Zvaungaita Paunosangana Nematambudziko Anokonzerwa Nekuyaruka

Munhu paanenge achiyaruka anogona kuita seari kutambira pa*roller-coaster*, kungoti chete hazvisi zvese zvinoitika panguva iyoyo zvinenge zvichinakidza. Ungada kubatsirwa here? Verenga mashoko anotevera akataurwa nevamwe, wopindura mibvunzo iripo.

"Kwatiri isu vasikana, zvinoitika pakuyaruka hazvinakidzi. . . . Zvinovhiringidza. Hapana chandingamboti chinonakidza!"—Oksana.

1

Ungati here zvakaitika pawakatanga kuyaruka,

ZVAINAKIDZA, ZVAIVHUNDUTSA, kana kuti ZVESE?

Chii chainyanya kukushungurudza pawakatanga kuyaruka?

"Ndaigona kungoerekana ndati kwindi. Handizivi hangu kana zvichiitika kuvakomana vese, asi kwandiri ndizvo zvaiitika."—Brian.

2

Pawakatanga kuyaruka, zvaimboitika kwauri here kuti waigona kungoerekana wati kwindi? Kana zviri izvo zvaiitika, zvaifamba sei?

Zvii zvaungaita kana ukaona kuti izvozvo zvava kuitika?

www.jw.org © 2016 Watch Tower Bible and Tract Society of Pennsylvania

3 Kuyaruka kwakachinja sei maonero awaiita muviri wako?

Unofunga kuti munhu ane maonero akanaka panyaya yekuchinja kunenge kuchiita muviri wake anoita sei?

"Pandakatanga kuyaruka, ndaifarira kugara kana kumira ndakatarisa pasi uye kupfeka hembe dzakakurisa. Kunyange zvazvo ndaiziva hangu chaiita kuti muviri wangu uchinje, ndaingonzwa kunetseka uye kunyara. Hameno zvazvaingoita so."—Janice.

4 Kuyaruka kwakachinja sei maonero awaiita vakomana kana kuti vasikana?

Bhaibheri rinoti: "Tizai ufeve." (1 VaKorinde 6:18) Nei uchifunga kuti murayiro uyu unobatsira, uye chii chichakubatsira kuti urambe uchiuteerera?

"Ndichiri mudiki ndaisatomboda kuona chinonzi mukomana. Asi maonero andakatanga kuvaita akachinja, uye vamwe vacho ndakanga ndava kutovayemura, zvekuti ndakanga ndisingachaoni sekuti kudanana nemukomana kwakaipa. Kutaura chokwadika, tainge tava kungogara tichitaura nezvekuti 'nhingi anoda nhingi.'"—Alexis.

www.jw.org © 2016 Watch Tower Bible and Tract Society of Pennsylvania

"Ndakanga ndiri munhu uya aisakwanisa kutaura manzwiro ake. Dai ndakazi-va hangu ndakaudza vabereki vangu zvaiitika. Zvimwe ndingadai ndakanya-tsonakidzwa neupenyu hwangu pandaiyaruka."—Jeremy.

5 Kunyange zvazvo zvingaita sezvinonyadzisa, nei zvakanaka kuti uudze vabereki vako (kana kuti mumwe munhu mukuru waunovimba naye) matambudziko auri kusangana nawo pakuyaruka?**—Verenga Zvirevo 17:17.**

Ndiani munhu mukuru waunganyatsosununguka kuudza nyaya idzi?

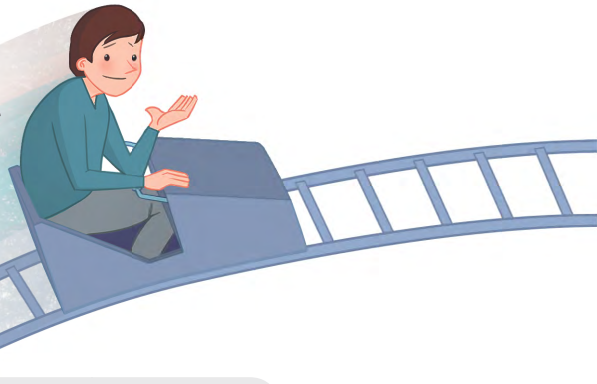
6 Vabereki vako vanga vachikubatsira sei kuti uzive zvekuita panguva yekuyaruka?

Zvii zvimwe zvaunoda kuti vabereki vako vakuitire?

"Kuyaruka kwainge kwakanditi omerei, uye ndinofunga kuti zvaizonyanya kuoma ku-dai ndisina kubatsirwa nevabereki vangu. Mhamha vangu vakandiudza kuti vaizo-ndibatsira kana ndichida kubatsirwa uye kuti ndaigona kungotaura navo pese pa-ndinenge ndichida kubatsirwa."—Karina.

www.jw.org © 2016 Watch Tower Bible and Tract Society of Pennsylvania

“Ndinogona kuudza munhu anenge ava pazera rekuyaruka kuti zvinogona kuita sezvakaoma chaizvo iye zvino. Asi nguva yekuyaruka ipfupi chaizvo kana tichiienzanisa nemakore eupenyu hwako hwese. Kuyaruka ndiko kunoita kuti uzova munhu mukuru.”—David.



7 Izano rekutii raungapa munhu achangotanga kuyaruka?

Bvunza Vabereki Vako

Unofanira kuziva kuti vabereki vako pavakanga vachiri kuyaruka, vakatombosanganawo nezvauri kusangana nazvo iye zvino. Mibvunzo ipi miviri yaungada kuvabvunza kuti unzwe zvavakaita kuti vakurire matambudziko ekuyaruka?
Nyora mibvunzo yacho. Cheka pepa rino, woriratidza vabereki vako.

1

2

www.jw.org © 2016 Watch Tower Bible and Tract Society of Pennsylvania