



**Incwadi Yokusebenzela Yokunamathisela
Okunempilo
2025**

Okuqukethwe

UHLU LOKUPHAKATHI	2
ISINGENISO	3
KUYINI OKUNAMATHISELWE	3
ZAKHIWA KANJANI IZINANYATHISELWA	3
IZIGABA ZOKUTHUTHUKISWA OKUNAMATHISELWE	4
IQHAZA LOMNAKEKELI OYINHLOKO	5
AMAMODELI OKUSEBENZA KWANGAPHAKATHI	5
KUNGANI IZINANYATHISELWA ZIBALULEKILE EKUZIPHATHENI KWETHU	5
YIZIPHI IZITAYELA EZIHLUKENE ZOKUNAMATHISELA:	6
INDLELA IZITAYELA EZIHLUKENE EZINAMATHISELWE EZIBUKEKA NGAYO EZINGANENI	6
INDLELA IZITAYELA EZIHLUKENE ZOKUNAMATHISELA EZIBUKEKA NGAYO KUBANTU ABADALA	7
UKUYA KWISITAYELA ESINAMATHISELWE ESIVIKELEKILE	8
EZINYE IZINDLELA ZOKUPHENDULA	10
ISIQONDISO SESITAYELA ESINAMATHISELWE ESINOKUKHATHAZEKA-OKUMATASA	13
ISIQONDISO SESITAYELA SOKUNAMATHISELA OKUGWEMA-UKULAHLA	17
ISIQONDISO SESITAYELA SOKUNAMATHISELA ESINGAHLELEKILE-ESABEKAYO	21
UKUHLONZA IMIKHUBA EBANGELA UBUTHI KWABANYE	24
KUNGANI IZITAYELA EZINAMATHISELWE EZINGAVIKELEKILE ZIFUNA UKUNGASEBENZI OKUJWAYELEKILE	26
ITHEBULA LEREFERENSI EVIKELEKILE YOBUDLELWANO	28
AMATHIPHU OKUPHATHA UKUNGAVIKELEKI EBUDLELWANENI BOTHANDO OKUHOLELA EMONANENI NOKUNGATHEMBEKI.	30
AMATHIPHU OKUPHATHA UKUSONDELANA KAKHULU EBUNGANENI NOBUNYE UBUDLELWANO OBUSHA	31
AMATHIPHU ABANTU ABABHIDLIZA UBUDLELWANO	33
AMAKHASI OKUSEBENZA	36

Isingeniso

Lo mbhalo wakhiwe ngabakwa-NICRO ngokwesicelo sabahlomuli bethu. Yenziwa itholakale emphakathini jikelele njengengxenywe yenkonzo yethu yokunqanda ubugebengu nodlame. Abantu ngabanye nezinhlango zingase zisebenzise lo mbhalo ngezinjongo ezingenzi nzuzo nezemfundo.

Lo mfundi uqukethe amanothi achazayo, izibonelo nokuqukethwe okufundisayo, kanye neziqondiso nezeluleko.

Umgomo walo mfundi ukuhlinzeka ngolwazi olufundisayo ngokunamathiselwe okunempilo ebuhlotsheni, ukuze abantu abathintekayo bakwazi ukwenza izinqumo ezinolwazi mayelana nezimo zabo zamanje nezesikhathi esizayo.

Lesi sifundo singasetshenziswa futhi kanye nabafundi abalandelayo kanye nezincwadi zokusebenza, ezitholakala ekhasini le-NICRO Resources kusizindalwazi sethu.

- Izincwadi Zokusebenzela Zokucindezela Kontanga Zentsha
- Ukuphatha I-Difficult People Guide
- I-Emotional Intelligence Workbook
- Ukuthuthukisa Ibhuku Lokusebenza Lokuqina
- Incwadi Yokusebenzela Yokubambisana Nomzali
- Ubudlelwano obunobuthi Reader

Kuyini Okunamathiselwe?

Kupsychology, ukunamathisela kubhekisela ezibophweni ezingokomzwelo noma ukuxhumana abantu abakha nabanye, ikakhulukazi ebuntwaneni. Leli gama laduma nguJohn Bowlby, noMary Ainsworth abafunda ukuthi izinsana zakha kanjani ukusondelana nabanakekeli bazo. Lezi zibopho ezingokomzwelo zibalulekile ekuthuthukisweni komphakathi kanye nemizwelo.

Zakhiwe Kanjani Izinanyathiselwa?

Okunamathiselwe ngokwengqondo, ikakhulukazi lokho phakathi kwezinsana nabanakekeli bazo, bakheka ngokusebenzisana okuyinkimbinkimbi kwezinto eziphilayo, ezithinta imizwa, kanye nezenhlalo. Inqubo yokwakheka kokunamathiselwe ibalulekile ekukhuleni kwengane futhi ibeka isisekelo sokuthi izokwakha kanjani ubudlelwano phakathi nokuphila kwayo.

Abacwaningi ababili abakhulu esihlokwini sokunamathiselwe nguJohn Bowlby noMary Ainsworth.

- **I-Innate Biological Drive**
 - Okunamathiselwe kuyi-innate biological drive.

- Njengoba nje izinsana zizalwa zinekhono lokuphefumula, ukudla, nokunyakaza, nazo zizalwa zinomzwelo ongokwemvelo wokwakha ubuhlobo obungokomzwelo nabanakekeli bazo.
- Lokhu kushayela kusiza ukuqinisekisa ukuthi izinsana zihlala eduze nabanakekeli bazo, okubalulekile ukuze ziphile futhi ziphephe.
- **Ukuxhumana Kwasekuqaleni Nabanakekeli**
 - Okunamathiselwe kwakhiwa ngokusebenzisana komntwana kusenesikhathi nabanakekeli balo abayinhloko (imvamisa abazali).
 - Izingane ziqala ukubona ubuso, amazwi namaphunga abanakekeli bazo, futhi zakha umuzwa wokwethembana nokulondeka lapho abanakekeli bazo behlangabezana nezidingo zabo ezingokwenyama nezingokomzwelo ngokungaguquki.
 - Lokhu kusebenzisana kuvame ukucashile, njengomntwana ebuka umnakekeli, emamatheka, ekhalela ukunakwa, noma ezama ukubamba.
 - Ukusabela komnakekeli kulezi zimpawu (njengokuthatha umntwana lapho ekhala) kusiza usana luzizwe luphephile futhi luvikelekile, okuqinisa ubuhlobo.

Izigaba Zokuthuthukiswa Okunamathiselwe

U-Bowlby uchaze izigaba ekuthuthukisweni kokunamathiselwe:

- **Okunamathiselwe ngaphambilini (Ukuzalwa kuya kumaviki angu-6)**
 - Kulesi sigaba, izinsana zikhombisa ukukhetha okuncane kubanakekeli abathile.
 - Bangase baphendule kunoma ubani onikeza ukunakekelwa, kodwa abakakhe isibopho esiqinile okwamanje.
- **Okunamathiselwe-ekwenziweni (amaviki angu-6 kuya kwezinyanga ezingu-6-8)**
 - Phakathi nalesi sigaba, izingane ziqala ukukhombisa ukukhetha kwabanakekeli abathile.
 - Baqala ukubona ubuso nezwi lomnakekeli wabo oyinhloko, kodwa basavulekele abanye futhi bazokwamukela ukunakekelwa kwabantu abangabazi.
- **Ukunamathisela okusikiwe okucacile (izinyanga ezingu-6-8 kuya ezinyangeni ezingu-18-24)**
 - Yilapho okunamathiselwe kweqiniso kwakha khona.
 - Usana lubonakala lunamathela kakhulu kumnakekeli walo oyinhloko, lubonisa ukukhathazeka ngokwehlukana lapho umnakekeli ehamba kanye nenjabulo lapho ebuya.
 - Izingane kulesi sigaba zifuna ukunethezeka nokuvikeleka kumuntu wazo ezinamathiselwe futhi zikhetha zona kunezinye.
- **Ukwakhiwa Kobudlelwano Obushintshile (izinyanga eziyi-18 nangaphezulu)**
 - Njengoba ingane ikhula, iba nokuzimela okwengeziwe futhi iqala ukuqonda izidingo zomnakekeli.

- Kulesi sigaba, ingane iqala ukubonisa ukuguquguquka okwengeziwe ekunamatheleni kwayo, njengokuqonda ukuthi umnakekeli wayo uzobuya ngisho noma engekho okwesikhashana.
- Baphinde baqale ukwakha ubudlelwano nabanye, nakuba umnakekeli oyinhloko ehlala ephakathi.

Iqhaza Lomnakekeli Oyinhloko

Isihluthulelo sokwakha ubuhlobo obunempilo yikhono lomnakekeli lokusabela ngendlela efanele nangokungaguquguquki ezidingweni zengane . Lokhu akusho ukuthi abanakekeli kufanele baphelele, kodwa kusho ukuthi ingane izizwa inakekelwa njalo, isekelwa, futhi iqondwa ngokomzwelo.

Ukunakekela okuzwelayo nokusabelayo (ukuqaphela lapho ingane ilambile, ikhathele, noma icasukile futhi isabela ngokushesha) kukhuthaza ukunamathela okuphephile.

Ukunakekela okuguquguqukayo noma ngokunganaki kungaholela ekunamathiselweni okungavikelekile, lapho ingane ingase ingazizwa iphephile noma ingasekelwe.

Amamodeli Okusebenza Kwangaphakathi

- Uma ingane ifunda kusenesikhathi ukuthi abantu ngokuvamile **banokwethenjelwa futhi bayasabela** , ikhula ikholelwa ukuthi ubudlelwano buphephile futhi bubalulekile.
- Uma befunda okuphambene—ukuthi abantu **abatholakali, abaguquki, noma bayasabisa** —bazivumelanisa nezimo ngokugwema ukusondelana, ukunamathela ngokweqile, noma ukubonisa ukuziphatha okusekelwe ekwesabeni.
- Ngamafuphi, **okunamathiselwe kungamamodeli okusebenza angaphakathi** esiwakhayo ukuze sizulazule ekuxhumaneni nasekusondeleni nabanye.
- Zisiyala ukuthi sithembele kanjani , **sithembele, futhi sihlobene kanjani** —noma esilwela ukwenza kanjalo.

Kungani Izinanyathiselwa Zibalulekile Ekuziphatheni Kwethu

Okunamathiselwe okuvikelekile kwakha isisekelo sokuzinza **kwengqondo** , **ukulawulwa kwemizwa** , nokusebenza **okunempilo phakathi kwabantu** kuyo yonke impilo.

Ngokwezinto ezibonakalayo, okunamathiselwe okuvikelekile akukhona nje "okumnandi ukuba nakho" -kuwumgogodla **wokuphila okusebenzayo** . Abantu abangenalo bavame ukuzungeza ebuhlotsheni obungazinzile, izinkinga zempilo yengqondo, kanye nokungqubuzana kochwepheshe kuze kube yilapho amaphethini ayisisekelo elungiswa, ngokuvamile ngokwelashwa.

- **Ukulawulwa Kwemizwa** : Abantu abanamathiselwe ngokuvikelekile baphatha ingcindezi nemizwelo ngempumelelo kakhudlwana . Abajwayele ukukhathazeka nokudangala.
- **Ukusebenza Kobudlelwano** : Basungula ubudlelwano obunempilo, obuzinzile . Bathemba abanye ngaphandle kokuncika ngokweqile noma ukuba kude.
- **Ukuqina** : Ukuhlomele kangcono ukubhekana nezinselele zempilo futhi ubuyele emuva ezinkingeni.
- **Ukuxhumana** : Amakhono okuxhumana avulekile, aqinisekayo; ukuthambekela kancane ekuhumusheni kabi noma ekuzivikeleni.
- **Ubuholi Nokubambisana** : Ezilungiselelweni zobungcweti, abantu abangabodwana abavikelekile bayavumelana nezimo, bathembeke, futhi bayakha ku-dynamics yeqembu.

Ziyini Izitayela zokunamathisela ezihlukene :

Kunezitayela ezine **eziyinhloko zokunamathisela**.



Zibukeka Kanjani Izitayela Ezihlukene Zokunamathisela Ezinganeni

Isitayela sokunamathisela	Yakheka Kanjani	Ezinganeni	Isibonelo Somzali
Kuvikelekile	Abanakekeli bayasabela, banemfudumalo, futhi batholakala njalo.	• Ingane iyahlola ngokuzethemba, ifuna induduzo kumnakekeli, izola kalula.	• Ingane ifuna ukunethezeka futhi iduduzeka kalula ngemva kokucindezeleka noma ukwehlukana.
Ukukhathazeka (Okumatasa)	Abanakekeli abasabeli ngendlela efanayo—ngezinye izikhathi banothando, ngezinye izikhathi abatholakali.	• U-Clingy, ukhathazekile lapho behlukene, kunzima ukududuzana ngisho nalapho umnakekeli ebuya.	• Ufuna ukuqinisekiswa njalo, izinkathazo umzali akabathandi ngokwanele.
Ukugwema (Okuxoshayo)	Abanakekeli bakude ngokomzwelo noma abaphenduli; ingane ifunda ukunganciki kwabanye.	• Ivela izimele. • Ugwema ukufuna induduzo ngisho nalapho ucasukile.	• Ayifuni abazali ukuze ithole induduzo. • Kubonakala kuvaliwe ngokomzwelo.
Ukungahlelekile (Ukugwema Ukwesaba)	Abanakekeli bayahlukumeza, bayesabeka, noma banganaki kakhulu; ingane ibhekana	• Ukuziphatha okudidekile. • Angasondela kodwa agweme umnakekeli.	• Asondele kumzali kodwa ahoxe ngokushesha. • Ingase ibe yiqhwa noma ihlukanise.

Isitayela sokunamathisela	Yakheka Kanjani	Ezinganeni	Isibonelo Somzali
	nokwesaba kungekho mthombo ophephile.	Ukusabela okusekelwe ukwesaba.	

Zibukeka Kanjani Izitayela Ezihlukene Zokunamathisela Kubantu Abadala

Isitayela sokunamathisela	Yakheka Kanjani	Kwabadala
Kuvikelekile	Abanakekeli bayasabela, banemfudumalo, futhi batholakala njalo.	- Unethezekile ngokusondelana nokuzimela. - Ikhuluma ngezidingo ngokucacile.
Ukukhathazeka (Okumatasa)	Abanakekeli abasabeli ngendlela efanayo—ngezinye izikhathi banothando, ngezinye izikhathi abatholakali.	- Ufisa ukusondelana - Esaba ukulahlwa. - Ukuzwela ngokweqile kuzinkomba zozakwethu.
Ukugwema (Okuxoshayo)	Abanakekeli bakude ngokomzwelo noma abaphenduli; ingane ifunda ukunganciki kwabanye.	- Ukude ngokomzwelo. - Ugwema ukusondelana. - Amanani ukuzimela phezu kokuxhumana.
Ukungahlelekile (Okugwema Ukwesaba)	Abanakekeli bayahlukumeza, bayesabeka, noma banganaki kakhulu; ingane ibhekana nokwesaba kungekho mthombo ophephile.	- Uyafisa ukusondelana kodwa uyakwesaba. - Ukungqubuzana kwangaphakathi, izimpendulo ezingalindelekile.

Ukuya Kwisitayela Esinamathiselwe Esivikelekile

Ngezansi kunomhlahlandlela ohlelekile, osebenzayo wabantu abafuna ukuya kusitayela **sokunamathiselwe esivikelekile** , ngokusekelwe kuphethini yabo yamanje— **abakhathazekile** , **abagwemayo** , noma **abangahlelekile** .

Isigaba ngasinye sihlanganisa **izinyathelo ezicacile, ezingenziwa** , ezisekelwe kuzinqubo ezisekelwe ebufakazini ezivela kumfundiso yokunamathisela kanye nesayikholoji yomtholampilo . Kungaba ngcono ukuthi uqale wenze umbono wokuthi isitayela sakho sokunamathiselwe singaba yini ngokwelashwa, uchwano noma imibuzo esekelwe ebufakazini.

Isisekelo Esijwayelekile: Imikhuba Eyinhloko Yazo Zonke Izitayela

Ngaphambi kokungena ezinyathelweni eziqondene nesitayela, bonke abantu kufanele bakhe **imikhuba eyisisekelo elandelayo** :

1. Thuthukisa Ukuzazi

- Jabula njalo mayelana nokusabela kwakho ngokomzwelo ebudlelwaneni.
- Izibangeli zethrekhi: "Yini engenze ngazizwa ngingaphephile, ngibambelela, ngigwema, noma ngididekile?"

2. Prakthiza Ukulawulwa Kwemizwa

- Sebenzisa amasu okugxilisa (ukuphefumula, ukucabangela) ukuze uhlale ukhona.
- Funda **ukusho** imizwa esikhundleni sokusabela ngokuxhamazela.

3. Funa Izibonelo Ezivikelekile

- Qaphela noma uhlanganyele nabantu ababonisa ukuziphatha okuphephile.
- Faka ngaphakathi ukuzola kwabo, imingcele, nokuxhumana.

4. Zibandakanye Kwezokwelapha (Uma Kungenzeka)

- Isebenza kahle kakhulu: **Ukwelashwa Okusekelwe Okunamathiselwe** , **Ukwelashwa Kwe-schema** , noma **i-EMDR** yamaphethini ahlobene nokuhlukumezeka.

Okunamathiselwe Okukhathazekile (Okumatasa).

Izici Ezivamile:

- Ukwesaba ukulahlwa
- Ukubambelela, isidingo sokuqinisekiswa
- Imizwa ephezulu kanye nokwehla ebudlelwaneni

Izinyathelo Ezihleliwe:

1. Misa Isikhashana Ngaphambi Kokusabela

- Sebenzisa umthetho wamahora angama-24 ngaphambi kokuthumela imibhalo ethinta inhliziyo noma ukubhekana nozakwenu.

2. Yakha Isiqiniseko Sangaphakathi

- Dala futhi uphinda iziqinisekiso: *"Nganele, ngisho nalapho ngizizwa ngingaqinisekile."*
- Funda ukuzehlisa ngezinqubo zokuzola, hhayi abantu.

3. **Beka Imingcele Elinganiselayo**

- Yeka ukudalula ngokweqile noma ukwamukela ngokweqile kusenekhathi ebudlelwaneni.
- Zijwayeze ukuthi cha ngaphandle kokuba necala.

4. **Libazisa Ukutolika**

- Uma othile ephuza ukuphendula, **ungacabangi ukuthi uyakwenqaba** — linda futhi uqinisekise amaqiniso.

5. **Khetha Ozakwethu Abatholakalayo**

- Yeka ukulandela abantu abangatholakali ngokomzwelo . Bona ukukhangwa isiphithiphithi njengophawu lokuma kancane.

Okokunamathisela (Okucashisayo) Okugwemayo

Izici Ezivamile:

- Ukungakhululeki ngokusondelana
- Ukugcizelela ngokweqile ukuzimela
- Ukuvala phansi ngokomzwelo

Izinyathelo Ezihleliwe:

1. **Qaphela Ukucindezelwa Kwemizwa**

- Landelela ukuthi uhoxisa kaningi kangakanani noma ushintsha isihloko lapho izinto ziba sengcupheni.
- Buza: "Yimuphi umzwelo engiwugwemayo njengamanje?"

2. **Zijwayeze Ukuba Sengozini Kancane Kancane**

- Yabelana ngemicabango emincane yomuntu ngamabomu ebudlelwaneni obuphephile.
- Kubekezelele ukungakhululeki kunokukugwema.

3. **Vumela Abantu Bangene-ngamabomu**

- Ithi "yebo" ekuxhumekeni ngisho nalapho kuzwakala kungenasidingo.
- Isibonelo: Thumela umlayezo kumngane wakho ngaphandle kokulibala; vuma izimemo.

4. **Inselele Inganekwane Yokuzimela**

- Cabanga ngendlela ukuzimela okuphelele okungakuvikela ngayo kodwa futhi kukuhlukanise.
- Sebenzela **ekuncikeneni** , hhayi ukuncika.

5. **Hlola Imilayezo Yengane**

- Ijenali: "Yini engayifunda ngokucela usizo noma ukuveza izidingo ngisakhula?"
- Hlela kabusha lezo zinkolelo.

Okunamathiselwe Okungahlelekile (Okwesabekayo-Okugwema).

Izici Ezivamile:

- Uyafisa ukuxhumana kodwa uyakwesaba
- Umlando wokuhlukumezeka noma ukunakekelwa okuyisiphithiphithi
- Izinkinga zokuthembela, ukuguquguquka kwemizwelo

Izinyathelo Ezihleliwe:

1. **Gxila Ekuphepheni Kuqala**
 - Uma ukuhlukumezeka kukhona, **ukwelashwa kwe-trauma (isb, i-EMDR, ukuhlangenwe nakho kwe-somatic)** kubalulekile.
 - Gwema ukungqubuzana okuphezulu noma ukuvusa ubudlelwano ngenkathi uphulukisa.
2. **Landelela amaphethini wePush-Pull**
 - Ijenali izimpendulo zakho: "Ngisondela nini bese ngicekela phansi?"
 - Funda "amasu akho okuphuma" (isb., i-ghosting, i-nitpicking, ukuhoxa).
3. **Hlukanisa Okwedlule Kwamanje**
 - Thola izibangeli ezisekelwe ekuhlukumezekeni okudala, hhayi ingozi yamanje.
 - Sebenzisa izitatimende ezinesisekelo: "*Lobu ubuhlobo obusha . Angibuyeli lapho.*"
4. **Zijwayeze Ukwakha Ukwethenjwa Okunensayo**
 - Ungajahi ukusondelana . Hlola ukwethembeka kancane futhi ngokungaguquki.
 - Qaphela ukuziphatha kwabanye ngokuhamba kwesikhathi esikhundleni sokuncika ethembeni noma ekwesabeni.
5. **Yakha Ukulandisa Okubumbene**
 - Sebenza ekudaleni indaba ehlangene yesikhathi sakho esidlule (ngokuvamile ekwelapheni).
 - Lokhu kuyisihluthulelo sokwakha isisekelo esivikelekile kumqondo wakho wobuwena.

Ukunakekela: Ukuziphatha Okunamathiselwe Okuvikelekile Kwesikhathi Eside

- **Ukuxhumana Okucacile** : I-Express idinga ngokuthula nangokuqondile.
- **Imingcele + Uzwela** : Ibhalansi phakathi kokuzivikela nokuhlala uxhumekile ngokomzwelo.
- **Ukusabela** : Bonisa abanye futhi ulindele okufanayo.
- **Ukulungisa** : Uma ukuphuka kwenzeka ebudlelwaneni, sebenzela ukulungisa okuqotho—hhayi ukusola noma ukuhlela.
- **Ukuzindla** : Hlola ukukhula kwakho ngezikhathi ezithile futhi ulungise njengoba kudingeka.

Ezinye Izindlela Zokuphendula

Nansi imishwana evamile ebonisa izitayela ezine eziyinhloko zokunamathisela—ukukhathazeka, ukugwema, ukungahleleki, nokulondeka—kanye nezindlela ezinempilo ezibonisa indlela evikelekile yokunamathisela.

1. Ukukhathazeka Okunamathiselwe

Imisho evamile:

- "Kungani ungangithumeleli umyalezo ngokushesha?"
- "Usangithanda na?"
- "Ngidinga ukwazi nje ukuthi siyaphila."
- "Ngizwa sengathi uyahosha."

- "Uma ungishiya ngeke ngilunge."

Ezinye izindlela ezivikelekile:

- "Ngiquaphele ukuthi ngizizwa ngikhathazekile lapho ngingaphenduli-singaxoxa ngalokho?"
- "Ngiyazi ukuthi uyangikhathalela, kodwa ngidinga ukuqinisekiswa kancane manje."
- "Ngikwazisa ukuzizwa ngiseduze-ingabe singathola indlela yokuxhuma njalo?"
- "Ngiyethemba ukuthi siyaphila, kodwa ngifuna ukukubheka."
- "Ngiyazi ukuthi ngiyakwazi ukubhekana nezinto noma ziba nzima, kodwa ngiyethemba ukuthi singabhekana nazo ngokubambisana."

2. Okunamathiselwe Okugwemayo

Imisho evamile:

- "Angimdingi muntu."
- "Ngiyaphila ngedwa."
- "Lokhu kuya kushuba kakhulu."
- "Kungani kumele sikhulume ngemizwa?"
- "Ngidinga isikhala . Kuningi."

Ezinye izindlela ezivikelekile:

- "Ngiyakwazisa ukuzimela kwami, kodwa futhi ngifuna ukuhlala ngixhumene nawe."
- "Ngezinye izikhathi ngidinga isikhala sokushaja kabusha-akumayelana nawe."
- "Lokhu kuzwakala kushubile, futhi ngingathanda ukukhuluma ngakho uma nginesikhashana."
- "Ukukhuluma ngemizwa akungikhululeki kimi, kodwa ngiyazi ukuthi kubalulekile ebudlelaneni bethu."
- "Ngidinga isikhathi, kodwa ngizokubheka maduze."

3. Okunamathiselwe Okungahlelekile (Okwesabekayo-Okugwema).

Imisho evamile:

- "Ngifuna ukuba seduze, kodwa nginvalo lokuthi uzongilimaza."
- Angazi noma ngingakwethemba yini—noma ubani.
- "Ngicela ungangishiyi , kodwa futhi ungasondeli kakhulu."
- "Ngeke ngiyibambe lento sengiqedile ."
- "Ngizizwa ngingaphezu kwamandla."

Ezinye izindlela ezivikelekile:

- "Ngifuna ukuxhumana, kodwa ngisebenza ngokwesaba okwedlule."
- "Ukuthembana kunzima kimi, kodwa ngifuna ukwakha nawe."
- "Ngiyaqaphela ukuthi ngiyahlehla ngezinye izikhathi lapho ngesaba-singakhuluma ngalokho?"
- "Ngizizwa ngicindezelekile, kodwa ngifuna ukuzama ukuhlala ngikhona."
- "Ngike ngazizwa ngikhulu kakhulu ngaphambili, kodwa ngiyafunda ukuthi ngifanelwe uthando olunempilo."

4. Okunamathiselwe Okuvikelekile

Imishwana Evikelekile Evamile:

- "Ngiyakwethemba."
- "Ngizizwa ngiphephile ukwabelana nawe ngalokhu."
- "Ngiyazi ukuthi singabhekana nalokhu."
- "Kulungile thatha isikhala, nami ngisekhona."
- "Ngikhona ngenxa yakho, futhi ngiyazi ukuthi uzele mina."

Lokhu kusebenza njengemigomo **noma** amahange **awo** wonke umuntu osebenzela ekuhlobaneni okuphephile.

Isiqondiso Sesitayela Sokunamathisela Esikhathazekile-Okumatasa

Lawa manothi awabantu abafuna ukuthuthukisa ukuziphatha okunamathiselwe okuvikelekile kuzo zonke izizinda ezine zobudlelwano ezibalulekile: Umndeni, Umsebenzi, Ubungane, Nobudlelwano Bothando.

Izici ezibalulekile :

- Ukwesaba okukhulu ukulahlwa
- I-Hyperfocus kumizwa yabanye noma ukusabela
- Ubunzima bokuzizwa uvikelekile ngaphandle kokuqinisekiswa njalo
- Ukwenza kube ngokwakho ngokwedlulele ibanga elibonakalayo noma ukunqanyulwa

Umgomo ovikelekile : Thuthukisa ukuzethemba, ukulawula imizwa, kanye nemingcele efanayo—ngaphandle kokusebenza ngokweqile noma ukunamathisela ngokweqile.

Ubudlelwano Bomndeni

Izinselelo:

- Ukuzizwa unomthwalo wemfanelo ngokweqile ngemizwa noma izidingo zamalungu omndeni
- Ukufuna ukuqinisekiswa ngokupha ngokweqile
- Ukusabela ngokuqinile ekunqatshelweni okucatshangwayo noma ibanga lomzwelo

Vikela Izinyathelo:

Isinyathelo 1: Yeka Ukuphatha Imizwa Yabanye Abantu

- Qaphela lapho uzama "ukulungisa" imizwa yomunye umuntu noma ugcine ukuthula ngezindleko zakho.

Faka esikhundleni ngokuthi: "Ngingabakhathalela ngaphandle kokulawula . Ukungakhululeki kwabo akukona ukwehluleka kwami."

Isinyathelo sesi-2: Misa futhi Ugcine Imingcele

- Zijwayeze ukuthi cha ngaphandle kokuba necala.
- Khawulela isikhathi ku-dynamics eqeda imizwa.

Isibonelo: " Angitholakali ukuthi ngikhulume okwamanje, kodwa nginendaba . Asingene kamuva."

Isinyathelo sesi-3: Bheka Ukuguqulwa Kwendima

- Uma ungumzali wakho noma izingane zakini, lokho akukhona ukuphepha ngokomzwelo— kuwukuhlanganisa imizwelo.

Zibonele: "Ingabe nginguzakwethu noma ingane lapha ? Ingabe lokhu kuyalinganisela okuguquguqukayo?"

Isinyathelo sesi-4: Ungajahi Ukulungisa Ngokushesha

- Vumela amalungu omndeni azibophezele ekulungiseni ukuqhekeka.

Ukuziphatha okuvikelekile: Ukunikeza isikhala esikhundleni sokufuna ukuzwana ngokushesha.

Ubudlelwano Bomsebenzi

Izinselelo:

- Ukuxolisa ngokweqile noma ukuchaza ngokweqile
- Ukuthatha impendulo mathupha
- Ukwesaba ukungavunyelwa abaphathi noma ozakwethu
- Ukuzaba ngokweqile ukuze uthole ukugunyazwa

Vikela Izinyathelo:

Isinyathelo 1: Ziqinisekise Wena kuqala

- Ngaphambi kokufuna imvume, buza: "Ingabe lokhu kuhle ngokwanele ngokwezindinganiso *zami*?"

Ukuqinisekisa okuvikelekile: "Ngenze kahle . Angidingi ukunconywa kwangaphandle ukuze ngiqinisekise lokho."

Isinyathelo sesi-2: Phatha Ukukhathazeka Kwe-imeyili/Umlayezo

- Melana nesifiso sokufunda kabusha noma ukuhlaziya amathoni noma ukubambezeleka kwabanye.

Ukuzijwayeza okuvikelekile: Funda kanye, yiba nenhloso enhle, phendula ngokucacile.

Isinyathelo sesi-3: Imingcele Ejabulisa Abantu

- Ungavolontiya ngomsebenzi owengeziwe ukuze uzizwe ubalulekile.

Buza: "Ingabe lokhu kuyasimama noma ngidela izidingo zami ukuze ngizizwe ngiphephile?"

Isinyathelo sesi-4: Funda Ukuthola Impendulo Engathathi hlangothi noma Engalungile

- Prakthiza ukuthi: "Ngiyabonga . Ngizokucabangela lokho." (Asikho isidingo sokuxolisa kakhulu.)

Ubungane

Izinselelo :

- Ukuzwa ubuhlungu uma abangani bengaqalisi noma bengaphenduli ngokushesha
- Ukuthumela umbhalo ngokweqile noma ukuxhumana kakhulu ukuze uzizwe uxhumekile
- Ukwesaba ukushiya ngaphandle noma ukushintshwa

Vikela Izinyathelo:

Isinyathelo 1: Hlukanisa Ukusekelwa Kwemizwa

- Gwema ukwenza umuntu oyedwa uhlelo lwakho lonke lokusekela.

Isimiso esivikelekile: "Ukuxhumana kunamandla uma kungenathemba."

Isinyathelo sesi-2: Cacisa Okulindelwe Komphakathi

- Uma ungenaso isiqiniseko mayelana nemvamisa yokuxhumana, buza.

Ibinzana elivikelekile: "Ngiyabazisa ubungane bethu—yini okusebenza kangcono ngokuhlala nithintana?"

Isinyathelo sesi-3: Ungatoliki Ukungabibikho Njengokwenqatshwa

- Uma umngane engasabeli kahle, ungenzi inhlekelele.
- Prakthiza: "Kungenzeka ukuthi bamatasatasa, abangilahli."

Isinyathelo sesi-4: Vumela Ubungane Buphefumule

- Ungasebenzisi ngokweqile noma uqalise njalo . Vumela nabanye babonakale.
- Inggondo evikelekile: "Kulungile ukuvumela abanye beze kimi."

Ubudlelwano Bothando

Izinselelo:

- Udinga ukuqinisekiswa njalo
- Ukubambelela noma ukwanda ngesikhathi sokungqubuzana
- Ukuhumusha ngokwedlulele ibanga lomzwelo
- Ukwesaba ukulahlwa ngisho nokunqanyulwa okuncane

Vikela Izinyathelo:

Isinyathelo 1: Lawula Ngaphambi Kokusabela

- Ungathumeli imibhalo ekhathazayo noma wenze izimfuno zemizwa ngokushisa kokwesaba.

Ukuzijwayeza: Misa kancane . Zehlise . Xhuma futhi esimweni sakho esizolile ngaphambi kokuphendula.

: Buza Ngokuqondile, Ungahloli

- Ungasebenzisi ukuthula, ulaka, noma umuzwa wecala ukuhlola uthando lwabo.
- Isitatimende esivikelekile: "Ngizizwa ngingenaso isiqiniseko esincane namuhla—singakhuluma ngokuthi siqhuba kanjani?"

Isinyathelo sesi-3: Ziqinisekise Ngaphakathi

- Zijwayeze izinqubo zokuziduduza esikhundleni sokufuna isiqiniseko sangaphandle.
- Qinisekisa: "Ngiphephile noma ngizizwa ngingavikelekile . Angidingi ukuqinisekiswa ngokushesha ukuze ngilunge."

Isinyathelo sesi-4: Yamukela Indawo Enempilo

- Ukusondelana akudingi ukuthintana njalo.
- Inkolelo evikelekile: "Isibopho esivikelekile sivumela isikhala ngaphandle kokwesaba."

Isinyathelo sesi-5: Khetha Ozakwethu Abatholakala Ngokomzwelo

- Yeka ukuphishekela ubudlelwano obulingisa amanxeba okunamathela kusenesikhathi (okushisayo/kubanda, ukugodla ngokomzwelo).

Isihlungi esivikelekile: Ukungaguquguquki > Ukuqina

IMIKHUBA YOKUGCINA KUZO ZONKE IZIMO

Prakthiza	Ekwenzayo
Ijenali yokungena yansuku zonke	Amathrekhi amacupha futhi aqhubekele ekuziphatheni okuvikelekile
Ukulebula ngokomzwelo	Yakha ukulawulwa kwemizwelo (isb., "Ngizizwa ngikhathazekile, hhayi ukuthi ngingathandwa.")
Ukuxhumana ngokuzimela	Kuqinisa ukuzethemba futhi kunciphisa ukuncika ngokomzwelo
Hlela kabusha imicabango	Ingena esikhundleni sokwenza inhlekelele nokulandisa okulinganiselayo
Ukwelashwa (isb, CBT, IFS, noma okusekelwe kokunamathiselwe)	Ivula izimbangela zezimpande futhi iphinde ixhume amaphethini obudlelwano

Sokunamathisela Okugwema-Ukulahla

Amasu okugwema **ayavikela** , awawona amanoni . Zazivame ukuthuthukiswa ezindaweni lapho ukuba sengozini kwakuzwakala kungaphephile noma kuzitshiwe . Ukuqhubekela kokunamathiselwe okuvikelekile akukhona ukuba ngomunye umuntu— kumayelana nokuba **inguqulo yakho ehlanganisiwe, etholakala ngokomzwelo** , isinyathelo esisodwa ngesikhathi.

Izici ezibalulekile :

- Kubaluleke kakhulu ukuzimela nokuzanelisa
- Ukuzabalaza ukuthembela kwabanye noma ukuba sengozini ngokomzwelo
- Uyazivala noma aziqhelelanise lapho imizwa ishuba
- Igwema ukungqubuzana, ukusondelana, nokuncika

Umgomo ovikelekile : Funda **ukubekezelela ukusondelana** , **ukuveza izidingo zemizwa** , futhi wakhe **ukuthembela komunye nomunye** ngaphandle kokuzizwa ugcwele noma ulawulwa.

Ubudlelwano Bomndeni

Izinselelo:

- Ukuhoxiswa kwemizwa noma ukuvala shaqa ngesikhathi sokungqubuzana
- Ukugwema izingxoxo ezijulile noma ukuba sengozini yomndeni
- Ukucasulwa "ngesidingo" sezihlobo

Vikela Izinyathelo:

Isinyathelo 1: Yazisa Udonga Oluvikelayo

- Khomba lapho uvala ngokomzwelo, uhlukanisa, noma "ubanda."
- Ibinzana: "Ngizizwa ngidonsa-yini engizama ukuyigwema?"

Isinyathelo sesi-2: Zijwayeze Ukuba sengozini Kweziteki Eziphansi

- Yabelana ngamaqiniso amancane emizwa (isb., "Bekunzima kimi lokho," "Ngazizwa ngikhungathekile").
- Qala ngamalungu omndeni aphephile— ungangeni ngokuqondile ezindaweni ezinezingxabano.

Isinyathelo sesi-3: Hlela (Ungagwemi) Uxhumo

- Setha ngamabomu isikhathi samakholi wefoni, ukuvakasha, noma ukungena ngombhalo . Ungalindi ukuthi "uzizwe uthanda."
- Isisho: "Ngiyakukhathalela . Ngiyazi ukuthi angikuvezi njalo , kodwa ngiyakulungisa lokho."

Isinyathelo sesi-4: Inselele "Isidingo" Ukulandisa

- Qamba kabusha: "Ukudinga abanye akubenzi babe buthaka—futhi ukuthembela kwabanye akungenzi ngisengozini yokulawula."

Ubudlelwano Bomsebenzi

Izinselelo:

- Incamela ukusebenza uwedwa noma ukusebenzisana okusekelwe emsebenzini
- Izabalaza nokuncika kweqembu noma ukuba sengozini yokuhlanganyela
- Ikuzonda ukulawulwa okuncane noma impendulo yemizwa

Vikela Izinyathelo:

Isinyathelo 1: Zijwayeze Ukuveza Okulawulwayo

Isenzo: Vumela ozakwenu ukuthi bakungenise kokuhlangenwe nakho kwakho—ngaphandle kokwabelana ngokweqile.

Isibonelo: "Le phrojekthi beyinzima, kodwa ngiyayicabangela." (Ibonisa ubuntu ngaphandle kokuchayeka.)

Isinyathelo sesi-2: Bekezelele Ukuncika Kwabanye

Isenzo: Gxila ekunikeneni amandla noma ekutholeni usizo, ngisho nalapho uzizwa ungakhululekile.

Ibinzana: "Ngivame ukwenza lokhu ngedwa, kodwa ngicabanga ukuthi ukufaka kwakho kuzokuthuthukisa."

: Phendula, Ungahoxisi

Lapho uthola impendulo noma ukugxekwa, melana nesifiso sokuzikhipha ngokomzwelo.

Ibinzana: "Ngidinga isikhashana ukucubungula, kodwa ngiyakuzwa okushoyo."

Isinyathelo sesi-4: Gcina Ukungathathi hlangothi Kwemizwa Ngaphandle Kokubala

Zijwayeze ukulawula ukungaphatheki kahle kunokukuchitha.

Ithiphu: Sebenzisa umsebenzi wokuphefumula noma ukubeka phansi ukuze uhlale ukhona lapho kungezwani abantu.

Ubungane

Izinselelo:

- Ugcina abangani bekude ngokomzwelo
- Uncamela ukunganaki kunobungani obuseduze
- Ukungathembi noma ukuphika uma abantu befuna ukusondelana "kakhulu".

Vikela Izinyathelo Zokunamathisela:

Isinyathelo 1: Thola Abangane Abaphephile Ukuze Uzijwayeze Imizwa

Qala ngalabo abavumelanayo ngokomzwelo futhi abangaphazamisi.

Umgomo: Yakha ukwethembana ngokuqhubekayo.

Isinyathelo sesi-2: Nikeza Usekelo Ngaphandle Kokulungisa Noma Ukugwema

Isenzo: Yiba khona phakathi nezikhathi zabo zomzwelo ngaphandle kokunyamalala noma ukuhlakanipha.

Isisho: "Angihlali ngimuhle kulokhu, kodwa ngilapha ngenxa yakho."

Isinyathelo sesi-3: Qalisa Othintana naye

Ungalindi kuze kube yilapho " ulungile " noma baze bafinyelele. Zijwayeze ukuthumela umbhalo wokungena, ukuhlela isidlo sasemini, noma ukubuza umbuzo ojulile.

Isinyathelo sesi-4: Vumela Ukungakhululeki Ngaphandle Kokuyeka

Lindela ukuthi ukuvula kungase kuzwakale kunzima . Lokho akusho ukuthi kukhona okungalungile.

UMantra: "Ngingasinda ekusondeleni . Kulungile ukuhlala ngikhona ngisho noma kuzwakala kusengozini."

Ubudlelwano Bothando

Izinselelo:

- Ibeka phambili ukuzimela kunokusondelana
- Igwema ukungqubuzana noma ukubonakaliswa kwemizwelo
- Uzizwa "evaleleke" noma ecindezelwe eduze
- Ingase ihlele ukuzimela bese ibukela phansi izidingo zemizwa (ezabo nezabanye)

Vikela Izinyathelo:

Isinyathelo 1: Khulumisana Imingcele—Ngaphandle Kokugodla Okungokomzwelo

Ukugwema kuvame ukuvala ukwesaba . Funda ukusho izidingo zakho ngokucacile. Ibinzana: "Ngidinga isikhala ukuze ngishaje kabusha-hhayi ngoba ngingqamula, kodwa ngoba lokho kungisiza ukuthi ngibonakale kangcono."

Isinyathelo sesi-2: Hlala Nokusondelana Ngokomzwelo

Ungabaleki lapho ukusondelana ngokomzwelo kujula. Hlala ekamelweni—ngisho nalapho ulingeka ukuba uphazamise, ulungise, noma uhlukanise.

Isinyathelo sesi-3: Thatha Izingozi Ekuboniseni Imizwa

Ithi "Ngiyakukhumbula," noma "Lokho kwangilimaza," ngisho noma kuzwakala kuphambene nemvelo.

Khumbula: Ukuba sengozini kwakha ukwethembana.

Isinyathelo sesi-4: Hlela kabusha Ukusondelana Njengamandla, Hhayi Usongo

I-Secure Mantra: "Ukubonakala akusho ukulahlekelwa ukuzibamba . Kusho ukuthi nginesibindi ngokwanele ukuba ngibe ngokoqobo."

Isinyathelo sesi-5: Khetha Ozakwethu Abavikelekile, Abavuthiwe Ngokomzwelo

Gwema ukujaha abantu abangatholakali ngokomzwelo ukuze nje ugcine ibanga. Khetha umuntu owazisa ukusondelana, ukuxhumana okuqondile, nokuzinza kwemizwa.

IMIKHUBA EYISISEKELO KUZO ZONKE IZIZINDA

Prakthiza	Indlela Esiza Ngayo
Ukulebula ngokomzwelo	Kwakha ukuzazi ngezinto ezibangela ukuhoxa
Amasiko okuxhumana ahleliwe	Igwema ukuqhelelana ngokomzwelo ongazi lutho
I-Somatic grounding (isb, umoya, ukuma)	Yehlisa ukuvala shaqa ngesikhathi semizwa ephezulu
Imiyalo yejenali (isb, "Yini engiyigwemayo?")	Ibhekana nokwesaba noma izinkolelo eziqulekile
Ukwelashwa kugxile kokunamathiselwe/ukuhlukumezeka ngokobudlelwane	Iqeda ukwesaba ukuncika futhi isiza ukuhlanganisa ukubonakaliswa kwemizwelo

Sesitayela Sokunamathisela Esingahlelekile-Esabekayo

Ukunamathela okungahlelekile kuvame ukubangelwa **ukuhlukumezeka kobudlelwane kwangaphambi kwesikhathi**, ngakho ukuphulukiswa kuthatha isikhathi, isineke, nokuphepha okungaguquki. Awuphukile —walolongwa uthando olungalindelekile. Kodwa ngomzamo ohleliwe nobudlelwano obusekelayo, **ungakha izibopho ezivikelekile, eziqinile, nezithembekile** ngaphandle kokudela ukuphepha kwakho.

Izici ezibalulekile :

- Ukwesaba okujulile kokubili ukusondelana nokulahlwa
- I-Push-pull dynamics: ukulangazelela ukusondelana kodwa ukungakwethembi
- Ukuguquguquka kwemizwelo nokudideka ebudlelwaneni
- Igxile ekuhlukumezekeni, ukunganakwa, noma ukunakekelwa okungaguquki

Umgomo ovikelekile : Thuthukisa **ukuphepha ngokomzwelo**, **ukuzethemba**, kanye **nokulindelwe okuzinzile kobudlelwane**, ukufunda **ukulawula ukwesaba** ngaphandle kokugwema noma ukunamathela .

Ubudlelwano Bomndeni

Izinselelo:

- Ukuzizwa ucushiwe noma uhlukumezekile eduze kwabanakekeli
- Ukudideka phakathi kothando nokwesaba
- Imijikelezo yokugwema, ukuthobela, noma ukuqhuma kwemizwelo

Vikela Izinyathelo:

Isinyathelo 1: Bona Izimbangela Zakho

Isenzo: Landelela amagama athile, amathoni, noma izimo ezikhulisa ukwesaba noma ukuhlukana phakathi kwezilungiselelo zomndeni.

Ibinzana: "Lapho umzali wami engigxeka, ngivele ngiqine - ngidinga ukuziqinisa."

Isinyathelo sesi-2: Misa Imingcele Yengqondo Neyomzimba

Ithiphu: Ungakwazi ukuthanda umndeni *ngaphandle* kokuwunikeza ukufinyelela okungenamkhawulo.

Izibonelo:

- Khawulela ukuvakasha noma izingcingo
- Yenqaba izingxoxo ezingaphephile ngokomzwelo
- Lungiselela izinhlelo zokuphuma zemcimbi enengcindezi ephezulu

Isinyathelo sesi-3: Zijwayeze Ukuphepha, Hhayi Ukusebenza

Isenzo: Yenqaba ukudlala umlindi wokuthula, isilungisi, noma isipontshi semizwa.

Ibinzana elivikelekile: "Ngiyakukhathalela, kodwa angisatholakali kuleyo ndima."

Isinyathelo sesi-4: Dala Inethiwekhi Yomndeni Ekhethiwe

Ungase udinge ukufuna ukuxhumana okuphephile ngaphandle komndeni wakho wegazi ukuze uqale ukwenza imikhuba emisha yobudlelwane.

Ubudlelwano Bomsebenzi

Izinselelo:

- I-hypervigilance mayelana nokwenqatshwa noma ukugxekwa
- Ubunzima bokwethemba izibalo zeziphathimandla
- Imingcele eshintshashintshayo—ivuleke kakhulu noma ivaleke kakhulu
- Ukwesaba ukubonakala noma "ukutholakala"

Vikela Izinyathelo:

Isinyathelo soku-1: Yenza impendulo nesakhiwo kube ngokwejwayelekile

Zijwayeze ukuhlela kabusha impendulo engathathi hlangothi njengethuluzi lokukhula—hhayi ukuhlasela komuntu siqu.

I-Mantra: "Impendulo iwulwazi, hhayi ubufakazi bokwehluleka."

Isinyathelo sesi-2: Misa Imijikelezo Engabikezelwa

Imizila yakha ukuphepha kwangaphakathi futhi inciphisa ukuphinda kusebenze okuqhutshwa yisiphithiphithi.

Izibonelo:

- Izikhathi zokuqala/ zokugcina ezingaguquki
- Izinhlelo zokusebenza ezihleliwe
- Amakhefu ahlelelwe ukuzilawula wena

Isinyathelo sesi-3: Gcina Imingcele Ivumelana

Ungadaluli ngokweqile noma ufune ukusondelana ngokomzwelo kozakwenu abangaphephile. Ukuziphatha

okuvikelekile : Gcina ubungcweti, gcizelela imikhawulo yomthwalo wakho womsebenzi, futhi ugweme inhlebo noma ukugqitshwa ngokomzwelo.

Isinyathelo sesi-4: Yakha Ubudlelwano Bomsebenzi Obubodwa noma Okubili

Zijwayeze ukuvumela ozakwethu oyedwa omethembayo angene. Yabelana ngobungozi obuncane ngokuhamba kwesikhathi.

Ibinzana: "Leli sonto belinzima . Ngiyabonga ngokungena—ngiyakwazisa."

Ubungane

Izinselelo:

- Esaba ukusondelana kodwa ecekelwe kude
- Ukusola izisusa zabanye
- Izimpendulo ezijulile zomzwelo ezintweni ezincane ezicatshangwayo
- Ukuhlola ukuziphatha (isb, ukusunduza abangani ukuze ubone ukuthi bayabuya yini)

Vikela Izinyathelo:

Isinyathelo 1: Thola Abangane Abaphephile, Abangaguquguquki

Gwema abantu abanesiyaluyalu noma abashintshashintsha ngokomzwelo . Bheka abangani aba:

- Landela
- Xolisa laphe kudingeka.

- Yamukela imikhawulo yakho.

Isinyathelo sesi-2: Yabelana Kancane Kancane, Hhayi Konke Kanye Kanye

Ukuxhumeka okuvikelekile kwakha ngokuhamba kwesikhathi.

Ithiphu: Qala ngamaqiniso alula noma izicelo futhi ubone ukuthi ziphendula kanjani.

Isinyathelo sesi-3: Phakamisa i-Push-Pull Dynamic

Uma ufuna ukuhlosha noma ukukhala, yima kancane.

Zijwayeze: "Yini engiyesabayo njengamanje-ukushiywa noma ukusondelana?"

Isinyathelo sesi-4: Lungisa Esikhundleni Sokunyamalala

Uma usabela ngokweqile, buyisela futhi uyisho.

Isisho: "Ngavele ngaphelelwa ngamandla ngashaywa uvalo . Ngifunda ukuphatha kangcono lokho."

Ubudlelwano Bothando

Izinselelo:

- Ukuhalela ukusondelana, kodwa ukungathembi izinjongo zozakwethu
- Ukucekela phansi ozakwethu abazinzile, ukujaha abangatholakali ngokomzwelo
- Umona omkhulu, izinkinga zokulawula, noma ukuvala shaqa
- Ukuhlukumezeka okungaxazululiwe kufakwa ebudlelwaneni

Vikela Izinyathelo:

Isinyathelo 1: Khetha Ozakwethu Abaphephile, Abatholakala Ngokomzwelo

Gwema ubudlelwano obuqinile, obungalindelekile obubonisa ukuhlukumezeka kwangaphambi kwesikhathi.

Zibuze: "Ingabe ngizwa ngizolile uma nginabo-noma ngihlale ngimaphethelweni?"

Isinyathelo sesi-2: Yisho Izidingo Zomzwelo Ngokuqondile

Shintsha ukuhoxiswa noma ukuqhuma ngokucacile.

Ibinzana: "Ngidinga ukuqinisekiswa, kodwa ngiyesaba ukubuza . Singaxoxa ngakho?"

Isinyathelo sesi-3: Dala Imikhuba Yokungena Kwemizwa

Hlela isikhathi sokuxhuma ngokomzwelo, ikakhulukazi lapho izinto zizizwa "zivaliwe."

Igcina ukuxhumeka kuzinzile esikhundleni sokuqhutshwa yinhlekelele .

Isinyathelo sesi-4: Sebenzisana Nomzimba Wakho Ukulawula Ukwesaba

Uma ucushiwe, sebenzisa izivivinyo zokuqinisa ngaphambi kokuphendula:

- 4-7-8 ukuphefumula
- Thinta into ebhaliwe
- Ithi: "Sengiphephile manje . Lokhu akukona okwedlule."

- 5: Ungaphambanisi Ukuqina Nokusondelana

Inkolelo evikelekile: "Ukuzola nokungaguquguquki kuwuthando, hhayi oyisicefe."

IMIKHUBA EYISISEKELO KUZO ZONKE IZIZINDA ZOBUDLELWANO

Prakthiza	Umsebenzi
Ukulandelela imizwa kwansuku zonke	Yakha ukufunda nokubhala ngokomzwelo futhi ihlonze amaphethini asekelwe ekwesabeni
Ukwelashwa okunolwazi ngokuhlukumezeka (isb, i-EMDR, i-IFS, i-Somatic Experiencing)	Icubungula amanye amaqoka aqhuba ukuziphatha okungahlelekile
Amasiko okuzithobisa	Ithatha indawo yokuxhumana okuqhutshwa yinhlekelele nokuzinza kwangaphakathi
Vikela amamodeli wokulingisa (izincwadi, ama-podcasts, amaqembu osekelo)	Ibuyisela kabusha okulindelwe ukuthi ubudlelwano obuphephile bubukeka kanjani futhi buzizwe kanjani
Iziqinisekiso ezinjengokuthi: "Ngingaba seduze futhi ngihlale ngiphephile."	Ifaka kabusha ukusondelana njengamandla

Ukuhlonza Imikhuba Ebangela Ubuthi Kwabanye

Ngezansi kunethebula **elisebenzayo** elidizayinelwe ukusiza abantu abanezitayela **zokunamathisela ezingavikelekile ezihlukile** ukuhlonza **impatho enobuthi kwabanye** engase isebenze njengezicupho **zamanxeba** abo okunamathiselwe athile . Ukuqaphela la maphethini kungasekela ukulawulwa kwemizwelo kanye nokubeka imingcele okunempilo.

Isitayela sokunamathisela	Imikhuba Enobuthi Kwabanye Engase Ikucuphe	Kungani Ikubangela	Impendulo Elikelekile Yokuzilolonga
Ukukhathazeka-Ukukhathazeka (Fears abandonment, seeks constant closeness)	• Ukungatholakali kwemizwa • Ukuxhumana okungaguquki • Ukuphefumula noma ukuphefumula • Ukugodla uthando • Ukuziphatha okushisayo nokubanda	• Iqinisa ukwesaba ukungafunwa, ukwenqatshwa, noma "kakhulu"	• Ithi: "Ngidinga ukuxhumana okungaguquki ukuze ngizizwe ngiphephile." • Beka imingcele nabantu abangahambisani esikhundleni sokubajaha. • Gxila ekuzithobiseni uma ukuthintana kwakho kubambezelekile.
Ugwema-Olahlayo	• Ukunamathela noma	• Uzizwa ecindezelekile,	• Ithi: "Ngiyakukhathalela,

Isitayela sokunamathisela	Imikhuba Enobuthi Kwabanye Engase Ikucuphe	Kungani Ikubangela	Impendulo Evikelekile Yokuzilolonga
(Ukwesaba ukuncika, ugwema ukusondelana)	ukunamathela ngokomzwelo • Ukwabelana ngokudlulele ngokushesha kakhulu - Imibuzo engenelelayo • Izidingo zokutholakala njalo ngokomzwelo • Ukubeka icala endaweni	ecindezelekile, noma ehlukekile ngokomzwelo	futhi ngidinga isikhala sokushajwa kabusha." • Setha imikhawulo esekelwe esikhathini ekuzibandakanyeni komphakathi. • Zijwayeze ukubekezelela ukungaphatheki kahle ngokomzwelo ngaphandle kokuhoxa.
Abahlelekile-Abesabayo (Fears both closeness and abandonment)	• Ukushintsha okungazelelwe kwemizwa (ukuqhuma kwamabhomu othandweni → ukwehla)- • Ukukhanyisa igesi noma ukukhohlisa • Ukuqina ngaphandle kokuvumelana • Izinsongo zokulahlwa • I-Passive-aggression noma i-volatility	• Icupha ukwesaba ukulinyazwa, ukuvaleleka, noma ukwaliwa— ayikwazi ukubikezela ukuthi yini ephephile	• Ithi: "Ngidinga ukuzinza kwemizwa ebudlelwaneni." • Qaphela amaphethini, hhayi izithembiso. • Zithobe ngaphambi kokuba usabele • Sebenzisa ijenali noma ukuqwashisa ngomzimba.

Amathiphu azo zonke izitayela:

- **Qaphela umzimba wakho** : inhliziyo egijimayo, ukuvala shaqa, noma isicanucanu kungase kubonise isiqalo sokunamathiselwe.
- **Kubhale** : "Yini esanda kwenzeka ? Yini engenze ngikholwe ngami?"
- **Themba ukuziphatha okungaguquki** phezu kwekhemistri, ukuqina, noma amagama.

Kungani Izitayela Ezinamathiselwe Ezingavikelekile Zifuna Ukungasebenzi Okujwayelekile

Abantu abanezitayela zokunamathiselwa ezingavikelekile bavame ukufuna ubudlelwano obufana **nesipiliyoni sangaphambi kwesikhathi sobudlelwano**, ngisho noma lokho kuzizwisa bekubuhlungu **noma kungaphephile**.

Ubuchopho buvame ukufanisa "ukujwayela" "nokuphepha," noma ngabe lokho kujwayela kubandakanya ukunganakwa, isiphithiphithi, noma ukungatholakali ngokomzwelo.

Okunamathiselwe Okukhathazeka-Okumatasa

Inkolelo Eyinhloko: *"Uthando aluhambisani, futhi kufanele ngisebenze kanzima ukuze ngiluthole."*

Bakhangwa Kubo :

- Ozakwethu abangatholakali ngokomzwelo
- Abantu abanikeza amasignali axubile noma badlale "kushisa nokubanda"
- Abantu abagwema ukuzibophezela

Lokhu Kuqinisa Kanjani Ukungasebenzi:

- Iqinisekisa inkolelo yokuthi "ziningi kakhulu" noma "azanele"
- Ibagcina ku-loop yokukhombisa ukubaluleka nokujaha ukusondelana
- Ibangela ukukhathazeka, ukusebenza ngokweqile, nokungabaza

Indlela Yokuphula Iphethini:

Isenzo	Kungani Isebenza
Misa isikhashana ngaphambi kokuphishekela ukuqina	Ukuqina kuvame ukuphendula ngokuhlukumezeka, hhayi ukusondelana kwangempela
Buza: "Ingabe ngizizwa ngizolile noma ngihlale ngisebenza eduze kwalo muntu?"	Ubudlelwano obuvikelekile buzizwa buqinile, hhayi ukukhathazeka
Yakha ukubekezelelana ngokomzwelo ukuze uzinze	Zijwayeze ukwamukela "okuyisicefe" njengokuthi "kuphephile," hhayi "okungathandi"
Funa abantu abalandelayo	Ukungaguquguquki kwevelu ngaphezu kwe-charm noma ukujaha

Okunamathiselwe Okwenqabayo Okunamathiselwe

Inkolelo Eyinhloko: *"Ukuncika kwabanye kungenza ngibe buthakathaka . Ukusondelana kusongela ukuzimela kwami."*

Bakhangwa Kubo :

- Abalingani abanamandla ngokomzwelo noma abaswele (okuqinisekisa ukwesaba kwabo ukuboshwa)
- Abantu ababenza isithixo, kodwa ekugcineni bangabe besahlonishwa

- Abantu abavusa ukungakhululeki kwabo ngokusondelana

Lokhu Kuqinisa Kanjani Ukungasebenzi:

- Iqinisekisa inkolelo yokuthi abanye bafuna kakhulu noma bayancisha umoya
- Iqinisekisa ukuhlukaniswa kwemizwelo noma ukuhoxa
- Igcizelela ukulandisa kwabo kwempisi eyodwa futhi ivimbe ukusondelana kwangempela

Indlela Yokuphula Iphethini:

Isenzo	Kungani Isebenza
Qaphela lapho uphazamiseka ngokomzwelo noma ugwema	Ukugwema kuyisivikelo, hhayi isici sobuntu
Khetha ozakwethu abahlonipha imingcele yakho kodwa abasavela	Ikusiza ukuthi wakhe ukwethembana ngokuzimela
Zijwayeze ukuqamba imizwa, ngisho nangemithamo emincane	Yakha ukubekezelela ukuba sengozini ngaphandle kokucindezela
Yeka ukuzenzela ukuzimela njengokukhula ngokomzwelo	Amandla eqiniso ahlanganisa ikhono lokuxhuma nokuncika ngokuphepha

Okunamathiselwe Okungahlelekile-Okwesabekayo

Inkolelo Eyinhloko: "Uthando luyingozi futhi alubikezeli . Abantu bazongilimaza noma bangilahle."

Bakhangwa Kubo :

- Ozakwethu abaguquguqukayo, abalawulayo, noma abangatholakali
- Abantu abashintsha phakathi kwe-idealization kanye nokwehlisa inani
- Ubudlelwano obulingisa ukuhlukumezeka: obukhulu, obungazinzile, obudidayo

Lokhu Kuqinisa Kanjani Ukungasebenzi:

- Iwagcina evalelwe emijikelezweni yokulingisa ukuhlukumezeka
- Iqinisekisa ukuthi uthando lulingana nokwesaba, isiphithiphithi, noma ukukhaphela
- Ivimbela ukwakheka kokuvikeleka kwangaphakathi nokwethenjwa

Indlela Yokuphula Iphethini:

Isenzo	Kungani Isebenza
Yisho iphethini: "Lokhu kungikhumbuza engangikwazi ngisakhula."	Ukuqwashisa kuyisinyathelo sokuqala sokuphazamiseka kwephethini
Yehlisa ijubane ukuxhumana kwesigaba sangaphambi kwesikhathi	Inikeza isikhathi sokuhlola ukuphepha kwangempela nokuhambisana
Beka phambili ukuzinza ngaphezu kokuqina	Ukuqina kuvame ukufihla ingozi yobudlelwano, hhayi inkanuko

Isenzo	Kungani Isebenza
Sebenza nomelaphi onolwazi ngokuhlukumezeka	Ukuphulukisa ukuhlukumezeka ngokobudlelwane kudinga okungaphezu kokuqonda—kudinga ukulawulwa, ukuphepha, kanye nokwenza ukulungisa

Umthetho Ojwayelekile Wazo Zonke Izitayela:

- Uma ubudlelwano buzizwa bujwayelekile kodwa bungaphephile ngokomzwelo, bubuze.
- Uma lizwakala lizinzile, liphephile, futhi lingakhululekile ekuqaleni—lingase livikeleke.

Vikela Ithebula Lenkomba Yobudlelwano

Ngezansi kunethebula lereferensi eliphelele labantu abanezitayela zokunamathiselwe ezingavikelekile, elichaza ukuthi ubudlelwano obuvikelekile, obunempilo bubukeka kanjani kuzo zonke izimo ezine ezinkulu: umndeni, ubungane, umsebenzi, nozakwethu bothando.

Ichaza ukuthi abantu **baphathana kanjani**, ukuthi **izinkinga zisingathwa kanjani**, nokuthi yiziphi **izinto eziguqakayo** eziwayelekile ebudlelwaneni obunamathiselwe ngokuvikelekile.

Umongo	Indlela Ebukeya Ngayo Usuku Nosuku	Indlela Abantu Abaphathana Ngayo	Indlela Izinkinga Ezisingathwa Ngayo
Umndeni	• Izingxoxo ezivulekile, ezinenhlonipho • Ukwesekwa ngokomzwelo ngaphandle kokuba necala • Isikhathi ndawonye sizizwa siphephile, singacindezelwa	• Hloniphani ukuzimela komunye nomunye • Qinisekisa imizwa ngaphandle kokuchitha • Khuthaza ukukhula ngaphandle kokulawula	• Izinkinga ziqanjwa ngokuqondile. • Ukuxolisa kuyanikelwa futhi kwamukelwe • Imingcele iyahlonishwa ngesikhathi sokungqubuzana
Ubungane	• Ukungena okuhlangene • Injabulo nokusekelwa okwabiwe	• Umusa ngaphandle kwesibopho • Isikhala siyanikezwa futhi siyahlonishwa.	• Izingxabano zixoxwa ngomoya ophansi • Ukuqhekeka kuyalungiswa, akugwenywa

Umongo	Indlela Ebukena Ngayo Usuku Nosuku	Indlela Abantu Abaphathana Ngayo	Indlela Izinkinga Ezisingathwa Ngayo
	ngaphandle kokuncika Isikhathi ngokwehlukana akusona usongo.	Umehluko uyabekezelelwa, hhayi i-pathologies	Akukho ukwelashwa buthule noma isipoki
Ubudlelwano Bomsebenzi	- Cacisa izindima nokulindelwe - Impendulo inikezwa ngendlela eyakhayo - Imingcele phakathi komsebenzi nokuphila komuntu siqu iyahlonishwa	- Inhlonipho yobungcweti kungakhathaliseki isikhundla - Ukuziphendulela ngaphandle kwamahloni - Ukukhuthazwa phezu kokuphatha okuncane	- Izinkinga zisingathwa ngokucacile nangokuzola - Izixazululo ziyasebenzisana. - Ayikho imidlalo yokusola noma unxantathu
Ozakwethu Zothando	- Ukusondelana ngokomzwelo nangokomzimba kuzwakala kuphephile - Uthando luyahambisana, alunamibandela - Ukuzimela nokuhlangana kuyalingana	- Express udinga ngqo futhi ngaphandle isijeziso - Bonisa uthando ngokukhululekile. - Sekelanani izinhloso nobunikazi bomunye nomunye	- Xoxani ngokungaboni ngaso lineye ngaphandle kwezinsongo noma iziphetho - Ukuxazulula ukungqubuzana kufika ngesikhathi futhi kulungile - Ukuphepha ngokomzwelo kuyagcinwa phakathi nezingxabano

Amanothi Abantu Ngabodwa Abananyathiselwe Okungavikelekile:

- **Ukuvumelana** kuwuphawu lobudlelwano obuvikelekile—hhayi ukuqina.
- **Ukungavumelani** akukhona ukwaliwa; ukuthi umuntu ukuphatha kanjani ubuthakathaka bakho kusho okungaphezu kokuthi "ukuthanda" kangakanani.
- Uma ubudlelwano **budinga ukuthi ulahle izidingo zakho, ukuzihlonipha, noma inhlalakahle engokomzwelo**, abuvikelekile—kungakhathalekile ukuthi ithini.
- Ubudlelwano obunempilo **bakhiwa, abutholakali**. Zikhula **ngokuziphendulela okwabiwe, ukungqubuzana okuphephile, nokunakekelana**.

Amathiphu Okuphatha Ukungavikeleki Kwangaphakathi Ubudlelwano Bothando Obuholela Emonaneni Nokungathembeki .

Ngokusebenzisa lawa mathiphu ngokuhlelekile, unganciphisa ukubamba kokungazethembi futhi ukhuthaze ubudlelwano obunempilo, nokwethembana okwengeziwe.

• Kuvume Ukungavikeleki Kwakho

- Yazi futhi wamukele ukuthi imizwa yakho yokungazethembi ingumthwalo wakho.
- Ukuziphika noma ukuziziba kuzivumela ukuthi zikhule futhi zibe zimbi kakhulu.

• Thola Imbangela

- Cabanga ngokuthi kungani uzizwa ungalondekile.
- Ingabe okuhlangenwe nakho kwesikhathi esidlule, ukwesaba ukulahlwa, ukuzethemba okuphansi, noma ukuziphatha komlingani wakho?
- Ukuqonda imbangela kubalulekile ukuze kubhekwane nayo ngempumelelo.

• Khulumisana ngokucacile nangokuzola

- Xoxa ngemizwa yakho nomlingani wakho ngaphandle kokusola noma ukusola.
- Sebenzisa izitatimende ezithi "Mina" ukuveza indlela ozizwa ngayo nokuthi yini ebangela umona wakho, kunokuhlasela umlingiswa wabo.

• Misa futhi Uhloniphe Imingcele

- Misa imingcele ecacile nomlingani wakho ebhekana nokungazethembi kwakho ngokwakhayo.
- Qinisekisa ukuthi le mingcele inengqondo futhi kuvunyelwana ngayo ukuze kukhuthazwe ukwethembana.

• Gxila Ekwakheni Ukuzethemba

- Sebenzela ukuzethemba kwakho nokuzihlonipha ngaphandle kobudlelwane.
- Zibandakanye emisebenzini eqinisekisa inani lakho futhi ithuthukise ubuwena ngaphandle kobambiswano.

• Gwema Ukucabangela futhi Ugxumele Eziphethweni

- Ungavumeli ingqondo yakho igcwalise izikhala ngezimo ezimbi kakhulu.
- Ukuthembela kudinga ubufakazi, hhayi ukuqagela.

• Prakthiza Ukubekezela Nokungaguquguquki

- Ukwethembana nokuphepha kuthatha isikhathi ukwakha.
- Ukuziphatha okungaguquki, okuthembekile okuvela kubo bobabili abalingani kusiza ukunciphisa ukukhathazeka kanye nomhawu.

• Cabangela Usizo Lochwepheshe Uma Kudingeka

- Uma ukungazethembi kanye nomhawu kunzima noma kuphikelela, funa ukwelulekwa.
- Ukwelapha kunganikeza amathuluzi okuphatha imizwa futhi kuthuthukise ukuguquguquka kobudlelwane.

- **Nciphisa Imidiya Yezokuxhumana kanye Nezibangeli Zangaphandle**

- Inkundla yezokuxhumana ingakhulisa umona nokungazethembi.
- Beka imingcele ekuchayekeni uma kunomthelela emizweni engemihle.

- **Gxila Emaqinisweni, Hhayi Ekwesabeni**

- Beka ukwethemba kwakho ekuziphatheni kwangempela komlingani wakho, hhayi ukwesaba kwakho noma lokho-uma.
- Gcina umbono ongokoqobo.

Amathiphu Okuphatha Ukusondelana Ngokweqile Ebunganeni Nobunye Ubudlelwano Obusha

Lawa maqhinga asiza ukwakha **ubudlelwano obuvikelekile, obuzinzile** ngaphandle kokuzixaka noma ukukhungathekisa abanye.

1. Qaphela Amaphethini Akho

- Zindla ngezikhathi lapho uzizwa uphoqelekile ukuthi wabelane ngokushesha kakhulu noma ufune ukuqinisekiswa njalo . Ukuqwashisa kuyisinyathelo sokuqala sokushintsha.

2. Misa Imingcele Yakho Ecacile

- Nquma ukuthi yiziphi izihloko noma ulwazi lomuntu siqu okhululekile ukwabelana ngalo kusenesikhathi . Kulungile ukuzibamba futhi uziveze kancane kancane.

3. Hambisa Ubudlelwano

- Vumela ubudlelwano buthuthuke ngokwemvelo ngokuhamba kwesikhathi . Gwema ukugijimela engxoxweni eshubile yemizwa noma ukuthintana njalo.

4. Gcina Impilo Yakho

- Qhubeka nezintshisekelo zakho, izinto ozilibazisayo, nokunye ukuxhumana nomphakathi . Lokhu kulinganisela kuvimbela ukuthembela ngokweqile kumuntu oyedwa ngezidingo zomzwelo.

5. Zijwayeze Amasu Okuzithoba

- Uma uzizwa ukhathazekile mayelana nokuxhunywana noma ukwenqatshwa kokwesaba, sebenzisa amasu okusekela (ukuphefumula okujulile, ukucabangela) esikhundleni sokufinyelela ngokushesha.

6. Khuluma Imingcele Ngokucacile Futhi Ngomusa

- Uma uzizwa ukhungathekile noma uqaphela omunye umuntu ephuma, khuluma ngakho ngomoya ophansi: "Nginyaqaphela ukuthi kade ngabelana ngokushesha okukhulu; ngifuna ukwenza isiqiniseko sokuthi sinethezekile ngejubane."

7. Nciphisa Imvamisa Yokuxhumana

- Gwema ukuthumela umbhalo ngokweqile noma izingcingo, ikakhulukazi ngaphambi kwesikhathi . Hlela ukusebenzelana ngokucabangisisa ukuze ukhuthaze ikhwalithi phezu kobuningi.

8. Zibuze: "Ingabe Ngifuna Ukuxhumana Noma Ukuqinisekiswa?"

- Lokhu kusiza ukuhlukanisa ukuhlungana kwangempela nokuziphatha okuqhutshwa ukukhathazeka.

9. Funa Impendulo

- Uma ungaqiniseki, cela abangani abathembekile ukuze uthole impendulo eqotho mayelana nokuziphatha kwakho ebudlelwaneni.

10. Cabangela Ukusekela Kochwepheshe Uma Kudingeka

- Ukwelapha kungasiza ukuhlola izimpande zokusondelana kakhulu futhi kuthuthukise imikhuba enempilo yokusebenzelana nabanye.

Amathiphu Abantu Abamosha Ubudlelwano

Uma ujwayele **ukucekela phansi ubudlelwano** —kungakhathaliseki ukuthi uyazi noma cha—njengengxenywe yezinkinga zokunamathela ezingaxazululiwe, kubalulekile ukubhekana nokwesaba okucashile, ukungathembani, noma ukungakhululeki ngokusondelana okushayela impatho . Ngezansi kukhona **amathiphu asebenzayo, ahlelekile** okuphazamisa le phethini nokuya ekuxhumekeni okunempilo, okuvikeleke kakhulu.

Ukucekela phansi kuyisivikelo, akulona iphutha . Ufunde ukuzivikela ngezindlela manje ezilimaza ubuhlobo bakho—kodwa ngokuqaphela nangomzamo ongaguquki, ungakwazi **ukuqeda ukwesaba futhi wakhe izibopho ezilondekile neziqinile .**

Amathiphu Wokunqoba Ukucekelwa phansi Kobudlelwano Okuqhutshwa Izinkinga Ezinamathiselwe

Khomba Amaphethini Wakho Wokubhuqa

Qala ngokuchaza kahle ukuthi ucekela phansi *kanjani* :

- Ukukhetha ukulwa ngesikhathi sokusondelana
- Ukuhoxa noma ukuhoxa ngaphandle kwesizathu
- Ukugxeka ngokweqile noma ukungatholakali ngokomzwelo
- Ukudlala ngothando nabanye ukuze udale ibanga
- Ukuqeda izinto "ngaphambi kokungenasisekelo" ukuze ugweme ukulimaza

Isenzo: Yenza uhlu olubhaliwe lokuziphatha okuthile ojwayele ukuzibandakanya kukho lapho izinto zizizwa "ziseduze kakhulu" noma ziyingozi emoyeni.

Yisho Umzwelo Ngaphansi Kokuziphatha

I-sabotage ivame ukuqhutshwa imizwa efihliwe efana nale:

- Ukwesaba ukulahlwa noma ukwenqatshwa (ukukhathazeka)
- Ukwesaba ukulawulwa noma ukucwiliswa (ukugwema)
- Ukuzizwa ungaphephile ngenxa yokulimala okudlule (okungahlelekile)

Isenzo: Uma uzwa isifiso sokucekela phansi, yima kancane bese ubuza: "*Yini engizizwayo njengamanje-ngisengozini, ngesaba, ngingathembi, nginamahloni?*" Ukuqamba imizwa kuphazamisa ukusabela okuzenzakalelayo.

Misa isikhashana futhi Ubambezele Ukusabela

Uma uzizwa ucushiwe noma wethukile:

- **Ungathathi isinyathelo ngokushesha .** Zinike amahora angu-24 ukuphendula noma ukwenza isinqumo .
- Zikhumbuze: "*Ukuphuthuma akukhona ukucaca.*"

Isenzo: Sebenzisa ijenali noma uhlelo lokusebenza lwenothi lezwi ukuveza ofuna *ukukusho* noma ukwenza—ngaphandle kokukwenza ngempela .

Hlukanisa Okwamanje Kwedlule

Izindlela eziningi zokuziphatha ezilimazayo zingamasu okuvikela afundwa ebuhlotsheni bangaphambili (ngokuvamile ebuntwaneni).

Isenzo: Zibuze:

"Ingabe lokhu kusabela ngalo muntu, noma othile wesikhathi sami esidlule?"

"Ingabe lo muntu ungikhaphela ngempela-noma ngicabanga ukuthi bazongithengisa?"

Prakthiza Ukuba Ngcupheni Okuncane

Qala ngokwethembeka okuphansi:

- Vuma lapho uzizwa usaba noma ungaqinisekile
- Yabelana ngesidingo noma umngcele ngenhlonipho
- Bonisa uthando ngisho noma kubonakala kuyingozi

Isenzo: Thola indawo eyodwa lapho ungavuleka khona kancane ngaphandle kokuzixaka.

Yiba Osobala Kubantu Abathenjwayo

Uma usothandweni (ubungani noma ezothando), yisho iphethini.

Isibonelo: "Ngezinye izikhathi ngiye ngithuke bese ngiyasuka . Ngisebenza ngakho, futhi ngifuna ukwethembeka kuwe." Lokhu kwakha ukuphepha nokuziphendulela.

Thuthukisa Ukuphepha Kwangaphakathi

Amakhono okuzithobisa anciphisa ingcindezi yokulawula abanye noma ukubaleka.

- Ukucabangela
- Umsebenzi wokuphefumula
- Umsebenzi wengane yangaphakathi
- Iziqinisekiso ezinhle njengalezi:

"Ngiyakwazi ukubekezelela ukusondelana . Ngiphephile ngisho nalapho ngisengozini."

Khetha Ubudlelwano Obusekela Ukuphulukisa

Gwema ozakwethu abangatholakali ngokomzwelo, abangaqageleki, noma abanesiphithiphithi.

- **Abantu abavikelekile, abangaguquki, abahloniphayo** basiza ukuqinisa amaphethini anempilo.
- **Idrama ibhebhezela ukucekelwa phansi** —ukuzinza kudala izinguquko.

Landelela futhi Ugubhe Ukunqoba Okuncane

Qaphela uma *ungacekeli* phansi:

- Uzwakalise ukungakhululeki ngaphandle kokuphusha umuntu.
- Uhlale uxhumekile naphezu kokwesaba.
- Ubuye ngemva kokugqabuka esikhundleni sokunyamalala.

Senzo: Lokha lezi zikhathi . Ubufakazi bokukhula bakha ukuzethemba kuwena.

Yenza Umsebenzi Ojulile

I-sabotaging akuvamile ukuba ibe yinkinga yezinga eliphezulu . Ngokuvamile kuhilela ukuhlukumezeka, ukukhashelwa, noma ukunganakwa ngokomzwelo.

Cabangela:

- **Ukwelapha okugxile kokunamathiselwe**
- **Izindlela zokwaziswa ngokuhlukumezeka (isb, EMDR, IFS)**
- **Ukwelashwa kweqembu kokusebenza kobudlelwano**

Amashidi okusebenzela

UKUHLOLA ISITAYELA SAMI SAMI SOKUNAMATHISELA

Leli phepha lokusebenzela liklanyelwe ukukusiza uqonde kangcono **isitayela sakho sokunamathiselwe** - indlela ojwayele ukuhlobana ngayo nabanye abasebudlelwaneni obuseduze . Ukuthola ukuqonda ngesitayela sakho sokunamathiselwe kuyisinyathelo sokuqala sokwakha **ukuxhumana okunempilo, okuvikeleke kakhulu** .

Ingxenywe 1: Okunamathiselwe Okusheshayo Ukuzihlola

Phendula izitatimende ezilandelayo **ngokwethembeka** , ngokusekelwe endleleni ovame ukuzizwa ngayo futhi uziphathe ngayo ebuhlotsheni obuseduze (zothando, umndeni, abangani abaseduze) . Sebenzisa isikali:

- **1 - Angivumelani neze**
- **2 - Awuvumi**
- **3 - Ingathathi hlangothi / Kwesinye isikhathi**
- **4 - Vuma**
- **5 - Vumelana Ngokuqinile**

#	Isitatimende	Isikolo (1-5)
1	Ngikuthola kulula ukwethemba abantu engisondelene nabo.	
2	Ngikhathazeka kakhulu ngokulahlwa noma ukwaliwa.	
3	Ngizizwa ngingakhululekile ngokuya ngabanye.	
4	Ngivame ukufuna ukuqinisekiswa kwabasondelene nami.	
5	Ngikhetha ukungabonisi abanye indlela engizizwa ngayo ekujuleni.	
6	Ngikuthola kulula ukusondelana ngokomzwelo nabantu.	
7	Ngivame ukuzwa ukuthi abanye abafuni ukusondelana njengami.	
8	Ngizama ukugwema ukuncika kakhulu kwabanye.	
9	Ngizizwa ngiqiniseka ukuthi abanye bazongisiza lapho ngibadinga.	
10	Ngezinye izikhathi ngifuna ukusondelana, kodwa futhi ngizizwa ngikwesaba.	

Ingxenywe 2: Humusha Izikolo Zakho

Qoqa imibuzo ngezigaba . Isamba samaphuzu esigaba ngasinye.

Okunamathiselwe Okuvikelekile

(Imibuzo 1, 6, 9)

Ingqikithi: ____

Amaphuzu aphezulu (12-15): Cishe unesitayela sokunamathisela esivikelekile.

Amaphuzu amaphakathi (8-11): Ungase uvikeleke kakhulu kodwa ube nokuthambekela okuthile kokuhlola.

Ukukhathazeka Okunamathiselwe

(Imibuzo 2, 4, 7)

Ingqikithi: ____

Amaphuzu aphezulu (12-15): Cishe unesitayela sokunamathisela esikukhathazayo (sokumatasa).

Amaphuzu amaphakathi (8–11): Okunye ukuthambekela kokukhathazeka kungase kube nomthelela ebudlelwaneni bakho.

Gwema Okunamathiselwe

(Imibuzo 3, 5, 8)

Ingqikithi: ____

Amaphuzu aphezulu (12–15): Cishe unesitayela sokunamathisela esigwemayo (esichithayo).

Amaphuzu amaphakathi (8–11): Ungase ube nokuthambekela kokugwema okukhawulela ukusondelana.

Okunamathiselwe Okungahlelekile

(Umbuzo 10; futhi ucabangele amaphuzu aphezulu kukho kokubili Okukhathazeka Nokugwema)

Amaphuzu: ____

Amaphuzu aphezulu (4–5) lapha, ikakhulukazi ahlanganiswe nokukhathazeka okuphezulu namaphuzu okugwema, angase aphakamise isitayela sokunamathisela **esingahlelekile (esigwema ukwesaba)**.

Ingxenye 3: Imibuzo Ecabanga Ngayo

1. **Isiphi isitayela sokunamathiselwe esifanelana kangcono nokuhlangenwe nakho kwakho, ngokusekelwe emiphumeleni engenhla?**

Bhala imisho embalwa ukuchaza isitayela sakho ngamagama akho.

2. **Lesi sitayela sokunamathiselwe sibonakala kanjani ebudlelwaneni bakho obuseduze (isb., ezothando, umndeni, abangani)?**

3. **Yiziphi izimo ezikwenza uzizwe ungalondekile, ugwema, noma uncike ngokweqile kwabanye?**

4. **Bungabukeka kanjani futhi buzizwe kanjani ubudlelwano "obuvikelekile" kuwe ? Kwehluke kanjani lokho kumaphethini akho adlule noma amanje?**

Ingxenye 4: Izinyathelo Ezilandelayo

- Letha leli shidi ekwelapheni noma ekululekweni uma ufuna isiqondiso sochwepheshe.
- Phinda uvakashele lokhu ngemva kokufunda okwengeziwe mayelana nezitayela zokunamathisela nokwenza umsebenzi othinta inhliziyo.
- Cabangela ukwenza ijenali nsuku zonke ukuze ulandelele ukuthi ukuziphatha kwakho okunamathiselwe kuvela kanjani futhi kuvela kanjani.

Asikho isitayela sokunamathiselwe esilungisiwe . Ngokuqwashisa nangomzamo wamabomu, ungadlulela endleleni ephephile nenelisayo yokuhlobana.

IZINSELELE ZESITAYELA SOKUNAMATHISELA ZANSUKU ZONKE (IZINSUKU EZIYI-10 ISITAYELA NGASINYE)

Nansi inselele ehleliwe yezinsuku ezingu-30 ehlukaniwa ngesitayela sokunamathiselwe—Ukukhathazeka-Ukukhathazeka, Ukugwema-Ukuxosha, Nokungahlelekile-Okwethusayo—nomsebenzi owodwa osebenzayo ngosuku ukuthuthukisa kancane kancane ukuziphatha okunamathiselwe okuvikeleke kakhulu.

Umsebenzi ngamunye wakha ukusimama kwemizwelo, ukuzazi, kanye nemikhuba enempilo yobudlelwane.

Usuku	Ukukhathazeka-Ukukhathazeka (Ukufuna ngokweqile ukusondelana, ukwesaba ukulahlwa)	Ukugwema-Ukulahla (Ukuthembela ngokwesaba, ugwema ukusondelana)	Abahlelekile-Abesabayo (Ukwesaba kokubili ukusondelana nokulahlwa)
1	Bhala phansi abantu abangu-3 ofuna ukuqinisekiswa kwabo ngokweqile	Khomba izindlela ezi-3 zokunqamula ukuxhumana ngokomzwelo ebudlelwaneni	Ijenali: "Lapho ngisondela kwabanye, ngiqala ukuzizwa..."
2	Hamba amahora angu-4 ngaphandle kokuhlola ifoni/inkundla yezokuxhumana ukuze uthole ukuqinisekiswa	Chitha imizuzu engama-30 nomuntu omethembayo ngaphandle kokwenza izinto eziningi	Prakthiza ukuphefumula okungu-5-5-5 lapho ukhungathekile ngokomzwelo
3	Zibuze ngaphambi kokuthumela umbhalo: "Ingabe ngifuna ukuphepha noma ukulawula?"	Thumela umlayezo kumngani kuqala ukuze aqale i-hangout	Khomba bese ubhala izibangeli ezi-3 ezidala ukuziphatha kokuphusha
4	Beka umngcele—ngisho nomncane—nothile namuhla	Veza iqiniso elincane elingokomzwelo komunye umuntu (isb., "Benginovalo")	Ithi "Ngidinga ikhefu ukuze ngisethe kabusha" lapho ngivuselelwe ngokomzwelo
5	Libazisa ukuphendula umbhalo okunikeza ukukhathazeka—linda imizuzu engu-30	Yamukela usizo oluvela kothile namuhla, ngisho noma kuzwakala kungakhululekile	Dweba imephu yobudlelwano obuphephile uma buqhathaniswa nabangaphephile kusukela esikhathini sakho esidlule
6	Bhala izinto ezi-5 ozithandayo ngawe	Bhala inothi lokubonga kumuntu ojwayele	Khomba amaphethini wakho wokuphendula

Usuku	Ukukhathazeka- Ukukhathazeka (Ukufuna ngokweqile ukusondelana, ukwesaba ukulahlwa)	Ukugwema-Ukulahla (Ukuthembela ngokwesaba, ugwema ukusondelana)	Abahlelekile- Abesabayo (Ukwesaba kokubili ukusondelana nokulahlwa)
	ezingasekelwe ebudlelwaneni	ukumgcina eduze kwakhe	ngokomzwelo (impi, indiza, iqhwa, isilwane)
7	Buza umuntu ukuthi unjani ngaphandle kokuziphakamisa	Ithi "Ngiyakukhathalela" ngaphandle kokuyinciphisa ngemva kwalokho	Bhala inguqulo yakho efanelekile yobudlelwano obuvikelekile
8	Chitha ihora elilodwa wenza okuthile uwedwa ngaphandle kokuphazamiseka	Cabangela ukuthi ukugwema ukuba sengozini kukuvikele kanjani—futhi kukukhawulele	Khomba umuntu "ophephile" futhi umtshele okuthile okuncane kodwa okuyiqiniso
9	Tshela umngane noma umlingani: "Bengizizwa ngikhathazekile futhi ngifuna ukusondelana"	Yazisa othile ukuthi ucabanga ngaye (ngaphandle kwesizathu)	Bhala incwadi eya enguqulweni yakho encane enikeza ukuphepha
10	Ungaxhumani nomuntu omthanda kakhulu usuku lonke	Yabelana ngenkumbulo yomuntu siqu nozakwenu noma omaziyo	Lapho uzwa isifiso sokuhoxa noma ukuklabalasa—yima kancane, sho imizwa, bese uyibhala phansi

Isetshenziswa kanjani:

- Yenza **umsebenzi owodwa ngosuku** ngokusekelwe kuphethini yakho yokunamathisela eyinhloko.
- Ungaphinda umjikelezo izikhathi eziningi, uxube izinselele, noma ungeze ukubhala ngokuhambisana.
- Umgomo **awukona ukuphelela** , kodwa **ukuphazamiseka kwephethini** — kancane kancane ukwakha imikhuba emisha yobudlelwane.

VIKELA EMSEBENZINI - IPHEKHI YESHIDI LOKUSEBENZA

Nakhu ukuhlukaniswa okuningiliziwe kwesengezo esithi **"Vikela Emsebenzini"** — esiklanywe njengesethi **yamakhasi okusebenza** ukuze asize abantu abanezitayela zokunamathiselwe ezingavikelekile bakhe ubudlelwano obuvikelekile, obunokuzethemba, nobulinganiselayo emsebenzini.

Lawa maphepha okusebenza akhuluma ngokuqondile ukuthi amaxeba okunamathiselwe angathonya kanjani amandla **ngezibalo zeziphathimandla , ontanga , kanye nempendulo** , kanye nendlela yokushintshela kumaphethini avikelekile.

IGUNYA LOKUPHATHA KANYE NAMANDLA DYNAMICS

Inhloso: Qonda ukusabela kwabaphethe futhi uhlele kabusha amandla ashintshashintshayo ukusuka ekusongeleni kuya ekuhlanganyeleni.

Izigaba:

- Ukuhlaziywa kwesimo:
 - "Lapho umphathi wami engavumelani nami, ngizizwa..."
 - "Ngicabangani ngabantu abaphethe?"
- Qamba kabusha umhlahlandlela:
 - "Esikhundleni sokubona igunya njengokwenqatshwa/ukulawula, ngingakubuka njengokuthi..."
 - "Bubukeka kanjani ubudlelwano obunempilo nobuholi?"

Ithuluzi Elisebenzayo:

- Imibhalo yokugomela kochwepheshe (isb., "Ngiyezwa okukukhathazayo— ngingakwazi ukukucacisa ukucabanga kwami?")

ISIGCAWU SESIGUNYA	IMPENDULO YAMI EJWAYELEKILE	IMPENDULO EHLAWULIWE

UKUGXEKA NGAPHANDLE KOKUGOQA

Inhloso: Yakha amandla okuthola impendulo ngaphandle kokwenza kube ngokwakho noma ukuvala shaqa.

o

ISIGCAWU SOKUGXEKA	IMPENDULO YAMI EJWAYELEKILE	IYINI I-TRIGGER KIMI?	NGIZWA YINI?	NGINGAZIPHATHA KANJANI / NGENZE	IMPENDULO YAMI EHLAWULIWE
Engivame ukucabanga futhi ngikwenze lapho ngithola ukugxekwa...					<i>" Ngimoshe yonke into," Zama: " Ngiyafunda . Yini engingayithuthukisa ngokuzayo?"</i>

Bhala kabusha ukugxeka kwakamuva usebenzisa ulimi oluvikelekile, olungavikelekile.

UKUSEBENZISANA NEMIKHAWULO YOKUBAMBISANA

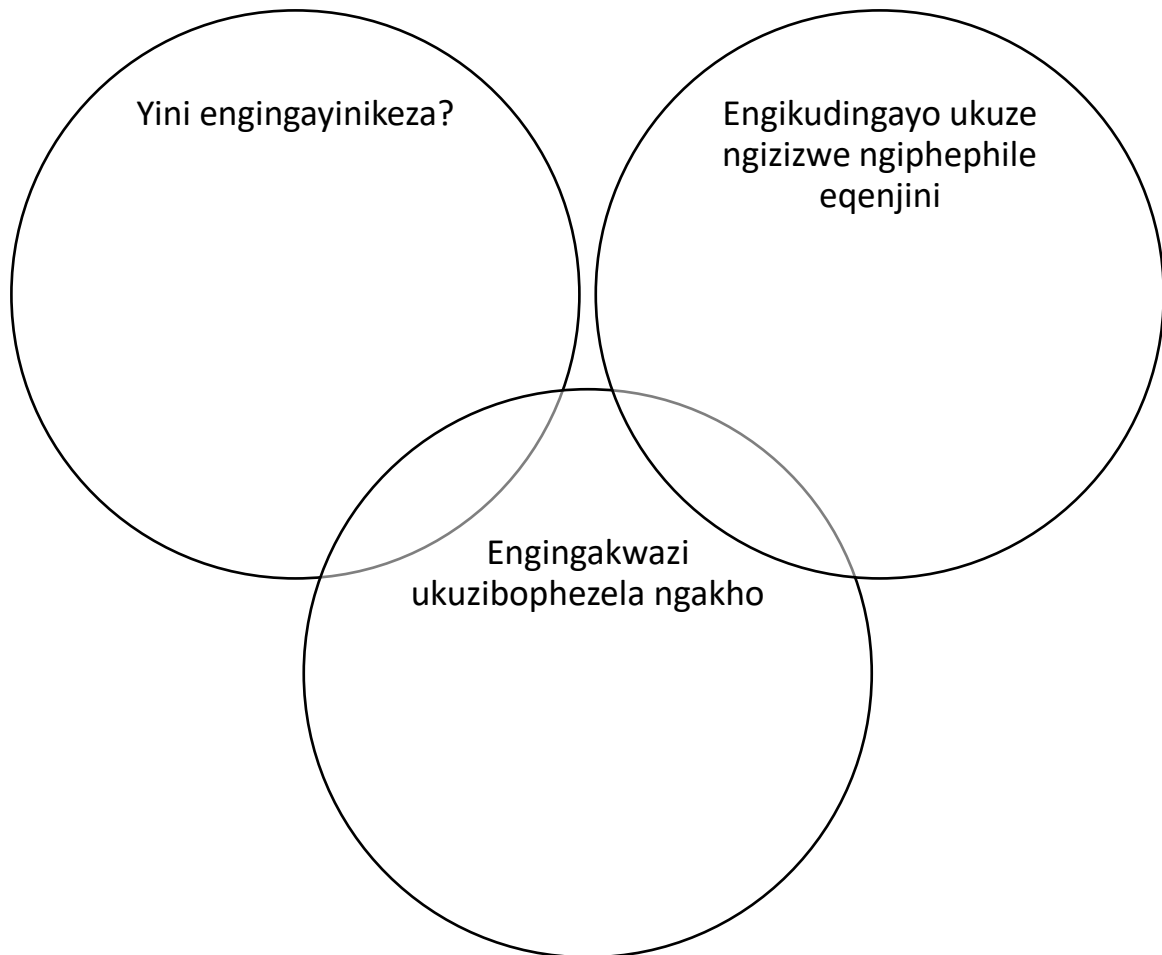
Inhloso: Zijwayeze ukubamba iqhaza okunempilo nokubeka imingcele emsebenzini wokuhlanganyela.

Ukuthi Kubukeka Kanjani Ukusebenza Ngokweqile (EG, Perfectionism, Ukuthatha Kakhulu)

Ukuthi Ukungasebenzi Okungaphansi Kubukeka Kanjani (EG, Ukungahlanganyeli, Ukugwema)

Ukuzindla: "Yini Engiyesabayo Ezilungiselelweni Zeqembu?"

Imephu Yomngcele



Inselele Prompt

- "Kuleli sonto, ngizozijwayeza ukuthi 'cha' noma 'hhayi okwamanje' ekuxhumaneni okukodwa kochwepheshe."

SECURE COMMUNICATION PLANNER

Inhloso: Siza abasebenzisi balungiselele izingxoxo zomsebenzi ezinzima noma ezibalulekile ezinokulawulwa kwemizwa nokucaca.

Isimo	Ngaphambi kwengxoxo		Yini engifuna ukuyiveza ngokucacile?	Ngesaba ukuthi kungenzekani?	Bhala impendulo usebenzisa umusho ongathathi hlangothi, oqondile, ovikelekile
	Iyini inhloso?	Ngithwele muphi umzwelo?			

"VIKELA EMSEBENZINI" I-PROGRESS TRACKER

Landelela inqubekelaphambili emavikini angu-4 ezindaweni ezifana nalezi:

- Ukucela usizo
- Ukuthola impendulo ngaphandle kokwesaba
- Ukukhulumisana ngokugomela
- Ukubamba iqhaza ezinqumweni zeqembu
- Ukunciphisa ukusebenza ngokweqile noma ukuziphatha kokugwema

UMPHUMELA :

3: Kuzuzwe

2: Inqubekelaphambili

0: Akukho

nqubekelaphambili

IMISEBENZI	IVIKI 1	IVIKI 2	IVIKI 3	IVIKI 4

IMISEBENZI	IVIKI 1	IVIKI 2	IVIKI 3	IVIKI 4

IDINGA UMHLAHLANDLELA WOKUHLONZA NOKUXHUMANA

Inhloso: Siza abantu ukuthi babone izidingo zabo zemizwa futhi bafunde ukuziveza ngokucacile, ngenhlonipho, nangokuvikelekile—okubalulekile kakhulu kulawo maphethini okunamathiselwe angavikelekile aphulukisayo.

ISIGABA 1: THOLA IZIDINGO ZAKHO EZIYINHLOKO

Imiyalelo: Buyekeza izigaba ezingezansi . Faka u- ✓ eduze kwezidingo ezihambisana nawe kakhulu ebudlelwaneni.

Isigaba	Izidingo Ezivamile Zomzwelo
Ukuphepha Nozinzo	☐ Ukungaguquguquki ☐ Ukubikezela ☐ Ukwethembeka ☐ Ukuphepha ngokomzwelo
Ukuxhumana & Ukusondelana	☐ Ukubonwa/ukuzwakala ☐ Uthando olungokomzimba ☐ Isikhathi sekhwalithi ☐ Okuhlangenwe nakho okwabiwe
Ukuzimela Nenhlonipho	☐ Isikhala ☐ Ukuzimela ☐ Imingcele iyahlonishwa ☐ Ukwethenjwa
Ukuqinisekisa & Ukuqashelwa	☐ Ukuzizwa ubalulekile ☐ Ukwazisa ☐ Uzwela ☐ Ukuqinisekiswa kokubaluleka
Ukwesekwa Nokwethenjwa	☐ Ukwethembeka ☐ Isikhuthazo ☐ Usizo lapho ludingeka ☐ Ukuxazulula izinkinga ndawonye

ISIGABA 2: CACISA OKUDINGAYO EMAZWINI AKHO

Imiyalelo: Khetha izidingo ezingu-2-3 ozihlole ngenhla . Bhala isitatimende ngasinye esicacisa isidingo ngolimi lwakho.

Isibonelo: "Ngidinga ukungaguquguquki ekukhulumisaneni . Uma ngingezwa kothile , ngiqala ukuzungeza."

→ Kufakwe uzimele kabusha ngokuvikelekile: *"Ukungena njalo kungisiza ngizizwe ngiphephile futhi ngigxile ekuxhumekeni kwethu."*

Isidingo	Impendulo Yakho Engavikelekile (Ojwayele ukukwenza/ukukusho)	Isitatimende Sokuxhumana Esivikelekile

ISIGABA 3: UKUZIJWAYEZA - UKUHUMUSHA KWEMPILO YANGEMPELA

Imiyalelo: Gcwalisa imiyalo engezansi mayelana nesimo sakamuva noma samanje lapho isidingo sakho singahlangabezanga khona.

Isimo:

Chaza ukuthi kwenzekeni: "Ngicele usizo ngephrojekthi futhi anginakwa."

Engikuzwile:

"Akubalulekile, kuyakhathaza."

Isidingo Esingemuva Komuzwa:

"Ngidinga ukuzizwa ngisekelwe futhi ngizwe."

Engifisa Ukuthi Ngathi (Isitayela Esivikelekile):

"Lapho ngingezwa impendulo , ngiqala ukungaqiniseki ngokuthi simi kuphi . Kungasiza uma ungawamukela umyalezo wami—ngisho noma kuyinothi elisheshayo."

ISIGABA 4: IFOMULA YEZOKUXHUMANA EVIKELEKILE

Sebenzisa le fomula yomusho ukuze uveze izidingo zakho ngenhlonipho:

"Uma ____ kwenzeka	Ngizizwa ____.	Engikudingayo ____.

Izibonelo:

- "Lapho izinhlelo zishintsha ngomzuzu wokugcina, ngizizwa ngingabalulekile . Ngidinga isaziso kusengaphambili ukuze ngizizwe ngihlonishwa."
- "Lapho ungena phakathi nezinsuku ezimataso, ngizizwa nginakekelwe . Lolo hlobo lokusekelwa lusho lukhulu kimi."

Ukudinga okuthile akukwenzi uswele . Abantu abavikelekile bayaqaphela, bangabanikazi, futhi badlulisele izidingo zabo ngaphandle kokuxolisa noma ulaka.

HEALTHY VS. UBUDLELWANO OBUNGENAMPILO DYNAMICS

- Ifulegi **elibomvu** iphethini eqhubekayo **ephula ukuphepha kwakho, isithunzi, noma imingcele**.
- Ithuba **lokukhula** yisikhathi esidinga **ingxoxo, hhayi ukubekezelelana** - futhi libalulekile kuphela uma **bobabili abantu** bezimisele ukukhula.

IFULEGI ELIBOMVU VS. UHLU LOKUHLOLA ITHUBA LOKUKHULA

Inhloso: Siza abasebenzisi bahlukanise phakathi kokuziphatha okuhlobene okuvikelekile nokungavikelekile, ukuhlonza amafulegi abomvu, futhi bakhe ukuhlukanisa phakathi kwezinto *ezinobuthi*, yini *kunzima kodwa kuyasebenza*, futhi yini *enempilo ngempela*.

Ingxenye 1: Ithebula Lokuqhathanisa — Impilo Ngokuphikisana Nezindlela Zobudlelwano Ezingenampilo

Isici Sobudlelwano	I-Healthy Dynamics (Okunamathiselwe Okuvikelekile)	Amandla Angenampilo (Okunamathiselwe Okungavikelekile noma Okunobuthi)
Ukuxhumana	Izingxoxo ezivulekile, ezicacile, neziqotho ngokomzwelo—ngisho nangesikhathi sokungqubuzana.	Ukugwema, ulaka lokungenzi lutho, ukukhanda ngamatshe, noma ukuqhuma kwemizwelo.
Imingcele	Imingcele iyashiwo, ihlonishwe, futhi iphinde ixoxiswe lapho kudingeka.	Imingcele ayinakwa, yephulwa, noma ibhekwa njengokwenqatshwa.
Ukusekela Ngokomzwelo	Ukuba khona ngokomzwelo; kuphephile ukuba sengozini.	Ukunakekela ohlangothini olulodwa, ukuvala imizwa, noma ukukhubeka.
Themba	Yakhelwe ngokungaguquguquki, ukuziphendulela, kanye nesikhathi.	Yakhelwe ngamandla, imfihlo, ukukhohlisa, noma ukuncika.
Ukuzimela	Umuntu ngamunye usekela ukuzimela nobuntu bomunye.	Imizamo yokulawula, ukulungisa, ukwehlukanisa, noma ukuchaza omunye umuntu.
Ukuxazulula Ukungqubuzana	Ukungqubuzana kusingathwa ngomoya ophansi futhi ngendlela eyakhayo; ukulungisa kuseqhulwini.	Ukungqubuzana kuholela ekusolweni, ekuhoxisweni, ekunyukeni, noma ekujezisweni.
Ukuvumelana	Amagama nezenzo kuyahambisana; ukwethembeka kubonakala ngokuhamba kwesikhathi.	Ukuziphatha okubanda kakhulu, ukungaqiniseki, noma ukuthembisa ngokweqile nokuletha kancane.

Ingxenye 2: Amafulegi Abomvu vs. Amathuba Okukhula

Imiyalelo: Sebenzisa lolu hlu lokuhlola ukuze ucabange ngobudlelwano bamanje noma obudlule . Qaphela ukuthi ukuziphatha ngakunye kuyifulegi **elibomvu** (🔴) noma **kuyithuba lokukhula** (🔵).

Ukuziphatha noma Iphethini	🔴 / 🔵
Banciphisa ukukhathazeka kwakho noma bakubiza ngokuthi "uzwela kakhulu."	
Uzizwa ukhathazekile noma unovalo ngokuletha izidingo zakho.	
Bathatha ukuziphendulela lapho bekulimaze .	
Kulindeleke ukuthi "uqede" ngokushesha ngaphandle kokulungiswa okufanele.	
Bahlonipha imingcele yakho engokomzimba nengokomzwelo.	
Bathi "Nginjalo nje" uma ucela ushintsho.	
Izingxabano ziholela ekuqondaneni, hhayi ukunqoba.	
Bathula izinsuku ngemva kokungqubuzana (stonewalling).	
Uzizwa uphephile ukuba sengozini—ngisho naphakathi nokungavumelani.	
Usolwa ngesimo sabo somzwelo.	

Ukwaziswa kwe-Reflection:

- Yikuphi kwalokhu okwenze kwaba ngokwejwayelekile ebudlelwaneni obudlule?
- Yimaphi ahambisana nohlobo lobudlelwano ofuna ukulwakha?

Ingxenye 3: Hlela kabusha Indawo Empunga

Okunye ukuziphatha akunabo ubuthi kodwa kudinga ukucaciseleka . Sebenzisa ithebula elingezansi ukuze uhlole ukuthi ingabe ifulegi elibomvu **langempela** noma **ithuba lokukhula** , ngokusekelwe kumaphethini.

Isimo noma Iphethini	Ingabe leli Ifulegi Elibomvu noma Ithuba Lokukhula ? Kungani?
Basuke lapho bekhungathekile emoyeni	
Uvame ukuxolisa ukuze ugweme ukungezwani	
Babonisa umona lapho unabanye	



4 Buitsingel St, Schotsche Kloof
EKapa, eNingizimu Afrika
8001
www.nicro.org.za