekile **kwaye bayasabela** , uyakhula ekholelwa ukuba ubudlelwane bukhuselekile kwaye bufanelekile.
- Ukuba bafunda okwahlukileyo—ukuba abantu **abafumaneki, abaguuki, okanye bayoyikisa** —baya kuziqhelanisa ngokuphepha ukusondelelana, ukubambelela ngokugqith' emgenci, okanye ngokubonakalisa isimilo esisekelwe kuloyiko.
- Ngamafutshane, **okuncamatheleyo ziimodeli zokusebenza zangaphakathi** esizakhayo ukuze sijonge unxibelelwano kunye nokusondelelana nabanye.
- Zisixeleta indlela **esithembela ngayo, esixhomekeke ngayo, nesinxibelelana ngayo** —okanye esisokola ngayo ukwenjenjalo.

## Kutheni i-Attachments ibalulekile kwiNdlela yethu yokuziphatha

Izincamatheleiso ezikhuselekileyo zenza isiseko **sozinzo ngokwasengqondweni , ukulawulwa ngokweemvakalelo** , kunye **nokusebenza okunempilo phakathi kwabantu** kubomi bonke.

Ngokwezinto eziphathekayo, uncamathiselo olukhuselekileyo alukho nje "kumnandi ukuba nalo" - **lungundoqo ekusebenzeni okusebenzayo** . Abantu abangenayo bahlala bejikeleza kubudlelwane obungazinzanga, ubunzima bempilo yengqondo, kunye nengxabano yobuchwephesa de iipateni ezisisiseko zisonjululwe, rhoqo ngonyango.

- **Ulawulo Lweemvakalelo :** Abantu abaqhotyoshelwe ngokukhuselekileyo balawula uxinzelelo kanye neemvakalelo ngempumelelo ngakumbi . Abafane babe nexhala kanye nokudakumba.
- **Ukusebenza kobudlelwane :** Baseka ubudlelwane obunempilo, obuzinzile . Bathemba abanye ngaphandle kokuxhomekeka ngokugqithiseleyo okanye ukude.
- **Ukomelela :** Ukuxhotyiswa ngcono ukumelana nemiceli mngeni yobomi kwaye ubuye umva kwiingxaki.
- **Unxibelewano :** Izakhono zonxibelelwano ezipulelekileyo, eziqinisekisayo; ithanda ukungatolikwa kakuhle okanye ukuzikhuela.
- **Ubunkokeli kanye neNtsebenziswano :** Kwiisetigi zobuchwephesa, abantu abakhuselekileyo bayakwazi ukuziqhelanisa, bathembeke, kwaye bayakha kutshintsho lweqela.

## Ziziphi izimbo zokuncamathisela ezohlukaneyo:

Kukho iindlela ezine ezipambili zokuncamathela.



## Zijongeka njani izitayile ezahlukaneyo zokuncamathela ebantwaneni

Isimbo sokuncamathisela	Yakheka Njani	Ebantwaneni	Umzekelo Womzali
<b>Khusela</b>	Abakhathaleli bayasabela, bafudumele, kwaye bafumaneka rhoqo.	<ul style="list-style-type: none"> <li>Umntwana uzithembile uhlola, ufunu intuthuzelo kumkhathaleli, uzola ngokulula.</li> </ul>	<ul style="list-style-type: none"> <li>Umntwana ufunu intuthuzelo kwaye ukhululekile ngokulula emva koxinzelelo okanye ukwahlukana.</li> </ul>
<b>Ukuxhalaba (Ukuxakeka)</b>	Abakhathaleli abasoloko besabela-ngamanye amaxesha banothando, ngamanye amaxesha abafumaneki.	<ul style="list-style-type: none"> <li>UClindy, uxhalabile xa bohlukene, kunzima ukuthomalalisa naxa umkhathaleli ebuya.</li> </ul>	<ul style="list-style-type: none"> <li>Ufunu ukuqinisekiswa rhoqo, inkxalabo umzali akabathandi ngokwaneleyo.</li> </ul>
<b>Ukunqanda (Ukugxotha)</b>	Abakhathaleli bakude ngokweemvakalelo okanye abaphenduli; umntwana ufunda ukungaxhomekeki kwabanye.	<ul style="list-style-type: none"> <li>Ibonakala izimele.</li> <li>Uyakuphepha ukufuna intuthuzelo naxa ukhathazekile.</li> </ul>	<ul style="list-style-type: none"> <li>Akafuni kuthuthuzelwa ngumzali.</li> <li>Kubonakala kuvaliwe ngokweemvakalelo.</li> </ul>

Isimbo sokuncamathisela	Yakheka Njani	Ebantwaneni	Umzekelo Womzali
<b>Awulungelelananga (Uyoyika-Uziphepha)</b>	Abo banyamekela abantu bayaxhaphaza, bayoyika, okanye abakhathaleli ngokuqatha; umntwana ufumana uloyiko kungekho mthombo ukhuselekileyo.	<ul style="list-style-type: none"> <li>• Ukuziphatha okubhidekileyo.</li> <li>• Unokusondela kodwa ke umphephe umkhathaleli.</li> <li>• Iimpendulo ezisekelwe kuloyiko.</li> </ul>	<ul style="list-style-type: none"> <li>• Uya kumzali kodwa arhoxe ngokukhawuleza.</li> <li>• Inokuba ngumkhenkce okanye yahlukane.</li> </ul>

## Zijongeka Njani Izitayile Zokuncamathela Ezahlukeneyo Kubantu Abadala

Isimbo sokuncamathisela	Yakheka Njani	Kwabadala
<b>Khusela</b>	Abakhathaleli bayasabela, bafudumele, kwaye bafumaneka rhoqo.	<ul style="list-style-type: none"> <li>• Ukhululekile ngokusondelana kunye nokuzimela.</li> <li>• Uthetha ngokucacileyo iimfuno.</li> </ul>
<b>Ukuxhalaba (Ukuxakeka)</b>	Abakhathaleli abasoloko besabela- ngamanye amaxesha banothando, ngamanye amaxesha abafumaneki.	<ul style="list-style-type: none"> <li>• Unqwenela ukusondela</li> <li>• Uloyiko lokulahlwa.</li> <li>• Uvakalelo olugqithisileyo kwiimpawu zeqabane.</li> </ul>
<b>Ukunqanda (Ukugxotha)</b>	Abakhathaleli bakude ngokweemvakalelo okanye abaphenduli; umntwana ufunda ukungaxhomekeki kwabanye.	<ul style="list-style-type: none"> <li>• Ukude ngokweemvakalelo.</li> <li>• Uyakuphepha ukusondelelana.</li> <li>• Ixabiso lokuzimela phezu koqhagamshelwano.</li> </ul>
<b>Awulungelelananga (Uyoyika-Uziphepha)</b>	Abo banyamekela abantu bayaxhaphaza, bayoyika, okanye abakhathaleli ngokuqatha; umntwana ufumana uloyiko kungekho mthombo ukhuselekileyo.	<ul style="list-style-type: none"> <li>• Uyakunqwenela ukusondela kodwa uyoyika.</li> <li>• Ingxabano yangaphakathi, iimpendulo ezingalindelekanga.</li> </ul>

## Ukuya ngakwiSimbo sokuQhubela esiKhuselekileyo

Apha ngezantsi kukho isikhokelo esicwangcisiweyo, esisebenzayo sabantu abafuna ukuya kwisitayile **sokuncamathelisa esikhuselekileyo**, ngokusekwe kwipateni yabo yangoku- **ixhala , ukuphepha** , okanye **ukungalungelelani** .

Icandelo ngalinye libandakanya **amanyathelo acacileyo, anokwenziwa** , asekelwe kubungqina obusekelwe kwi-attachment theory kunye ne-clinical psychology . Kuya kuba ngcono kuwe ukuba uqale wenze umbono wokuba ingaba isimbo sakho sokuncamathela siyintoni na ngonyango, uphando okanye imibuzo esekelwe kubungqina.

### Isiseko ngokubanzi: liNdlela eziPhambili kuzo zonke iZimbo

Ngaphambi kokuntywila kumanyathelo akhethekileyo, bonke abantu kufuneka bakhe le **mikhwa isisiseko ilandelayo :**

#### 1. Phuhlisa Ukuzazi

- Ijenali rhoqo malunga neemvakalelo zakho kubudlelwane.
- Izinto ezibangela umkhondo: "Yintoni endenze ndaziva ndingakhuselekanga, ndibambelele, ndiphepha, okanye ndibhidekile?"

#### 2. Ziqhelise ukuLawulwa ngokweemvakalelo

- Sebenzisa iindlela zokumisa (ukuphefumula, ukuqaphela) ukuze uhlale ukhona.
- Funda **ukuchaza** iimvakalelo kunokuba wenze ngokungxama.

#### 3. Funa Imizekelo Ekhuselekileyo

- Jonga okanye unxibelelane nabantu ababonisa iindlela yokuziphatha ekhuselekileyo.
- Bafake ngaphakathi ukuzola kwabo, imida kunye nonxibelewano.

#### 4. Zibandakanye kuNyango (ukuba kunokwenzeka)

- Ngokukodwa okusebenzayo: **Unyango oluSekwe kwi-Attachment , i-Schema Therapy** , okanye **i-EMDR** kwipateni ezinxulumene nokwenzakala.

### I-Anxious (Ixakeke) iAttachment

#### Impawu eziqhelekileyo:

- Ukoyika ukulahlwa
- Ukubambelela, ukufuna ukuqinisekiswa
- Iimvakalelo eziphezulu kunye nokuhla kubudlelwane

### Amanyathelo amiselweyo:

#### 1. Yima Phambi Kokusabela

- Sebenzisa umgaqo weeyure ezingama-24 ngaphambi kokuthumela iitekisi zeemvakalelo okanye ukujongana neqabane.

#### 2. Yakha uQinisekiso Iwangaphakathi

- Yenza kwaye uphinde iziqinisekiso: "Ndanele, nangona ndiziva ndingaqinisekanga."
- Funda ukuzithuthuzela ngokuzola, hayi abantu.

#### 3. Misela imida elungelelanisiweyo

- Yeka ukuxela ngokugqithisileyo okanye ukulungiselela kakhulu kwasekuqaleni kubudlelwane.

- Ziqhelise ukuthi hayi ngaphandle kokuziva unetyala.

#### 4. Libazisa Ukutolika

- Ukuba umntu akakhawulezi ukuphendula, **musa ukucinga ukuba uyala** —linda uze uqinisekise izibakala.

#### 5. Khetha Amaqabane akhoyo

- Yeka ukulandela abantu abangafumanekiyo ngokweemvakalelo . Qonda umtsalane kwisiphithiphithi njengophawu lokunqumama.

### KuMthinteli (Ogxoathiweyo) Isiqhoboshelo

#### Iimpawu eziqhelekileyo:

- Ukungakhululeki ngokusondelana
- Ukugxininisa ngokuggithiseleyo ukuzimela
- Ukuvala phantsi ngokweemvakalelo

### Amanyathelo amiselweyo:

#### 1. Qaphela ukucinezelwa ngokweemvakalelo

- Landela umkhondo ukuba urhoxisa kangaphi okanye utshintshe umxholo xa izinto ziba sesichengeni.
- Buza: "Yintoni imvakalelo endiyiphephayo ngoku?"

#### 2. Ziqhelanise nokuba sesichengeni ngokuthe ngcembe

- Yabelana ngeengcinga ezincinci zoluqu ngabom kubudlelwane obukhuselekileyo.
- Kunyamezele ukungonwabi kunokuba ukuphephe.

#### 3. Bangenise Abantu—Ngabom

- Yithi "ewe" kuqhagamshelwano naxa kubonakala kungayomfuneko.
- Umzekelo: Thumela umyalezo kumhlobo wakho ngaphandle kokulibazisa; yamkela izimemo.

#### 4. Cela umngeni kwiNtsomi yokuzimela

- Cinga ngendalela ukuzimela geqe okunokukukhusela ngayo kodwa kukwahlule.
- Sebenzela ekuxhomekekeni **omnye komnye** , hayi ukuxhomekeka.

#### 5. Phonononga imiyalezo yobuntwana

- Ijenali: "Ndifunde ntoni ngokucela uncedo okanye ukuvakalisa iimfuno ekukhuleni kwam?"
- Hlaziya ezo nkolelo.

### Yeyokungalungelelaniswa (Oyoyikayo-Ukuphepha) Isiqhoboshelo

#### Iimpawu eziqhelekileyo:

- Unqwenela unxibelewano kodwa uyoyika
- Imbalu yokwenzakala okanye ukukhathalelwaka kwesiphithiphithi
- Imiba yokuthembela, ukungazinzi ngokweemvakalelo

### Amanyathelo amiselweyo:

#### 1. Gxininisa kuKhuseleko kuqala

- Ukuba kukho ukwenzakala, **unyango lwe-trauma (umzekelo, i-EMDR, i-somatic experience)** lubalulekile.

- Kuphephe ukungquzulana okuphezulu okanye ukudala ubudlelwane ngelixa uphilisa.
- 2. **Landa iipateni zoTsalo-Tsala**
  - Bhala iimpendulo zakho: "Ndisondela nini ndize ndonakalise?"
  - Funda "amacebo akho okuphuma" (umzekelo, ukughostka, ukucofa, ukurhoxa).
- 3. **Yahlula Ixesha Elidlulileyo Kwelangoku**
  - Chonga izinto ezibangela ukuba zisekelwe kwintlungu yakudala, kungekhona ingozi yangoku.
  - Sebenzisa amazwi asisiseko: "*Olu lulwalamano olutsha* .
- 4. **Ziqhelanise ne-Slow Trust-Building**
  - Musa ukukungxamela ukusondelelana . Vavanya ukuthembeka ngokuthe ngcembe kwaye ngokungaguquguqukiyo.
  - Jonga indlela abanye abaziphatha ngayo ekuhambeni kwexesha endaweni yokuthembela ethembeni okanye kuloyiko.
- 5. **Phuhlisa inkcazo ehambelanayo**
  - Sebenza ekudaleni ibali elidibeneyo lexesha elidlulileyo (kaninzi kunyango).
  - Oku kungundoqo ekwenzeni isiseko esikhuselekileyo kuluvo lwakho lwesiqu sakho.

### ULondolozo: lindlela zokuziphatha ezincamatheleyo eziKhuselekileyo zeXesha elide

- **Unxibelewano olucacileyo** : I-Express ifuna ngokuzolileyo nangokuthe ngqo.
- **Imida + Uvelwano** : Ulungelewaniso phakathi kokuzikhusela nokuhlala uqhagamshelwe ngokwasempfumwlweni.
- **Ukuphendula** : Bonisa abanye kwaye ulindele okufanayo.
- **Ukulungisa** : Xa ukuqhawuka kusenzeka kubudlelwane, sebenzela ukulungisa ngokunyanisekileyo—ungagxezi okanye uhlelele.
- **Ukucamngca** : Vavanya ukukhula kwakho kwaye uhlengahlengise njengoko kufuneka.

### Iindlela ezizezinye zokuPhendula

Nanga amanye amabinzana aqhelekileyo abonisa isimbo ngasinye kwezine eziphambili zokuncamatheisa-ixhala, ukuphepha, ukungalungelelani, kanye nokhuseleko-kanye nezinye iindlela ezinempilo ezibonisa isimbo sokuncamatheila esikhuselekileyo.

#### 1. Ukuncamatheila okunexhala

##### Amabinzana aqhelekileyo:

- Kutheni ungandithumeleli umyalezo ngoko nangoko?"
- "Usandithanda?"
- "Ndifuna nje ukwazi ukuba silungile."
- "Ndiziva ngathi uyaphuma."
- "Ukuba uyandishiya, andizukulunga."

**Ezenye eziKhuselekileyo:**

- "Ndiye ndaphawula ukuba ndiziva ndinexhala xa ndingazange ndiphendule—ngaba singathetha ngaloo nto?"
- "Ndiyazi ukuba undikhathalele, kodwa ndifuna ukuqinisekiswa ngoku."
- "Ndiyakuxabisa ukuziva ndisondele-ngaba singayifumana indlela yokunxibelelana rhoqo?"
- "Ndiyathemba ukuba siphilile, kodwa ndifuna ukudibana nawe."
- Ndiyazi ukuba ndiyakwazi ukumelana nezinto nokuba ziba nzima, kodwa ndiyathemba ukuba singasebenza kunye.

**2. Ukuthintela ukuqhotyoshelwa**

**Amabinzana aqhelekileyo:**

- "Andifuni mntu."
- "Ndiyaphila ndedwa."
- "Oku kuya kuba nzima kakhulu."
- "Kutheni kufuneka sithethe ngeemvakalelo?"
- "Ndidinga indawo . Ininzi."

**Ezenye eziKhuselekileyo:**

- "Ndiyakuxabisa ukuzimela kwam, kodwa ndifuna ukuhlala ndinxibelelana nawe."
- "Ngamanye amaxesha ndiye ndifune indawo yokutshaja kwakhona-akukho malunga nawe."
- Oku kuvakala kuqatha, kwaye ndingathanda ukuthetha ngako xa ndifumene umzuzwana.
- Andikuthandi ukuthetha ngeemvakalelo zam, kodwa ndiyazi ukuba kubalulekile kulwalamano lwethu.
- "Ndidinga ixesha, kodwa ndiza kujonga nawe kungekudala."

**3. Isincamathelisi esingalungelelananga (Esoyikayo-Siphephe).**

**Amabinzana aqhelekileyo:**

- "Ndifuna ukuba kufutshane, kodwa ndiyoyika ukuba uza kundenzakalisa."
- Andazi ukuba ndingathembela kuwe na—okanye nabani na."
- "Ndicela ungandishiyi , kodwa ungasondeli kakhulu."
- Andikwazi ukuyimela le nto .
- "Ndiziva ngathi ndide kakhulu."

**Ezenye eziKhuselekileyo:**

- "Ndifuna unxibelewano, kodwa ndisebenza ngoloyiko Iwangaphambili."
- "Ukuthembana kunzima kum, kodwa ndifuna ukuyakha nawe."
- "Maxa wambi ndiye ndirhoxe xa ndinoloyiko—ngaba singathetha ngaloo nto?"
- "Ndiziva ndomelele, kodwa ndifuna ukuzama ukuhlala ndikhona."
- "Ndikhe ndaziva ndigqithile ngaphambili, kodwa ndifunda ukuba ndifanelwe luthando olusempilweni."

#### 4. I-Attachment ekhuselekileyo

##### Amabinzana aKhuselekileyo aqhelekileyo:

- "Ndiyakuthemba."
- "Ndiziva ndikhuselekile ukwabelana nawe ngale nto."
- Ndiyazi ukuba singasebenza kule nto.
- "Kulungile ukuthatha indawo, kwaye ndiselapha."
- "Ndilapha ngenxa yakho, kwaye ndiyazi ukuba ulapha ngenxa yam."

Oku kusebenza njengeenjongo **okanye** iiankile **kuye** nabani na osebenzela ukhuseleko olunxulumeneyo.

## IsiKhokelo kwiSimbo sokuncamathela esiXhumekileyo

La manqaku ngabantu abafuna ukupuhhlisa iindlela zokuziphatha ezikhuselekileyo kuzo zonke iindawo ezine zobudlelwane obungundoqo: Usapho, Umsebenzi, Ubuuhlobo, kunye Nobudlelwane Bothando.

### Impawu eziphambili :

- Uloyiko olunzulu lokulahlwa
- I-Hyperfocus kwiiimo zabanye okanye ukuphendula
- Ubunzima bokuziva ukhuselekile ngaphandle kokuqinisekiswa rhoqo
- Ukujonga ngaphezulu komgama obonwayo okanye ukuqhawulwa konxibelewano

**Injongo ekhuselekileyo :** Phuhlisa ukuzithemba, ukulawulwa ngokweemvakalelo, kunye nemida efanayo-ngaphandle kokusebenza ngokugqithisileyo okanye ukudibanisa ngaphezulu.

### Ubudlelwane Bentsapho

#### Imingeni:

- Ukuqinisekiswa ngokugqithisileyo malunga neemvakalelo okanye iimfuno zamalungu entsapho
- Ukufuna ukuqinisekiswa ngokunikezelu ngokugqithisileyo
- Ukusabela ngamandla kukwaliwa okubonwayo okanye umgama weemvakalelo

#### Amanyathelo akhuselekileyo:

##### Inyathelo 1: Yeka Ukulawula limvakalelo Zabanye Abantu

- Qaphela xa uzama “ukulungisa” iimvakalelo zomnye umntu okanye ugcine uxolo ngeendaleko zakho.

Faka endaweni yale : “Ndiyabanyamekela ngaphandle kokulawula .

##### Inyathelo lesi-2: Misela kwaye ugcine imida

- Ziqhelise ukuthi hayi ngaphandle kokuziva unetyala.
- Nciphisa ixesha kumandla adlamkileyo ngokweemvakalelo.

Umzekelo: “ Andifumanekanga ukuba ndithethu ngoku, kodwa ndiyakhathala .

##### Inyathelo lesi-3: Jonga iinguqulelo zendima

- Ukuba ungumzali okanye abantwana bakowenu, oko asikokhuseleko lweemvakalelo— kukwenza uhive ukhuselekile.

Ingaba ndiliqabane okanye ndingumntwana apha ?

##### Inyathelo lesi-4: Musa ukuleqa ukulungisa kwangoko

- Vumela amalungu osapho athathe uxanduva lokulungisa iintanda.

Ukhuseleko lokuziphatha: Ukunika indawo endaweni yokufuna imvisiwano ekhawulezileyo.

## Ubudlelwane bomsebenzi

### Imingeni:

- Ukucela uxolo kakhulu okanye ukucacisa
- Ukuthatha ingxelo ngokwakho
- Uloyiko lokungavunyelwa ngabaphathi okanye oogxa
- Ukuzolula kakhulu ukuze ufumane imvume

### Amanyathelo akhuselekileyo:

#### Inyathelo 1: Ziqinisekise kuqala

- Ngaphambi kokuba ucele imvume, buza: "Ngaba oku kulungile ngokwemilinganiselo *yam?*"

Isiqinisekiso: " Ndenze kakuhle .

#### Inyathelo 2: Lawula i-imeyile / ixhala lomyalezo

- Kuxhathise umnqweno wokufunda kwakhona okanye ukuhlalutya kakhulu iithowuni zabanye okanye ulibaziseko.

Ukuziqhelanisa ngokukhuselekileyo: Funda kube kanye, yiba nenjongo entle, phendula ngokucacileyo.

#### Inyathelo lesi-3: Imida enabantu abakholisayo

- Musa ukuvolontiya ngomsebenzi owongezelelweyo ukuze uzive uxatyisiwe.

Buza: "Ngaba oku kuzinzile okanye ndincama iimfuno zam ukuze ndizive ndikhuselekile?"

#### Inyathelo lesi-4: Funda ukufumana impendulo engathathi cala okanye engalunganga

- Ziqhelise ukuthi: "Enkosi , ndiza kuyiqwalasela loo nto." (Akukho mfuneko yokucela uxolo.)

## Ubuholo

### Imingeni :

- Ukukhathazeka ukuba abahlobo abaqlali okanye abaphenduli ngokukhawuleza
- Ukuthumela imiyalezo ngaphezulu okanye ngaphezulu-ukunxibelelana ukuze uzive uqhagamshelwe
- Ukoyika ukushiywa okanye ukutshintshwa

### Amanyathelo akhuselekileyo:

#### Inyathelo 1: Yahlula iNkxaso yeMvakalelo

- Kuphephe ukwenza umntu omnye inkubo yakho yonke yenkxaso.

Umgao okhuselekileyo: "Uqhagamshelo lunamandla xa lunganqweneleki."

#### Inyathelo lesi-2: Cacisa okulindelekileyo eluntwini

- Ukuba awuqinisekanga malunga noqhagamshelwano rhoqo, buza.

Ibinzana elikhuselekileyo: "Ndiyabuxabisa ubuhlobo bethu-yintoni eyona nto isebezayo ukuze sihlale sinxibelelana?"

### Inyathelo lesi-3: Sukutolika ukungabikho njengokwaliwa

- Xa umhlobo engasabeli kakuhle, musa ukwenza intlekele.  
Qeqesha: "Kusenokwenzeka ukuba baxakekile, abandishiyi."

### Inyathelo 4: Vumela ubuhlobo buphefumle

- Musa ukusebenza ngokugqithisileyo okanye uqalise rhoqo . Vumela nabanye babonakale.

Ingqondo ekhuselekileyo: "Kulungile ukuvumela abanye beze kum."

### Ubudlelwane bothando

#### Imingeni:

- Udinga ukuqinisekiswa rhoqo
- Ukubambelela okanye ukunyuka ngexesha longquzulwano
- Ukutolika ngokugqithisileyo umgama weemvakalelo
- Ukoyika ukulahlwa ngexesha lokuqhawula okuncinci

#### Amanyathelo akhuselekileyo:

### Inyathelo loku-1: Lungisa phambi kokuba uphendule

- Sukuthumela iitekisi ezixhalabileyo okanye wenze iimfuno zeemvakalelo kubushushu boloyiko.

Uqheliselo: Khawunqumame . Zibeke phantsi . Phinda uqhagamshelane nokuzola kwakho ngaphambi kokuba uphendule.

### Inyathelo lesi-2: Buza ngokuthe ngqo , ungavavanyi

- Musa ukusebenzisa ukuthula, ubundlavini, okanye ukuziva unetyala ukuvavanya uthando lwabo.

Ingxelo ekhuselekileyo: "Ndiziva ndingaqinisekanga namhlanje—ngaba singathetha ngendlela esiqhuba ngayo?"

### Inyathelo lesi-3: Ziqaqinisekise Ngaphakathi

- Ziqaqhelise iindlela zokuzithuthuzela endaweni yokufuna ukuziqinisekisa.  
Qinisekisa: "Ndikhuselekile nokuba ndiziva ndingakhuselekanga . Andidingi kuqinisekiswa ngoko nangoko ukuze ndilunge."

### Inyathelo lesi-4: Yamkela indawo esempilweni

- Ukusondela akufuni uqhagamshelwano rhoqo.

Inkolelo ekhuselekileyo: "Ibhondi ekhuselekileyo ivumela indawo ngaphandle koloyiko."

### Inyathelo 5: Khetha Amaqabane akhoyo ngokweemvakalelo

- Yeka ukulandela ubudlelwane obubonisa amanxeba okuncamathele kwangoko (kushushu / kubanda, ukubamba ngokweemvakalelo).

Khusela isihluzo: Ukungaguquguquki > Ubunzulu

## INKQUBO ZOKUGQIBELA KUYO YONKE IMIXHOLO

Ziqhelise	Yintoni Eyenzayo
Ijenali yokungena yonke imihla	lingoma ezibangelayo kunye nenqubela phambili ekuziphatheni okukhuselekileyo
Ileyibhile yeemvakalelo g	Ukwakha ukulawulwa ngokweemvakalelo (umzekelo, "Ndiziva ndinexhala, ndingathandwa.")
Unxibelewano oluqinisekileyo	Kuyayomeleza ukuzixabisa kwaye kunciphisa ukuxhomekeka ngokweemvakalelo
Hlaziya iingcinga	Ithatha indawo yentlekele ngamabali alungeleleneyo
Unyango (umzekelo, CBT, IFS, okanye i-attachment-based)	Ucombulula oonobangela bengcambu aze aphinde adibanise iipateni zobudlelwane

## Isikhokhelo seSimbo sokuncamatela esiNqandayo-Ukugxotha

Amacebo okuphepha **ayakhusela**, akhohlakele. Zazisoloko zipuhliswa kwindawo apho ukuba sesichengeni kwakuvakala kungakhuselekanga okanye kungahoywa. Ukufudukela kuncamango ekhuselekileyo ayikokuba ngomnye umntu— imalunga nokuba **yinguqulelo yakho edityanisiweyo, efumaneka ngokweemvakalelo**, inyathelo elinye ngexesha.

### Iimpawu eziphamibili :

- Ukuxabisa kakhulu ukuzimela kanye nokuzimela
- Ukuzabalaza ukuthembela kwabanye okanye ukuba sengozini ngokweemvakalelo
- Uzivala phantsi okanye uzibeki kude xa iimvakalelo zisanda
- Uphepha ungquzulwano, ukusondelelana, kanye nokuxhomekeka

**Injongo ekhuselekileyo :** Funda **ukunyamezela ukusondelana, ukuvakalisa iimfuno zeemvakalelo**, kanye nokwakha **ukuxhomekeka omnye komnye** ngaphandle kokuziva uvalelwokanye ulawulwa.

### Ubudlelwane Bentsapho

#### Imingeni:

- Ukurhoxiswa ngokweemvakalelo okanye ukucinya ngexesha longquzulwano
- Ukuphepha iincoko ezinzulu okanye ukuba sesichengeni sosapho
- Ukuaphuka ngokubonwa "ngesidingo" sezalamane

#### Amanyathelo akhuselekileyo:

##### Inyathelo loku-1: Yamkela iNdonga yoKhuseleko

- Chonga xa uziavalela ngokweemvakalelo, uvale, okanye "uhambe ubanda."
- Ibinzana: "Ndiziva ndikhupha-yintoni endizama ukuyiphepha?"

##### Inyathelo lesi-2: Ziqlelanise nokuba semngciphekweni okuPhantsi

- Yabelana ngeenyaniso zovakalelo ezincinci (umz., "Bekunzima kum," "ndizive ndoyisiwe").
- Qala ngamalungu osapho akhuselekileyo— sukuya ngqo kwiindawo ezinongquzulwano olukhulu.

##### Inyathelo lesi-3: Cwangcisa (Musa ukuPhephela) uQhagamshelwano

- Seta ngabom ixesha lokufowuna, ukutyelelwokanye ukujonga imiyalezo. Musa ukulinda ukuba "uzive ngathi."
- Ibinzana: "Ndikukhathalele. Ndiyazi ukuba andisoloko ndikubonisa oko, kodwa ndiyayilungisa loo nto."

#### Inyathelo lesi-4: Cela umngenzi kwiBalisa "loKufuneka"

- Reframe: "Ukufuna abanye akubenzi buthathaka—kwaye ukuxhomekeka kwabanye akundenzi ndibe sesichengeni sokulawula."

#### Ubudlelwane bomsebenzi

##### Imingeni:

- Ukhetha umsebenzi wedwa okanye unxibelelwano olusekwe kumsebenzi
- Imizabalazo nokuxhomekeka kweqela okanye ukuba sesichengeni kwentsebenziswano
- Uyayicaphukela i-micromanagement okanye ingxelo yeemvakalelo

##### Amanyathelo akhuselekileyo:

###### Inyathelo 1: Ziqhelanise nokuVeza okulawulwayo

Intshukumo: Bavumele oogxa bakho ukuba bakungenise kumava akho-ngaphandle kokwabelana ngokugqithisileyo.

Umzekelo: "Le projekthi ibinzima, kodwa ndiyayiqonda." (Uenza umntu ngaphandle kokuvezwa.)

###### Inyathelo lesi-2: Nyamezela ukuXhomekeka omnye komnye

Isenzo: Thembela ekunikeni abanye umsebenzi okanye ekufumaneni uncedo, nokuba uziva ungakhululekanga.

Ibinzana: "Ndihlala ndiyenza ndedwa le nto, kodwa ndicinga ukuba igalelo lakho liza kuyiphucula."

###### Inyathelo lesi-3: Phendula, Musa ukurhoxa

Xa ufumana ingxelo okanye ukugxekwa, kuxhathise umnqweno wokuzikhupha ngokweemvakalelo.

Ibinzana: "Ndidinga umzuzwana wokuyicubungula, kodwa ndiyayiva le nto uyithethayo."

###### Inyathelo lesi-4: Gcina ukungathathi cala ngokweemvakalelo ngaphandle kokubala

Ziqhelanise nokulawula ukungonwabi kunokukugxotha.

Ingcebiso: Sebenzisa umsebenzi wokuphefumla okanye ukubeka phantsi ukuze uhlale ukhona kuxinzelelo phakathi kwabantu.

#### Ubuhlobo

##### Imingeni:

- Ugcina abahlobo bekude ngokweemvakalelo
- Ukhetha ukungakhathali kunobuhlobo obusondeleyo
- Ukungathembi okanye ukungabambisan xa abantu befuna ukusondelana "kakhulu".

##### Amanyathelo okuncamathisela akhuselekileyo:

###### Inyathelo loku-1: Chonga abahlobo abaKhuselekileyo ukuze bazilolonge ngokweemvakalelo

Qala ngabo bahabelana ngokweemvakalelo kwaye bangaphazamisi.

Injongo: Yakha ukuthembana nangakumbi.

**Inyathelo lesi-2: Nikela ngenkxaso ngaphandle kokulungisa okanye ukunqanda**

Isenzo: Yiba khona ngexesha leemvakalelo zabo ngaphandle kokunyamalala okanye ukufundisa.

Ibinzana: "Andisoloko ndilungile kule nto, kodwa ndilapha ngenxa yakho."

**Inyathelo lesi-3: Qalisa uQhagamshelwano**

Musa ukulinda de ube "ulungile" okanye bade bafikelele.

Ziqhelanise nokuthumela isicatshulwa sokungena, ukuseta isidlo sasemini, okanye ubuze umbuzo onzulu.

**Inyathelo 4: Vumela ukungonwabi ngaphandle kokuyeka**

Lindela ukuba ukuvula umlomo kunokuziva kunzima . Loo nto ayithethi ukuba kukho into engalunganga.

UMantra: "Ndiyakwazi ukusinda kubudlelwane obusondeleyo . Kulungile ukuhlala ndikhona nokuba uziva usengozini."

**Ubudlelwane bothando**

**Imingeni:**

- Ubeka phambili ukuzimela geqe kunobudlelwane obusondeleyo
- Uphepha ungquzulwano okanye ukubonakalisa iimvakalelo
- Uziva "evaleleke" okanye efuthaniselwe kukusondela
- Bangenza ukuzimela geqe kwaye bajongele phantsi iimfuno zeemvakalelo (ezabo kunye nabanye' )

**Amanyathelo akhuselekileyo:**

**Inyathelo 1: Nxibelelana Ngemida—Ngaphandle Kweemvakalelo**

Ukukuphepha kudla ngokugquma uloyiko . Funda ukuvakalisa iimfuno zakho ngokucacileyo.

Ibinzana: "Ndidinga indawo yokutshaja kwakhona-hayi ngenxa yokuba ndiqhawula, kodwa kuba oko kundinceda ukuba ndibonakale ngcono."

**Inyathelo lesi-2: Hlala ngokusondeleyo ngokweemvakalelo**

Musa ukubaleka xa ukusondelelana ngokweemvakalelo kusiba nzulu.

Hlala egumbini-nangona ulingeka ukuba uphazamise, ulungise, okanye ukhuphe.

**Inyathelo lesi-3: Thatha imingcipheko ekubonakaliseni uvakalelo**

Yithi "Ndiyakukhumbula," okanye "Iyandikhathaza loo nto," kwanokuba oko kubonakala kuchasene nemvelo.

Khumbula: Ukuba sesichengeni kwakha ukuthembana.

**Inyathelo lesi-4: Hlaziya uBuso obusondeleyo njengamandla, hayi isoyikiso**

ekhuselekileyo : "Ukubonwa akuthethi ukuba ndingakwazi ukuzibamba .

**Inyathelo lesi-5: Khetha amaqabane aKhuselekileyo, aQolileyo ngokweemvakalelo**

Kuphephe ukuleqa abantu abangafumanekiyo ngokweemvakalelo ukuze nje ugcine umgama.

Khetha umntu obuxabisayo ubuhlobo obusondeleyo, unxibelelwano oluthe ngqo, kunye nokuzinza ngokweemvakalelo.

**INKUBO EZINGUNDOQO KUZO ZONKE II DOMAYINI**

Ziqhelise	Indlela Enceda Ngayo
Ileyibhile yeemvakalelo g	Yakha ukuzazi ngokuxhoma ukurhoxa
Amasiko onxibelelwano acwangcisiweyo	Ikhusela umgama ongekho zingqondweni
I-Somatic grounding (umzekelo, umphefumlo, ukuma)	Yehlisa ukuvalwa ngexesha leemvakalelo eziphezulu
lingcebiso kwijenali (umzekelo, "Yintoni endiyiphephayo?")	Ijongene noloyiko okanye iinkolelo ezingekho zingqondweni
Unyango lugxininise kwi-attachment/relational trauma	Ikhulula uloyiko lokuxhomekeka kwaye inceda ukudibanisa ukubonakaliswa kweemvakalelo

## sokuncamathela esingacwangciswa-ga-esoyikeka

Ukuncamathela okungalungelelanisiweyo kuhlala kusekelwe **kumonzakalo wobudlelwane bokuqala**, ke ukuphilisa kuthatha ixesha, umonde, kunye nokhuseleko olungaguqukiyo. Awophukanga —waphenjelewa luthando olungalindelekanga. Kodwa ngomzamo ocwangcisiweyo kunye nobudlelwane obuxhasayo, **unokwakha amabhondi akhuselekileyo, azinzileyo, athembekileyo** ngaphandle kokuncama ukhuseleko lwakho.

### Iimpawu eziphambili :

- Uloyiko olunzulu lokusondelelana kunye nokulahlwa
- Push-tsala dynamics: Ukunqwenela ukusondela kodwa ungakuthembi
- Ukungazinzi ngokweemvakalelo kunye nokudideka kubudlelwane
- Isekelwe kumonzakalo, ukungahoywa, okanye ukungakhathali okungaguqukiyo

**Injongo ekhuselekileyo :** Ukupuhlisa **ukhuseleko Iweemvakalelo, ukuzithemba**, kunye **nokulindela okuzinzileyo kobudlelwane**, ukufunda **ukulawula ukwesaba ngaphandle kokuphepha okanye ukubambelela**.

### Ubudlelwane Bentsapho

#### Imingeni:

- Ukuziva uvuselelwe okanye uphinda uhlukumezeke malunga nabakhathaleli
- Ukubhideka phakathi kothando noloyiko
- Imijikelo yokuphepha, ukuthobela, okanye ukugqabhuva ngokweemvakalelo

#### Amanyathelo akhuselekileyo:

##### Inyathelo 1: Zibone izinto ezikubangelayo

Isenzo: Landela amagama athile, iithowuni, okanye iimeko ezibangela uloyiko okanye ukwahlukana kusapho.

Ibinzana: "Xa umzali wam endigxeka, ndiye ndibayeke—kufuneka ndiziyeke."

##### Inyathelo lesi-2: Misela iMida yezeNgqondo nezeMzimba

Icebiso: Ungaluthanda usapho *ngaphandle* kokubanika ukufikelela okungenamkhawulo.

#### Imizekelo:

- Nciphisa utelelo okanye iminxeba
- Yehlisa iincoko ezingakhuselekanga ngokweemvakalelo
- Lungiselela izicwangciso zokuphuma kwimisitho yoxinzelelo oluphezulu

##### Inyathelo lesi-3: Ziqlhelanise noKhuseleko, hayi ukusebenza

Isenzo: Yala ukndlala umgcini woxolo, isolungisi, okanye isipontshi seemvakalelo.

Ibinzana elikhuselekileyo: "Ndikukhathalele, kodwa andisafumaneki kulo ndima."

##### Inyathelo 4: Yenza iNethiwekhi yoSapho ekhethiwego

Kusenokufuneka ufune unxibelelwano olukhuselekileyo ngaphandle kosapho lwakho lwebhayoloji ukuze uqalise ukuziqhelanisa nezithethe ezintsha zobudlelwane.

## Ubudlelwane bomsebenzi

### Imingeni:

- I-hypervigilance malunga nokugatywa okanye ukugxekwa
- Ubunzima bokuthemba amanani abasemagunyeni
- Imida engafanelekanga-ivuleke kakhulu okanye ivale kakhulu
- Ukoyika ukubonakala okanye "ukufunyanwa"

### Amanyathelo akhuselekileyo:

#### Inyathelo loku-1: Lungiselela iNgxelo kunye noLwakhiwo

Ziqhelanise nempendulo engathathi hlangothi njengesixhobo sokukhula-hayi uhlaselolomntu.

I-Mantra: "Ingxelo lulwazi, hayi ubungqina bokusilela."

#### Inyathelo lesi-2: Misela iiRoutes eziqikelelwego

linkqubo zakha ukhuseleko lwangaphakathi kunye nokunciphisa i-chaos-driven reactivity.

##### Imizekelo:

- Amaxesha okuqalisa/isiphelo angqinelanayo
- Izicwangciso zomsebenzi ezicwangcisiweyo
- Ikhefu ezicwangcisiweyo ukuzilawula

#### Inyathelo lesi-3: Gcina imida ihambelana

Sukuxela kakhulu okanye ufune ukusondelelana ngokweemvakalelo koogxa abangakhuselekanga.

Ukhuseleko lokuziphatha: Gcina ubungcali, misela imida yakho yomsebenzi, kwaye uphephe ukuhleba okanye ukuphazanyiswa ngokweemvakalelo.

#### Inyathelo lesi-4: Yakha uBudlelwane boMsebenzi obuMnye okanye obuMbini obuKhuselekileyo

Ziqhelanise nokuvumela umntu osebenza naye omthembileyo angene. Yabelana ngobuthathaka obuncinci ekuhambeni kwexesha.

Ibinzana: "Le veki ibinzima . Enkosi ngokungena—ndiyayibulela kakhulu."

## Ubuhlubo

### Imingeni:

- Ukoyika ukusondela kodwa uphanziswe ngumgama
- Ururhanelwa kweenjongo zabanye
- Impendulo ezinzulu zeemvakalelo kwizinto ezincinci ezibonwayo
- Uvavanyo lokuziphatha (umzekelo, ukuthala abahlolo kude ukubona ukuba bayabuya na)

### Amanyathelo akhuselekileyo:

#### Inyathelo loku-1: Chonga abahlolo abaKhuselekileyo, abangaguqukiyo

Baphephe abantu abanesiphithiphithi okanye abadlamkileyo ngokweemvakalelo .

Khangela abahlolo aba:

- Landela

- Cela uxolo xa kuyimfuneko
- Yamkele imida yakho

### **Inyathelo lesi-2: Yabelana Ngokuthe chu, Hayi Ngaxeshanye**

Uqhagamshelo olukhuselekileyo lwakha ngokuhamba kwexesha.

Icebiso: Qala ngeenyaniso ezilula okanye izicelo uze ubone ukuba zisabela njani.

### **Inyathelo lesi-3: Phakamisa i-Push-Tsalo Dynamic**

Xa ufunu ukukhupha okanye ukukhwaza, nqumama.

Ziqhelise: "Ndiyoyika ntoni ngoku—ukushiywa okanye ukusondelelana?"

### **Inyathelo lesi-4: Lungisa endaweni Yokunyamalala**

Ukuba ucaphuka ngokugqithisileyo, buyisela kwaye uyinike igama.

Ibinzana: "Ndothuka ndaza ndoyika .Ndifunda ukuyilawula bhetele loo nto."

## Ubudlelwane bothando

### **Imingeni:**

- Ukufuna ukusondela, kodwa ukungathembi iinjongo zamaqabane
- Ukonakalisa amaqaqabane azinzileyo, ukuleqa abangafumanekiyo ngokweemvakalelo
- Umona omkhulu, imiba yolawulo, okanye ukuvalwa
- Umothuko ongasonjululwanga ujongwa kubudlelwane

### **Amanyathelo akhuselekileyo:**

#### **Inyathelo 1: Khetha abaKhuselekileyo, abaFumana ngokweemvakalelo**

Luphephe ubudlelwane obunzulu, obungalindelekanga obubonisa ukwenzakala kwangoko.

Zibuze: "Ngaba ndiziva ndizolile xa ndikunye nabo—okanye ndisoloko ndicaphukile?"

#### **Inyathelo lesi-2: Xela iiMfuno zoMvakalelo ngokuthe ngqo**

Buyisela ukurhoxiswa okanye ukudubula ngokucacileyo.

Ibinzana : "Ndifuna ukuqinisekiswa, kodwa ndiyoyika ukubuza .

#### **Inyathelo lesi-3: Yila iSiko lokujonga ngokweemvakalelo**

Cwangcisa ixesha lokunxibelelana ngokweemvakalelo, ngakumbi xa izinto ziziva "zicimile."

Igcina unxibelelwano luzinzile endaweni yokuba luqhutywe engxakini .

#### **Inyathelo lesi-4: Sebenza noMzimba wakho ukuze ulawule uloyiko**

Xa uqaliswa, sebenzisa umthambo wokumisa phambi kokuba uphendule:

- 4-7-8 ukuphefumla
- Chukumisa into eyenziweyo
- Yithi: "Ndikhuselekile yo .

#### **Inyathelo lesi-5: Sukubhidanisa ubunzulu nobudlelwane obusondeleyo**

Inkolelo ekhuselekileyo: "Ukuzola nokungaguquguquki luthando, akukruquki."

## INDLELA EZIPHAMBILI KUZO ZONKE INDAWO ZOBUDDELWANE

Ziqhelise	Umsebenzi
<b>Ukulandelela ngokweemvakalelo mihla le</b>	Wakha ulwazi lweemvakalelo kwaye achonge iipateni ezisekwe kuloyiko
<b>Unyango olunolwazi ngengozi (umzekelo, i-EMDR, i-IFS, amava eSomatic)</b>	linkqubo zamanxeba angundoqo aqhuba ukuziphatha okungalungelelananga
<b>Amasiko okuzithuthuzela</b>	Ithatha indawo yonxibelewano oluqhutywa yintlekele kunye nozinzo lwangaphakathi
<b>Imodeli ezikhuselekileyo (iincwadi, iipodcasts, amaqela enkxaso)</b>	Uphinda ulindeleke ukuba ubuddelwane obukhuselekileyo bujongeka njani kwaye buzive njani
<b>Iziqinisekiso ezinje: "Ndinokuba kufutshane kwaye ndikhuseleke."</b>	Yenza kwakhona ubuddelwane njengamandla

## Ukuchongwa kweendlela zokuziphatha ezinetyhefu kwabanye

Apha ngezantsi kukho **itafile esebezayo** eyilelwé ukunceda abantu abaneendlela ezaahlukeneyo **zokuncamathela ezingakhuselekanga** ukuba bachonge **indlela yokuziphatha eyityhefu kwabanye** enokuthi isebeenze njengeziqhumiso **kumanxeba** abo okuncamathela . Ukuqaphela ezi patheni kunokuxhasa ukulawulwa ngokweemvakalelo kunye nokumisela umda okunempilo.

Isimbo sokuncamathisela	lindlela zokuziphatha ezinetyhefu kwabanye ezinokukubangela	Kutheni Ikuxhokonxa	Ukuphendula ngokukhuselekile yo kwiZenzo
<b>Ukuxhalaba-Ukuxakeka (Uloyiko lokulahlwa, lufuna ukusondela rhoqo)</b>	<ul style="list-style-type: none"> <li>Ukungafumaneki ngokweemvakalelo</li> <li>Unxibelelwano olungangqinelani yo</li> <li>Ukuphefumla okanye ukuhlamba isonka</li> <li>Ukuthintela uthando</li> <li>Ukuziphatha okushushu kunye nokubanda</li> </ul>	<ul style="list-style-type: none"> <li>Yomeleza uloyiko lokungafunwa, ukulahlwa, okanye "kakhulu"</li> </ul>	<ul style="list-style-type: none"> <li>Yithi: "Ndifuna unxibelelwano oluqhubekeyo ukuze ndizive ndikhuselekile."</li> <li>Beka imida nabantu abangavisisaniyo endaweni yokubaleqa.</li> <li>Gxinisa ekuzithobeni xa ukudibana kulibaziseka.</li> </ul>

Isimbo sokuncamathisela	lindlela zokuziphatha ezinetyhefu kwabanye ezinokukubangela	Kutheni lkuxhokonxa	Ukuphendula ngokukhuselekile yo kwiZenzo
<b>Umkhweli-Ukugxotha (Ukoyika ukuxhomekeka, kuphepha ukusondela)</b>	<ul style="list-style-type: none"> <li>Ukubambelela okanye ukunyanzeliswa kwengqondo</li> <li>Ukwabelana ngokugqithisiley o ngokukhawuleza-ukuba imibuzo</li> <li>limfuno zokufumaneka rhoqo ngokweemvakale lo</li> <li>Ubutyala-ukuhubeka kwindawo</li> </ul>	<ul style="list-style-type: none"> <li>Uziva udinwe, ucinezelekile, okanye uhlaselwe ngokweemvakal elo</li> </ul>	<ul style="list-style-type: none"> <li>Yithi: "Ndikukhathalele , kwaye ndifuna indawo yokutshaja."</li> <li>Misela imida esekelwe kwixesha kunxibelewano loluntu.</li> <li>Ziqhelanise nokunyamezel a ukungakhululeki ngokweemvakale lo ngaphandle kokurhoxa.</li> </ul>
<b>Ukungalungelelanan ga-Abanoloyiko (Uloyiko lokusondelelana kanye nokulahlwa)</b>	<ul style="list-style-type: none"> <li>Ukutshintsha kweemvakalelo ngesiquphe (ibhombu yothando → ukuhla)-</li> <li>Ukulayita igesi okanye ukuxhaphaza</li> <li>Ukuqina ngaphandle kokuhambelana</li> <li>Izoyikiso zokulahlwa</li> <li>I-Passive-aggression or volatility</li> </ul>	<ul style="list-style-type: none"> <li>Izinto ezibangela uloyiko lokwenzakala, ukubanjiswa, okanye ukwaliwa—azikwazi ukuqikelela ukuba yintoni ekhuselekileyo</li> </ul>	<ul style="list-style-type: none"> <li>Yithi: "Ndifuna ukuzinza ngokweemvakale lo kubudlelwane."</li> <li>Qaphela iipateni, hayi izithembiso.</li> <li>Zibeke phambi kokuba usabele</li> <li>Sebenzisa ijenali okanye ukwazi umzimba.</li> </ul>

#### lingcebiso zazo zonke izimbo:

- Qaphela umzimba wakho** : intlizayo ebalekayo, ukuvalwa, okanye isicaphucaphu kungabonisa into ebangela ukubamba.
- Yibhale** : "Yintoni esandula ukwenzeka ? Indenze ndakholelwa ntoni ngam?"
- Thembela ngokuziphatha okungaguqukiyo** ngaphezulu kwekhemistri, ukuqina, okanye amagama.

## Kutheni izitayile zokuncamathela ezingakhuselekanga zifuna ukungasebenzi kakuhle okuqhelekileyo

Abantu abanezimbo zokuncamathela ezingakhuselekanga basoloko befuna ngokungekho zingqondweni ubudlelwane **obubonisa amava obudlelwane bangaphambili**, nokuba loo mavaya ayebuhlungu **okanye engakhuselekanga**.

Ingqondo ithande ukulinganisa "ukuqhelana" "nokukhuseleka," nokuba oko kuhelana kubandakanya ukungahoywa, isiphithiphithi, okanye ukungafumaneki ngokweemvakalelo.

### I-Anxious-Preoccupied Attachment

**Inkolelo engundoqo:** "Uthando aluguquguquki, kwaye kufuneka ndisebenze nzima ukuze ndilufumane."

#### Batsalelwa Kubani :

- Amaqabane angafumanekyo ngokweemvakalelo
- Abantu abanikeza imiqondiso edibeneyo okanye badlale "kushushu-kunye-kubanda"
- Abantu abakuphephayo ukuzibophelela

#### Oku Komeleza Njani Ukungasebenzi:

- Iqinisekisa inkolelo yokuba "zinanzi kakhulu" okanye "azanelanga"
- Ibagcina kwikhonkco lokubonisa ukubaluleka kunye nokusukela ukusondelana
- Ibangela unxunguphalo, ukusebenza ngokugqithisileyo, kunye nokuzithembba

#### Uwaphula Njani Ipateni:

Isenzo	Kutheni Isebenza?
Misa ngaphambi kokuba ulandele ukuqina	Ukuqina kudla ngokuba yimpendulo yokwenzakala, hayi ukusondelana kokwenyani
Buza: "Ngaba ndiziva ndizolile okanye ndisoloko ndinomdla kulo mntu?"	Ubudlelwane obukhuselekileyo buziva buzinzile, hayi ixhala
Yakha ukunyamezelana ngokweemvakalelo ukuzinza	Ziqhelanise nokwamkela "ukukruqula" "njengokukhuselekileyo," hayi "ukungathandi"
Khangela abantu abalandelayo	Ukuhambelana kwexabiso phezu komtsalane okanye ukuleqa

### Isiqhoboshelo sokuNqanda-Ukugxotha

**Inkolelo engundoqo:** Ukuhomekeka kwabanye kundenza ndibe buthathaka .

#### Batsalelwa Kubani :

- Amaqabane anamandla ngokweemvakalelo okanye asweleyo (okuqinisekisa uloyiko lwabo lokubanjwa)
- Abantu ababanqulayo, kodwa abathi ekuggibeleni bangabi naxabiso

- Abantu ababangela ukungonwabi kwabo ngokusondelana

#### Oku Komeleza Njani Ukungasebenzi:

- Iqinisekisa inkolelo yokuba abanye banyanzelisa kakhulu okanye bayafutha
- Iqinisekisa ukukhululeka ngokweemvakalelo okanye ukurhoxa
- Ibethelela ibali labo eliyingcuka eyodwa kwaye ithintele ukusondelelana kokwenyani

#### Uwaphula Njani Ipateni:

Isenzo	Kutheni Isebenza?
<b>Qaphela xa uziva udidekile okanye uphepha</b>	Ukuphepha lukhuselo, kungekhona uphawu lomntu
<b>Khetha amaqqabane ahlonipha imida yakho kodwa abonakale</b>	Ikunceda ukuba wakhe ukuthembana ngokuzimela
<b>Ziqhelanise nokuthiya iimvakalelo, nokuba ngamadosi amancinci</b>	Yakha ukunyamezela ukuba sesichengeni ngaphandle koxinzelelo
<b>Yeka ukwanelisa ukuzimela njengokukhula ngokweemvakalelo</b>	Amandla okwenene aquka ukukwazi ukudibanisa kunye nokuxhomekeka ngokukhuselekileyo

#### Ukungalungelelanisi-Okoyikeka Ukuncamatela

**Inkolelo engundoqo:** "Uthando luyingozi yaye aluqikeleleki . Abantu baya kundenzakalisa okanye bandilahle."

#### Batsalelwu Kubani :

- Ukungazinzi ngokweemvakalelo, ukulawula, okanye amaqqabane angafumanekiyo
- Abantu abatshintshayo phakathi kwe-devaluation kunye nokuhla kwexabiso
- Ubudlelwane obulinganisa ukuxhwaleka: bukhulu, ukungazinzi, ukudideka

#### Oku Komeleza Njani Ukungasebenzi:

- Uzicina zitshixiwe kwimijikelo yomboniso wokwenzakala
- Iqinisekisa ukuba uthando lulingana noloyiko, isiphithiphithi, okanye ukungcatshwa
- Ithintela ukwakhiwa kokhuseleko lwangaphakathi kunye nokuthembana

#### Uwaphula Njani Ipateni:

Isenzo	Kutheni Isebenza?
<b>Chaza umzekelo: "Oku kundikhumbuza oko ndandikwazi ekukhuleni kwam."</b>	Ukuqonda linyathelo lokuqala lokuphazamiseka kwepateni
<b>Cotha uqhagamshelo Iwenqanaba lokuqala</b>	Unika ixesha lokuvavanya ukhuseleko lokwenene kunye nokuhambelana
<b>Beka phambili uzinzo ngaphezu kokuqina</b>	Ubunzulu buhlala bufihla ingozi yobudlelwane, hayi inkanuko

Isenzo	Kutheni Isebenza?
<b>Sebenza nonyango olunolwazi ngomothuko</b>	Ukuphilisa umonzakalo wobudlelwane kufuna okungaphezulu kunokuqonda-kufuna ummiselo, ukhuseleko, kunye nokulungiswa

### Umthetho ngokubanzi kuzo zonke izimbo:

- Ukuba ubudlelwane buziva buqhelekile kodwa bungakhuselekanga ngokweemvakalelo, bubuze.**
- Ukuba ivakala izinzile, ikhuselekile, kwaye ingakhululekanga kancinci ekuqaleni—isenokukhuseleka.**

### Itheyibhile ekhuselekileyo yoBudlelwane

Apha ngezantsi kukho ireferensi ebanzi yetheyibhile yabantu abanezimbo zokuncamathela ezingakhuselekanga, ichaza ukuba ukhuseleko, ubudlelwane obunempilo bujongeka njani kwiimeko ezine eziphambili: usapho, ubuhlobo, umsebenzi, kunye namaqabane abathandanayo.

Inika iinkcukacha ngendlela abantu **abaphathana ngayo**, indlela **ezisingathwa ngayo iingxaki**, kwaye zeziphi **iintshukumo zobudlelwane** ziqhelekileyo kubudlelwane obuncanyathiselwe ngokukhuselekileyo.

Umxholo	Ijongeka njani mihla le	Indlela Abantu Abaphathana Ngayo	Indlela Ezilawulwa Ngayo iingxaki
<b>Usapho</b>	<ul style="list-style-type: none"> <li>lincoko ezipulelekileyo, ezinentlonipho</li> <li>Ukuxhaswa ngokweemvakalelo ngaphandle kokuziva unetyala</li> <li>Ixesha kunye liziva likhuselekile, linganyanzelwanga</li> </ul>	<ul style="list-style-type: none"> <li>Hloniphani ukuzimela geqe</li> <li>Qinisekisa iimvakalelo ngaphandle kokugxotha</li> <li>Khuthaza ukukhula ngaphandle kokulawula</li> </ul>	<ul style="list-style-type: none"> <li>lingxaki zibizwa ngokuthe ngqo</li> <li>Uxolo luyanikelwa kwaye lwamkelwe</li> <li>Imida iyahlonitshwa ngexesha longquzulwan o</li> </ul>
<b>Ubuhlobo</b>	<ul style="list-style-type: none"> <li>Ukungena ngokudibeneyo</li> <li>Uvuyo kunye nenkxaso ekwabelwana ngayo</li> </ul>	<ul style="list-style-type: none"> <li>Ububele obungenazibophele lo</li> </ul>	<ul style="list-style-type: none"> <li>lingxabano zixoxwa ngokuzolileyo</li> </ul>

Umxholo	Ijongeka njani mihla le	Indlela Abantu Abaphathana Ngayo	Indlela Ezilawulwa Ngayo lingxaki
	<ul style="list-style-type: none"> <li>ngaphandle kokuxhomekeka</li> <li>Ixesha lokwahlukana ayisosisongelo</li> </ul>	<ul style="list-style-type: none"> <li>Isithuba sinikiwe kwaye siyahlonitshwa</li> <li>Umahluko uyanyamezelwa, hayi i-pathologized</li> </ul>	<ul style="list-style-type: none"> <li>Ukuqhekeka kuyalungiswa, akuphetshwa</li> <li>Akukho unyango cwaka okanye isiporho</li> </ul>
<b>Ubudlelwan e bomsebenzi</b>	<ul style="list-style-type: none"> <li>Cacisa iindima kunye nokulindela</li> <li>Ingxelo inikezelwa ngendlela eyakhayo</li> <li>Imida phakathi komsebenzi nobomi bomntu iyahlonitshwa</li> </ul>	<ul style="list-style-type: none"> <li>Intloniphoyobuchwephesha nokuba sisiphi na isikhundla</li> <li>Ukuphendula ngokungenazintloni</li> <li>Inkuthazo phezu kolawulo oluncinci</li> </ul>	<ul style="list-style-type: none"> <li>Imiba ishukuxwa ngokucacileyo nangokuzola</li> <li>Izisombululo ziyasebenzisa na</li> <li>Akukho tyala lemidlalo okanye unxantathu</li> </ul>
<b>Amaqabane othando</b>	<ul style="list-style-type: none"> <li>Ukusondelelana ngokweemvakalelo nangokwasemzimbe ni kuvakala kukhuselekile</li> <li>Uthando aluguquguquki, alunamiqathango</li> <li>Ukuzimela kunye nobunye bulungelelene</li> </ul>	<ul style="list-style-type: none"> <li>Ukuvakalisa iimfuno ngokuthe ngqo kwaye ngaphandle kwesohlwayo</li> <li>Bonisa uthando ngokukhululekileyo</li> <li>Xhasani iinjongo kunye nezazisi zomnye nomnye</li> </ul>	<ul style="list-style-type: none"> <li>Xoxani ngokungaboni ngasonye ngaphandle koloyiko okanye isiphetho</li> <li>Ukusombulula ungquzulwano kufike ngexesha kwaye kulungile</li> <li>Ukhuseleko lweemvakalelo luyagcinwa ngexesha leengxabano</li> </ul>

**Amanqaku kubantu abanesiqhoboshelo esingakhuselekanga:**

- **Ukuvumelana** luhawu lobudlelwane obukhuselekileyo-kungekhona ukuqina.
- **Ukungavisani** asikokwaliwa; indlela umntu aphatha ngayo ukuba sesichengeni kwakho kuthetha ngaphezu kokuba "ukuthanda" kangakanani.
- Ukuba ubuhlobo **bufuna ukuba ulahle iimfuno zakho, ukuzihlonela, okanye impilo-ntle ngokweemvakalelo**, ayikhuselekanga—nokuba ithini na.
- Ubudlelwane obunempilo **bakhiwa, abufumaneki**. Bakhula ngokuphendula **okwabelwanayo, ungquzulwano olukhuselekileyo, kunye nokukhathalelana**.

## **Iingcebiso zokulawula ukungakhuseleki kwi Ubudlelwane bothando obukhokelela kumona kunye nokungathembeki .**

Ngokusebenza ezi ngcebiso ngokucwangcisiweyo, unokunciphisa ukubamba ukungakhuseleki kwaye ukhuthaze ubudlelwane obunempilo, obuthembekileyo.

### **• Kuvume Ukungakhuseleki Kwakho**

- Qonda kwaye wamkele ukuba iimvakalelo zakho zokungazithembi luxanduva lwakho.
- Ukuzikhanyela okanye ukungazihoyi kuzivumela ukuba zikhule kwaye zibe mandundu.

### **• Chonga Oyena nobangela**

- Cinga ngesizathu sokuba uziva ungakhuselekanga.
- Ngaba ngamava exesha elidlulileyo, uloyiko lokulahlwa, ukuzithemba okuphantsi, okanye ukuziphatha kweqabane lakho?
- Ukuqonda unobangela kubalulekile ukuze kulungiswe ngokufanelekileyo.

### **• Ncokola Ngokucacileyo Nokuzola**

- Thetha ngeemvakalelo zakho kunye neqabane lakho ngaphandle kokutyhola okanye ukusola.
- Sebenzisa amagama athi "I" ukuchaza indlela oziva ngayo kunye nento ebangela umona wakho, kunokuba uhlaele umlingiswa wabo.

### **• Misela kwaye Uyihlonele imida**

- Misela imida ecacileyo kunye neqabane lakho elijongene nokungakhuseleki kwakho ngokwakhayo.
- Qinisekisa ukuba le mida ifanelekile kwaye kuvunyelwene ngayo ukuze kukhuthazwe ukuthembana.

### **• Gxininisa Ekwakheni Ukuzithemba**

- Sebenza ngokuzithemba kwakho kunye nokuzixabisa ngokuzimeleyo kubudlelwane.
- Zibandakanye kwimisebenzi eqinisekisa ixabiso lakho kwaye uphuhlise ubuwena ngaphandle kwentsebenziswano.

### **• Kuphephe ukucing kune nokutsibela kwiZiggibo**

- Ungavumeli ingqondo yakho igcwaliye izithuba ngezona meko zimbi kakhulu.
- Ukuthembela kufuna ubungqina, hayi intelekelelo.

### **• Ziqlhelise Ukuba Nomonde Nokungaguquguquki**

- Ukuthembana nokhuseleko kuthatha ixesha ukwakha.
- Ukuziphatha okuhambelanayo, okuthembekileyo kumaqabane omabini kunceda ukunciphisa ixhala kunye nomona.

### **• Cinga ngoNcedo lobuGcisa ukuba luyafuneka**

- Ukuba ukungakhuseleki kunye nekhwele libukhali okanye lithe gqolo, funa iingcebiso.
- Unyango lunokubonelela ngezixhobo zokulawula iimvakalelo kunye nokuphucula ubudlelwane bobudlelwane.

### **• Nciphisa iMedia yeNtlalo kunye neZixhokonxa zangaphandle**

- Imidiya yoluntu inokwandisa umona kunye nokungaqiniseki.

- Zibekele imida ekubhencekeni ukuba oko kubangela iimvakalelo ezingakhiyo.

**• Gxila Kwizibakala, Kungekhona Uloyiko**

- Ukuthembela kwakho kusekele kwisimilo seqabane lakho, hayi uloyiko lwakho okanye kuthini-ukuba.
- Gcina imbono esengqiqweni.

## **Iingcebiso zokulawula uKusondelana kubudlelwane kunye nobunye ubudlelwane obutsha**

Ezi zicwangciso zinceda ukwakha **ubudlelwane obukhuselekileyo, obuzinzileyo** ngaphandle kokuzoyisa wena okanye abanye.

**1. Ziqonde iipateni Zakho**

- Cinga ngamaxesha apho uziva unyanzelekile ukuba wabelane ngokukhawuleza kakhulu okanye ufune ukuqinisekiswa rhoqo . Ukuqonda linyathelo lokuqala lokutshintsha.

**2. Misela imida ecacileyo yobuqu**

- Gqiba ngezihloko okanye iinkcukacha zobuqu okhululekileyo ukwabelana ngazo kwanethuba . Kulungile ukubamba kwaye uzityhile ngokuthe ngcembe.

**3. Qhuba uBudlelwane**

- Vumela ubudlelwane bukhule ngokwemvelo ngokuhamba kwexesha . Kuphephe ukungxamela ukuncokolisana ngokweemvakalelo okanye ukudibana rhoqo.

**4. Gcina Ubomi Bakho**

- Qhubeka nezinto onomdla kuzo, izinto ozonwabisa ngazo, kunye nolunye uxibelelwano loluntu . Olu lungelwano luthintela ukuthembela ngokugqithisileyo kumntu omnye kwiimfuno zeemvakalelo.

**5. Ziqhelise ubuchule bokuZipholisa**

- Xa uziva uxhalabile malunga nokuxhamla okanye ukulahla ukwesaba, sebenzisa iindlela zokumisa (ukuphefumla ngokujulile, ukukhumbula) endaweni yokufikelela ngokukhawuleza.

**6. Nxibelelana ngemida Ngokucacileyo nangobubele**

- Ukuba uziva ukhathazekile okanye ubona omnye umntu erhoxa, thetha naye ngokuzolileyo: "Ndiyaqonda ukuba bendisabelana ngokukhawuleza kakhulu; ndifuna ukuqiniseka ukuba sikhululekile ngesantya."

**7. Nciphisia uQhagamshelwano rhoqo**

- Kuphephe ukuthumela imiyalezo okanye ukufowuna kakhulu, ngakumbi kwanethuba . Cwangcisa uxibelelwano ngokucinga ukukhuthaza umgangatho ngaphezelu kobuninzi.

**8. Zibuze: "Ngaba Ndifuna Uqhagamshelwano okanye Uqinisekiso?"**

- Oku kunceda ukwahlula iqhina lokwenyani kwiindlela zokuziphatha eziqhutywa lixhala.

**9. Funa Impendulo**

- Ukuba awuqinisekanga, cela abahlobo abathembekileyo ngengxelo enyanisekileyo malunga nokuziphatha kwakho kubudlelwane.

**10. Qwalasela iNkxaso yobuGcisa ukuba iyafuneka**

- Unyango lunokunceda ukuphonononga iingcambu zokusondelana ngakumbi kunye nokupuhhlisa imikhwa esempilweni yokunxulumana nabantu.

## Iingcebiso kubantu abachitha ubudlelwane

Ukuba utyekele **ekonakalisa ubudlelwane** —nokuba uyazi okanye akunjalo— njengenxalenye yemibandela yonxulumano engasonjululwanga, kubalulekile ukulungisa uloyiko olusisiseko, ukungathembani, okanye ukungonwabi ngokusondelana ekuqhubeni ukuziphatha . Apha ngezantsi kukho **iingcebiso ezisebenzayo, ezicwangcisiweyo** zokuphazamisa le pateni kunye nokuya kwicala elinempilo, unxibelewano olukhuselekileyo.

**Imbubhiso lukhuselo, hayi isiphene** . Ufunde ukuzikhuela ngeendlela ezonakalisa ulwalamano lwenu ngoku—kodwa ngokuqonda nangomgudu oqhubekayo, unokuyeka **uloyiko uze wakhe amaqhina akhuselekileyo, azinzileyo** .

### Iingcebiso zokoyisa i-Relationship Sabotage eqhutywa yiMiba eqhotyoshelweyo Chonga iipateni zakho zokutshatyala

Qala ngokuchaza ngokuthe ngqo *idlela* ochitha ngayo:

- Ukukhetha ukulwa ngexesha lokusondelelana
- Ukuphefumla okanye ukurhoxa ngaphandle kwesizathu
- Ukugxeka kakhulu okanye ukungafumaneki ngokweemvakalelo
- Ukndlala ngothando nabanye ukwenza umgama
- Ukuphelisa izinto "ngethuba" ukuphepha ukwenzakaliswa

**Isenzo:** Yenza uludwe olubhaliweyo lweendlela zokuziphatha othanda ukuzibandakanya kuzo xa izinto ziziva "zisondele kakhulu" okanye zisemngciphekweni ngokwasemphefumlweni.

### Xela uvakalelo phantsi kokuziphatha

I-sabotage ihlala iqhutywa ziimvakalelo ezifihlakeleyo ezifana nezi:

- Ukoyika ukulahlwa okanye ukwaliwa (ukukhathazeka)
- Ukoyika ukulawulwa okanye ukugqunywa (ukuphepha)
- Ukudiva ungakhuselekanga ngenxa yomothuko wangaphambili (ukungalungelelani)

**Isenzo:** Xa uziva ufunya ukonakaliswa, nqumama uze ubuze: "*Ndiziva njani ngoku—ndisengozini, ndisoyika, ndingathembi, ndineentloni?*" Ukuthiya imvakalelo kuphazamisa ukusabela okuzenzekelayo.

### Misa kwaye ulibazise ukusabela

Xa uziva ubangelwe okanye uphakuzela:

- **Musa ukwenza ngoko nangoko** . Zinike iiyure ezingama-24 zokuphendula okanye wenze isigqibo .
- Zikhumbuze: "*Ungxamiseko alucacanga.*"

**Intshukumo:** Sebenzisa ijenali okanye i-app yenowuthi yelizwi ukuvakalisa into ofuna *ukuyithetha* okanye ukuyenza-ngaphandle kokuyenza .

### **Yahlula iNdawo yangoku kwiNdala**

Uninzi lweendlela zokonakalisa iindlela zokuzikhushela ezifundwe kubudlelwane bangaphambili (kaninzi ebuntwaneni).

**Isenzo:** Zibuze:

"Ingaba le ndlela yokusabela ngalo mntu, okanye umntu wam wangaphambili?"  
"Ngaba lo mntu undingcatshile-okanye ndicinga ukuba baya kwenza njalo?"

### **Ziqhelanise nobuthathaka obuncinci**

Qala ngokunyaniseka okuphantsi:

- Vuma xa uziva usoyika okanye ungaqinisekanga
- Yabelana ngemfuno okanye umda ngentloniphoo
- Bonisa uthando nokuba kubonakala kuyingozi

**Isenzo:** Chonga indawo ibe nye apha unokuthi uvuleke kancinci ngaphandle kokuzoyisa.

### **Yiba Sekuhleni Kubantu Obathenjiwego**

Ukuba ukubudlelwane (ubuhlobo okanye uthando), chaza ipateni.

**Umzekelo:** **"Ngamanye amaxesha** ndiyе ndoyike ndize ndimke . Oku kwakha ukhuseleko kunye nokuphendula.

### **Phuhlisa uKhuseleko IwaNgaphakathi**

Ubuchule bokuzithoba bunciphisa uxinzelelo lokulawula abanye okanye ukubaleka.

- Ukuba nengqondo
- Umsebenzi wokuphefumula
- Umsebenzi wangaphakathi womntwana
- Iziqinisekiso ezilungileyo ezifana:

*Ndiyakwazi ukunyamezela ukusondelana . Ndikhuselekile naxa ndisengozini.*

### **Khetha uBudlelwane obuxhasa ukuPhilisa**

Kuphephe ukungafumaneki ngokwasemoyeni, ukungaqikeleleki, okanye amaqbane anesiphithiphithi.

- **Abantu abakhuselekileyo, abangaguquguqukiyo, abahloniphekileyo** bancedisa ukuqinisa iipateni eziphilileyo.
- **Umdlalo uphembelela ukonakala** —ukuzinza kubangela utshintsho.

### **Umkhondo kwaye ubhiyozele iiWunes ezincinci**

Qaphela xa *ungonakalisi* :

- Uvakalise ukungakhululeki ngaphandle kokutyhala umntu.
- Wahlala unxibelelwano nangona uloyiko.
- Ubuye emva kokugqabhu ka endaweni yokuba unyamalale.

**Senzo:** Log lamzuzu . Ubungqina bokukhula bukhulisa ukuthembela kuwe.

### **Yenza Umsebenzi Onzulu**

I-sabotaging ayifane ibe ngumba okumgangatho ophezulu . Ngokufuthi kubandakanya ukwenzakala, ukungcatshwa, okanye ukungahoywa ngokweemvakalelo.

Qwalasela:

- **Unyango olugxile kwi-Attachment**
- **lindlela ezinolwazi ngokwenzakala (umzekelo, EMDR, IFS)**
- **Unyango Iweqela** lokuziqhelanisa nobudlelwane

## Amaphepha okusebenzela

### UKUVAVANYWA KWE SIMBO SAM ESAM SOKUNCAMATHELA

Eli phepha lomsebenzi lenzelwe ukukunceda usiqonde ngcono **isimbo sakho sokuncamathela** -indlela oqhele ukunxulumana ngayo nabanye kubudlelwane obusondeleyo . Ukufumana ukuqonda kwisitayile sakho sokuncamathela linyathelo lokuqala lokwakha **unxibelelwano olusempilweni, olukhuseleke ngakumbi** .

#### Icandelo 1: Ukuncamathisela okuKhawuleza ukuziVavanya

Phendula ezi nkazo zilandelayo **ngokunyaniseka** , ngokusekelwe kwindlela oqhele ukuziva ngayo kwaye uziphathe ngayo kubudlelwane obusondeleyo (izothando, intsapho, abahlobo abasondeleyo) . Sebenzisa isikali:

- **1- Andivumi kakhulu**
- **2 – Andivumi**
- **3 – Phakathi / Ngamanye amaxesha**
- **4 – Vuma**
- **5 - Ndivuma ngokungqongqo**

#	Ingxelo	Amanqaku (1-5)
<b>1</b>	Ndikufumanisa kulula ukubathemba abantu abasondeleyo kum.	
<b>2</b>	Ndinexhala kakhulu ngokulahlwa okanye ukwaliwa.	
<b>3</b>	Ndiziva ndingakhululekanga ngokuxhomekeke kwabanye.	
<b>4</b>	Ndidla ngokufuna ukuqinisekiswa kwabo basondeleyo kum.	
<b>5</b>	Ndikhetha ukungabonisi abanye indlela endiziva ngayo emazantsi entliziyo.	
<b>6</b>	Ndikufumanisa kulula ukusondela ngokweemvakalelo ebantwini.	
<b>7</b>	Ndihlala ndiziva ukuba abanye abafuni ukusondela njengam.	
<b>8</b>	Ndizama ukukuphepha ukuxhomekeka kakhulu kwabanye.	
<b>9</b>	Ndiqinisekile ukuba abanye baya kundinceda xa ndibafuna.	
<b>10</b>	Ngamanye amaxesha ndifuna ukusondelana, kodwa ndiziva ndisoyika.	

#### Icandelo 2: Tolika amanqaku akho

Yahlula imibuzo ngokweendidi . Itotali yamanqaku odidi ngalunye.

#### I-Attachment ekhuselekileyo

(Imibuzo 1, 6, 9)

Iyonke: \_\_\_\_\_

Amanqaku aphezulu (12–15): Kusenokwenzeka ukuba unesimbo sokuncamathela esikhuselekileyo.

Amanqaku aphakathi (8–11): Usenokukhuseleka ubukhulu becalo kodwa ube nemikhwa ethile yokuzivavanya.

### Ukuncamathela okunexhala

(Imibuzo 2, 4, 7)

#### Iyonke: \_\_\_\_\_

Amanqaku aphezulu (12–15): Usenokuba unexhala (lokukhathazeka) isimbo sokuncamathela.

Amanqaku aphakathi (8–11): Eminye imikhwa yokuxhalaba inokuchaphazela ubudlelwane bakho.

### Kuphephe ukuncamathela

(Imibuzo 3, 5, 8)

#### Iyonke: \_\_\_\_\_

Amanqaku aphezulu (12–15): Kusenokwenzeka ukuba unendlela yokuthintela (egxothayo) yokuncamathela.

Amanqaku aphakathi (8–11): Usenokuba nemikhwa yokuphepha ethintela ukusondelelana.

### Ukuncamathisela okungalungelelanisiweyo

(Umbuzo 10; kwakhona qwalasela amanqaku aphakathi-phezulu kuzo zombini iAnxious and Avoidant)

#### Amanqaku: \_\_\_\_\_

Amanqaku aphezulu (4-5) apha, ngokukodwa adibaniswe namanqaku aphezulu axhalabileyo kunye nokuphepha, angabonisa indlela yokuncamathela **engalungelelananga (eyoyikayo)**.

### Icandelo 3: Imibuzo ecamngcayo

- Sesiphi isimbo sokuncamathela esiwafanelo kakhulu amava akho, ngokusekwe kwiziphumo ezingentla?**

*Bhala izivakalisi ezimbalwa ukuchaza isimbo sakho ngawakho amazwi.*

- Ingaba esi simbo sokuncamathela sibonakala njani kubudlelwane bakho obusondeleyo (umzekelo, ezothando, usapho, izihlobo)?**

- Zeziphi iimeko ezikwenza uhive ungakhuselekanga, uziphepha, okanye uxhomekeke kakhulu kwabanye?**

4. Ubudlelwane "obukhuselekileyo" bunokujongeka njani kwaye buzive njani kuwe ? Yahluke njani loo nto kwiipateni zakho zangaphambili okanye zangoku?

#### Icandelo 4: Amanyathelo Alandelayo

- Yiza neli phepha lomsebenzi kunyango okanye kwiingcebiso ukuba ufunza isikhokelo sobuchule.
- Phinda ujunge oku emva kokufunda ngakumbi malunga nezitayile zokuncamathela kune nokwenza umsebenzi weemvakalelo.
- Cinga ngokubhala ijenali yonke imihla ukuze ulandele indlela yokuziphatha kwakho okuncamathelayo nokuvelayo.

**Akukho simbo sokuncamathela silungiswayo . Ngolwazi kune nomzamo owenziwe ngabom, ungaya kwindlela ekhuselekileyo nenelisayo yokunxibelelana.**

## IMINGENI YEMIHLA NGEMIHLA YESIMBO SOKUNCAMATHISELA (IINTSUKE EZILI-10 ISITAYILE NGASINYE)

Nantsi imiceli mngeni ecwangcisiweyo yeentsuku ezingama-30 eyaphulwa ngesitayile sokuncamathelisa—Ukuxhalaba-Ukukhathazeka, Ukunqanda-Ukugxotha, kunye nokuPhathwa-Uloyiko-nomsebenzi omnye osebenzayo ngosuku ukupuhlisa ngokuthe ngcembe iindlela zokuziphatha ezinamathele.

Umsebenzi ngamnye wakha ukomelela ngokweemvakalelo, ukuzazi, kunye nemikhwa esempilweni yobudlelwane.

<b>Usuku</b>	<b>Ukuxhalaba-Ukulixirakekisa (Ukufuna kakhulu ukusondela, ukoyika ukulahlwa)</b>	<b>Ukunqanda-Ukugxotha (<i>Uloyiko lokuxhomekeka, ukuphepha ukusondela</i>)</b>	<b>Ukungacwangciswaanga-Uloyiko (<i>Uloyiko lokusondelelana kunye nokulahlwa</i>)</b>
<b>1</b>	Bhala phantsi abantu aba-3 ofuna ukuqinisekiswa kwakho ngokuggithisileyo	Chonga iindlela ezi-3 zokuqhawula unxibelelwano ngokweemvakalelo kubudlelwane	Ijenali: "Xa ndisondela kwabanye, ndiqalisa ukuziva..."
<b>2</b>	Yiya iiyure ezi-4 zokuvuka ngaphandle kokujonga ifowuni yakho / intlalontle ukuze uqiniseke	Chitha imizuzu engama-30 nomntu omthembileyo ngaphandle kokwenza izinto ezininzi	Ziqhelanise ne-5-5-5 yokuphefumla xa uziva ukhululekile
<b>3</b>	Zibuze ngaphambi kokuba uthumele i-sms: "Ngaba ndifuna ukhuseleko okanye ulawulo?"	Thumela umyalezo kumhlobo wakho ukuba aqalise i-hangout	Chonga kwaye ubhale izinto ezi-3 ezibangela ukutyhalatsala
<b>4</b>	Zibekele umda— nokuba mncinane— nomntu namhlanje	Chaza inyani encinci yeemvakalelo emntwini (umz., "Bendisoyika")	Yithi "Ndidinga ikhefu ukuze ndibuyisele" xa ndivuseleleke kakhulu ngokweemvakalelo
<b>5</b>	Ukulibazisa ukuphendula kwisicatshulwa esikunika ixhala-linda i-30 mins	Yamkela uncedo lomntu namhlanje, nokuba uziva ungakhululekanga	Zoba imephu yobudlelwane obukhuselekileyo vs obungakhuselekanga ukusuka kwixesha lakho elidlulileyo
<b>6</b>	Dwelisa izinto ezi-5 ozithandayo malunga nawe ezingasekelwanga kubudlelwane	Bhala inqaku lokubulela kumntu oqhele ukumgcina kumde	Chonga iipatheni zakho zokuphendula ngokweemvakalelo (umlo, ukubhabha, umkhenkce, ifawn)

<b>Usuku</b>	<b>Ukuxhalaba-Ukuziwakekisa (Ukufuna kakhulu ukusondela, ukoyika ukulahlwa)</b>	<b>Ukunqanda-Ukugxotha (Uloyiko lokuxhomekeka, ukuphepha ukusondela)</b>	<b>Ukungacwangciswa-Uloyiko (Uloyiko lokusondelelana kanye nokulahlwa)</b>
<b>7</b>	Buza umntu ukuba banjani ngaphandle kokuziphakamisa	Yithi "Ndikukhathalele" ngaphandle kokuyinciphisa emva koko	Bhala inguqulelo yakho efanelekileyo yobudlelwane obukhuselekileyo
<b>8</b>	Chitha iyure enye usenza into uwedwa ngaphandle kokuphazamiseka	Cinga ngendlela ukuphepha ukuba sesichengeni okukhuselé ngayo-kwaye kwakunciphisa	Chonga umntu "okhuselekileyo" kwaye umxelele into encinci kodwa eyinyani
<b>9</b>	Xelela umhlobo okanye iqabane: "Bendiziva ndinexhala kwaye ndifuna ukusondelana"	Yazisa umntu ukuba ucinga ngaye (ngaphandle kwesizathu)	Bhala iletä eya kuhlobo lwakho oluncinci olunikezela ngokhuseleko
<b>10</b>	Sukuqhagamshelana nomntu othe wachitha imini yonke	Yabelana ngenkumbulo yakho nomntu osebenza naye okanye omaziyo	Xa uziva ufunu ukurhoxa okanye ucaphuke—nqumama, chaza indlela ovakalelwá ngayo, uze uyibhale phantsi

#### Kusetyenziswa kwanjani:

- Yenza **umsebenzi omnye ngosuku** ngokusekwe kwipatheni yakho yokuncamathela ephambili.
- Ungaphinda umjikelo kaninzi, xuba imingeni, okanye wongeze ijenali ecaleni.
- Usukelo **asikokugqibelela**, kodwa **kukuphazamiseka** —ngokuthe ngcembe ukwakha imikhwa emitsha yolwalamano.

## KHUSELA EMSEBENZINI-IPAKETHI YEPEHPA LOKUSEBENZA

La maphepha okusebenzela ajongana ngokuthe ngqo indlela amanxeba okuncamathisela anokuchaphazela ngayo amandla kunye **namanani amagunya**, **oontanga**, kunye **nengxelo**, kunye nendlela yokutshintshela kwiipateni ezikhuselekileyo.

## UKUPHATHA IGUNYA KUNYE NEDYNAMICS ZAMANDLA

**Injongo:** Qonda ukusabela kwigunya kwaye uhlengahlengise amandla okutshintsha ukusuka kwisoyikiso ukuya kwintsebenziswano.

### Amacandelo:

- Uhlalutyo lwemeko:
  - "Xa umphathi wam engavumelani nam, ndiziva..."
  - "Ndicinga ntoni ngabantu abaphetheyo?"
- Isikhokelo sohlengahlengiso:
  - "Endaweni yokubona igunya njengokwaliwa / ulawulo, ndiyakwazi ukulijonga njenge..."
  - "Lubonakala njani ubudlelwane obunempilo nobunkokeli?"

### Isixhobo esiSebenzayo:

- Izikripti zengqinisekiso yobungcali (umzekelo, "Ndiyayiva inkxalabo yakho- ingaba ndingacacisa indlela endicinga ngayo?")

I-SENARIO YEGUNYA	IMPENDULO YAM EQHELEKILEYO	IMPENDULO EHLAZIYIWEYO

## UKUGXEKWA NGAPHANDLE KOKUWA

**Injongo:** Yakha amandla okufumana ingxelo ngaphandle kokuzenzela okanye ukuvala.

ICANDELO LOKUGXEKA	IMPENDULO YAM EQHELEKILEYO	YINTONI INTO EYENZAYO KUM	NDIVA NTONI	NDIZIPHATHA NJANI / NDIZIPHATHA	IMPENDULO YAM EHLAZIYIWEYO
Into endihlala ndiyicinga kwaye ndiyenze xa ndifumana ukugxekwa...					<i>" Ndimoshe yonke into," Zama : " Ndiyafunda .</i>

**Phinda ubhale isigxeko samva nje usebenzisa ulwimi olukhuselekileyo,  
olungakhuseliyo.**

## INTSEBENZISWANO KUNYE NE MIDA YE NTSEBENZISWANO

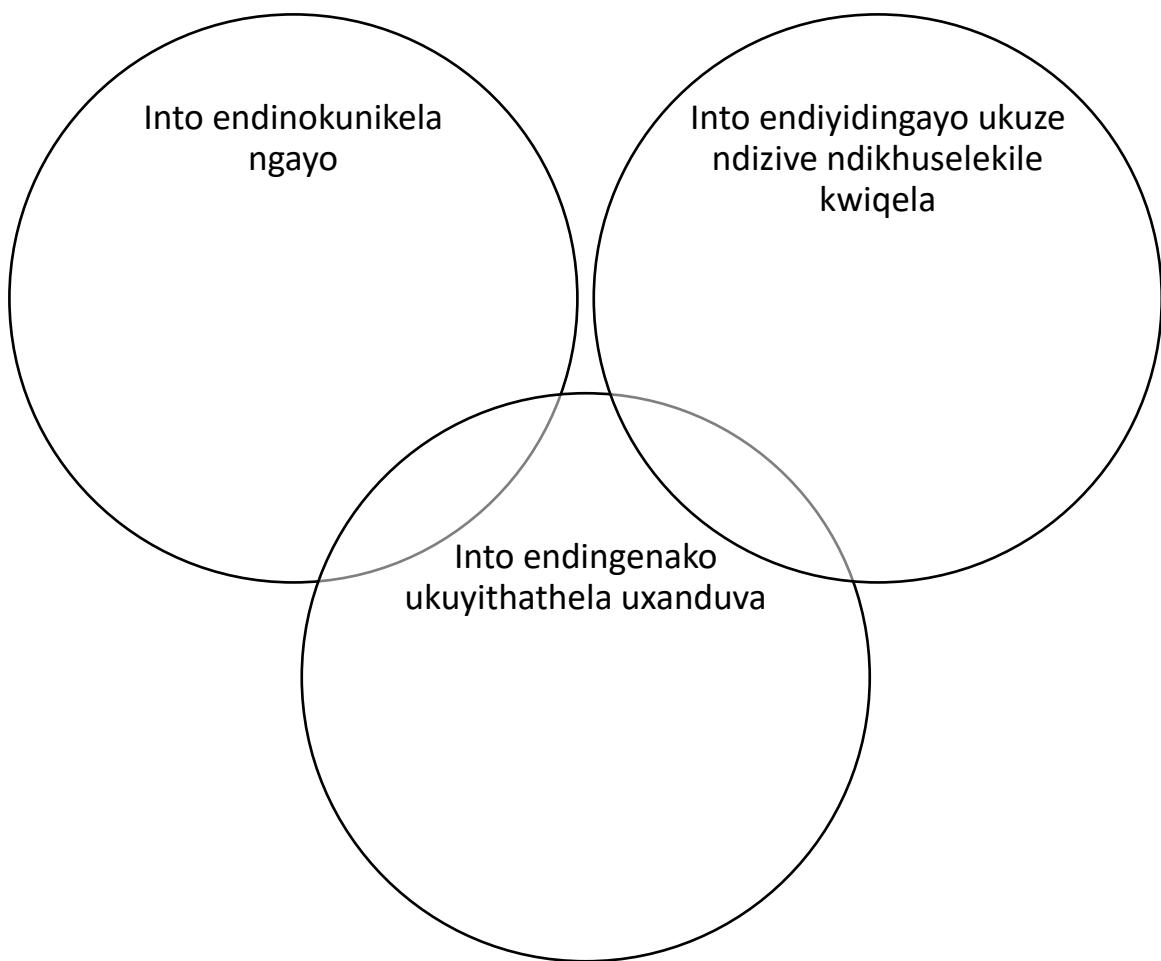
**Injongo:** Ziqhelanise nokuthatha inxaxheba okunempilo kunye nokumisela imida kumsebenzi wentsebenziswano.

**Ijongeka Njani Ukusebenza Ngokugqithisileyo (EG, Ukugqibelela, Ukuthatha Kakhulu )**

**Ijongeka njani i-Under-Functioning (EG, Ukwahlulwa, Ukuthintelwa)**

**Ukucamngca: "Yintoni endiyoyikayo kwiiSetingi zeQela?"**

## Imephu yemida



## Ucelomngeni olukhawulezileyo

- Kule veki, ndiza kuzihelanisa nokuthi 'hayi' okanye 'hayi okwangoku' kunxibelewano olunye lobuchwephesha."

## UMCWANGCISI WONXIBELELWANO OKHUSELEKILEYO

**Injongo:** Nceda abasebenzisi balungiselele incoko enzima okanye ebalulekileyo yomsebenzi ngolawulo lweemvakalelo kune nokucaca.

Imeko	Phambi kwencoko		Yintoni endifuna ukuyichaza ngokucacileyo?	Yintoni endiyoyika ukuba inokwenzeka?	Bhala impendulo usebenzisa amabinzana angathathi hlangothi, ngokuthe ngqo, akhuselekileyo
	Yintoni injongo?	Yiyiphi imvakalelo endiyithweleyo?			

## "KHUSELA EMSEBENZINI" INKQUBELA PHAMBILI YOKULANDELELA

Landela inkqubela kwiiveki ezi-4 kwiindawo ezifana nezi:

- Ukucela uncedo
  - Ukufumana ingxelo ngaphandle koloyiko
  - Ukunxibelelana ngokuqiniseka
  - Ukuthatha inxaxheba kwizigqibo zeqela
  - Ukunciphisa ukusebenza kakhulu okanye ukuphepha ukuziphatha

INQAKU :

### 3: Iphunyeziwe nkqubela

## 2: Inkqubela phambili

0: Akukho

IMISEBENZI	IVEKI 1	IVEKI 2	IVEKI 3	IVEKI 4

### IFUNA UKUCHONGWA KUNYE NESIKHOKELO SONXIBELELWANO

**Injongo:** Nceda abantu baqaphele iimfuno zabo zovakalelo kwaye bafunde indlela yokuzibonakalisa ngokucacileyo, ngentloniph, kwaye ngokukhuselekileyo-ibaluleke ngakumbi abo baphilisa iipateni zokuncamathela ezingakhuselekanga.

### ICANDELO 1: CHONGA IIMFUNO ZAKHO EZINGUNDOQO

**Imiyalelo:** Hlaziya iindidi ezingezantsi . Beka i -✓ ecaleni kweemfuno ezihambelana nawe kakhulu kubudlelwane.

Udidi	Iimfuno eziqhelekileyo zengqondo
<b>Ukhuseleko kanye nozinzo</b>	<input type="checkbox"/> Ukungqinelana <input type="checkbox"/> Ukuqikelelwa <input type="checkbox"/> Ukunyaniseka <input type="checkbox"/> Ukhuseleko ngokweemvakalelo
<b>UQhagamshelwano &amp; nokuValeka</b>	<input type="checkbox"/> Ukubonwa/ukuvienda <input type="checkbox"/> Uthando lomzimba <input type="checkbox"/> Ixesha elisemgangathweni <input type="checkbox"/> Ukwabelana ngamava
<b>Ukuzimela kanye nentloniph</b>	<input type="checkbox"/> Isithuba <input type="checkbox"/> Ukuzimela <input type="checkbox"/> Imida ihlonitshiwe <input type="checkbox"/> Ukuthenjwa
<b>UQinisekiso kanye nokuQondwa</b>	<input type="checkbox"/> Ukuziva uxatyisiwe <input type="checkbox"/> Ukuxabisa <input type="checkbox"/> Uvelwano <input type="checkbox"/> Uqinisekiso lwexabiso
<b>Inkxaso kanye nokuthembeka</b>	<input type="checkbox"/> Ukuxhomekeka <input type="checkbox"/> Ukhuthazo <input type="checkbox"/> Uncedo xa lufuneka <input type="checkbox"/> Ukusombulula ingxaki kanye

## ICANDELO 2: CACISA OKO UKUFUNAYO NGAMAZWI AKHO

**Imiyalelo:** Khetha 2-3 iimfuno ozijongileyo ngasentla . Bhala ingxelo yento nganye ecacisa imfuno ngolwimi lwakho.

**Umzekelo:** " Ndifuna ukungaguquguquki kunxibelewano .

→ Yenziwe ngokutsha ngokukhuselekileyo: "*Ukungena rhoqo kundinceda ndizive naikhuselekile kwaye ndisekelwe kunxibelewano lwethu.*"

Kufuneka	Impendulo yakho engakhuselekanga (Intoo qhele ukuyenza/uyithetha)	Ukhuseleko IweNgxelo yoNxibelewano

### ICANDELO LESI-3: UKUZIQHELANISA – iREAL-LIFE TRANSLATION

**Imiyalelo:** Gcwalisa izibhengezo ezingezantsi malunga nemeko yakutshanje okanye yangoku apho imfuno yakho ingahlangatyezwanga .

#### Imeko:

*Chaza oko kwenzekayo: "Ndacela uncedo kwiprojekthi ethile yaye andahoywa."*

#### Into endiyivayo:

"Akubalulekanga, kuxhalabile."

#### Imfuno emva kovakalelo:

"Kufuneka ndizive ndixhaswa kwaye ndiviwe."

#### Into ebendingwenela ukuba bendiyithethile (iSimbo esikhuselekileyo):

Xa ndingeva nto , ndiye ndiqalise ukungaqiniseki ukuba simi phi .

### ICANDELO LESI-4: IFOMULA YONXIBELEWANO OLUKHUSELEKILEYO

Sebenzisa le fomula yesivakalisi ukubonisa iimfuno zakho ngentloniph:

Xa ____ isenzeka	Ndiyeva ____.	Into endiyifunayo yi-____.

#### Imizekelo:

- Xa izicwangciso zitshintsha ngomzuzu wokuggibela, ndiziva ndingabalulekanga .
- Xa ungena ngeentsuku ezixakekileyo, ndiziva ndikhathalelw . Olo hlobo lwenkxaso luthetha lukhulu kum."

Ukufuna into akukwenzi uswele . Abantu abakhuselekileyo bayaziqonda, bangabanini, kwaye banxibelelane neemfuno zabo ngaphandle kokuxolisa okanye ugonyamelo.

## HEALTHY VS. UBUDLElwANE OBUNGENAMPILO DYNAMICS

- Iflegi **ebomvu** yipateni eqhubekayo **enyhasha ukhuseleko, isidima, okanye imida yakho**.
- Ithuba **lokukhula** lithuba elifuna **incoko, kungekhona unyamezelo** —yaye libalulekile kuperha xa **bobabini abantu** bekulungele ukukhula.

## INDWE EBOMVU VS. ULUHLU LWE THUBA LOKUKHULA

**Injongo:** Nceda abasebenzisi bahlule phakathi kokuziphatha okukhuselekileyo nokungakhuselekanga kobudlelwane, chonga iiflegi ezibomvu, kwaye bakhe ukuqonda phakathi kwento *eyityhefu*, yintoni *kunzima kodwa kuyasebenza*, kwaye yintoni *usempilweni ngokwenene*.

### Icandelo 1: Itheyibhile yokuthelekisa - eMpilweni vs. ipateni zobudlelwane obungenampilo

Unxulumano Element	Amandla aphilileyo (isiqhoboshelo esikhuselekileyo)	I-Dynamics engalunganga (Ukungakhuselekanga okanye ukuncamatela okunetyhefu)
<b>Unxibelewano</b>	lincoko ezivulelekileyo, ezicacileyo, nezinyanisekileyo ngokweemvakalelo— kwanasebudeni bengxabano.	Ukuphepha, ukubetha, ukubethelwa ngamatye, okanye ukugqabhuka ngokweemvakalelo.
<b>Imida</b>	Imida ichaziwe, iyahlonitshwa, kwaye iphindia ixoxwe xa ifuneka.	Imida ayihoywa, yaphulwa, okanye ijongwa njengokugatywa.
<b>Inkxaso yeemvakalelo</b>	Ubukho beemvakalelo ezifanayo; ukhuselekile ukuba sesichengeni.	Ukukhathalelwa kwicala elinye, ukuvalwa kweemvakalelo, okanye ukukhubeka.
<b>Thembela</b>	Yakhelwe ngokungaguquguqukiyo, ukuphendula, kunye nexesha.	Yakhelwe ngamandla, imfihlo, ukukhohlisa, okanye ukuxhomekeka.
<b>Ukuzimela</b>	Umntu ngamnye uxhasa ukuzimela nobuntu bomnye.	linzame zokulawula, ukulungisa, ukwahlula, okanye ukuchaza omnye umntu.
<b>Ukusonjululwa kongquzulwano</b>	Ingxabano ilungiswa ngokuzolileyo nangokwakhayo; ukulungiswa kubekwe phambili.	Ungquzulwano lukhokelela ekubekeni ityala, ukurhoxa, ukunyuka, okanye isohlwayo.
<b>Ukungqinelana</b>	Amagama kunye nezenzo ziyahambelana; ukuthembeka kubonakala ekuhambeni kwexesha.	Ukuziphatha okushushu, ukungaquiniseki, okanye ukuthembisa ngokugqithisileyo kunye nokunikezela kancinci.

**Icandelo 2: liflegi eziBomvu vs. Amathuba okukhula**

**Imiyalelo:** Sebenzisa olu luhlu lokuhlola ukujonga ubudlelwane bangoku okanye obudlulileyo . Qaphela ukuba ukuziphatha ngakunye yiflegi **ebomvu** (  ) okanye **lithuba lokukhula** (  ).

Ukuziphatha okanye Ipateni	 / 
Banciphisa iinkxalabo zakho okanye bakubize "ubuthathaka kakhulu."	
Uziva unexhala okanye uloyiko malunga nokuzisa iimfuno zakho.	
Bathatha uxanduva xa bekonile .	
Kulindeleke ukuba "uphumelele" ngokukhawuleza ngaphandle kokulungiswa okufanelekileyo.	
Bayayihlonela imida yakho yokwenyama nengokweemvakalelo.	
Bathi "Ndinjalo nje" xa ucela utshintsho.	
lingxabano zikhokelela ekuqondeni, kungekhona ukuphumelela.	
Bahlala bathi cwaka kangangeentsuku emva kongquzulwano (i-stonewalling).	
Uziva ukhuselekile ukuba sesichengeni—kwanasebudeni bokungavisisani.	
Utyholwa ngemeko yabo yeemvakalelo.	

**Umyalelo wokuReflection:**

- Yeyiphi kwezi oye wayenza eqhelekileyo kubudlelwane obudlulileyo?
- Zeziphi ezilungelelanisa uhlobo lobudlelwane ofuna ukulwakha?

**Icandelo 3: Hlaziya iNdawo eGrey**

Ezinye iindlela zokuziphatha aziyotyhefu ngokuthe ngqo kodwa zifuna ukucaca . Sebenzisa le theyibhile ingezantsi ukuvavanya ukuba yiflegi yokwenyani **ebomvu** okanye **lithuba lokukhula** , ngokusekelwe kwiipateni.

Imeko iPateni	okanye Ngaba le yiFlegi eBomvu okanye iThuba lokuKhula ? Ngoba?
Baphuma xa becinezelekile ngokweemvakalelo	
Udla ngokucela uxolo ukuze uphephe ukungavisansi	
Babonakalisa ikhwele xa ukunye nabanye	



4 Buitensingel St, eSchotsche Kloof  
IKapa, eMzantsi Afrika  
8001  
[www.nicro.org.za](http://www.nicro.org.za)