Ukubhekana Namaqiniso Ngezothando

Kubonakala sengathi unobudlelwano obukhethekile nomunye wobulili obuhlukile, okungenzeka nokuthi mhlawumbe uthando. Futhi wena ucabanga ukuthi naye uzizwa ngendlela efanayo. Kodwa awuqiniseki. Yini ongayenza?

UKUBHEKANA NAMAQINISO 1

Zibuze,
‘INGABE SENGIKULUNGELE UKUBA NOMUNTU ENGITHANDANA NAYE?’

YEBO

DLULELA EQINISWENI ELILANDELAYO

CHA

Ungaqiniseka kanjani ukuthi akekho phakathi kwenu oba nemizwa yothando ngomunye?

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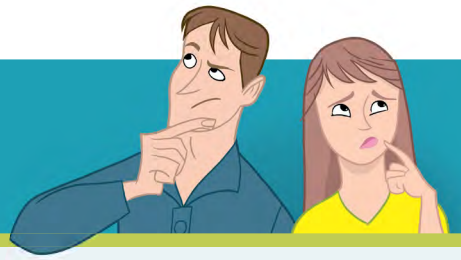
UKUBHEKANA NAMAQINISO 2

CABANGISISA NGEMIZWA YAKHO



Ungazizwa kanjani uma lo muntu engakutshela ukuthi uthandana nomunye umuntu?

- ☐ Ungajabula
- ☐ Ungadideka
- ☐ Ungaba nomuzwa wokuthi kudlalwe ngawe

Kungani ubheka lo muntu njengobaluleke ngaphezu komngane?

UKUBHEKANA NAMAQINISO 3

CABANGA NGALO MUNTU

Ingabe lo muntu wake washo ngokuqondile ukuthi ukubheka njengobaluleke ngaphezu komngane?

YEBO

CHA

Yiziphi izizathu onazo zokukholelwa ukuthi lo muntu ufisa nithandane?

Ingabe umngane wakho ubaphatha ngendlela efana nale oqeda kuyichaza *nabanye* noma uwena kuphela abonakala emphatha ngale ndlela?

DLULELA EQINISWENI ELILANDELAYO

Ucabanga ukuthi kungani engakaze asho ngokuqondile ukuthi uyakuthanda?

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UKUBHEKANA NAMAQINISO 4

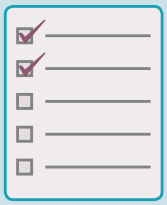
CABANGA NGALOKHO ONGAKWENZA

Yimiphi imiphumela, emihle noma emibi, engaba khona ngokumbuza umngane wakho ukuthi ukubheka njengobaluleke ngaphezu komngane yini?

EMIHLE:

EMIBI:

Yiziphi ezinye izindlela ongakwazi ukuthola ngazo ukuthi ukubheka njengobaluleke ngaphezu komngane yini?



Uma unquma ukuyixoxa nalo muntu le ndaba, yini ongase uyisho?

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