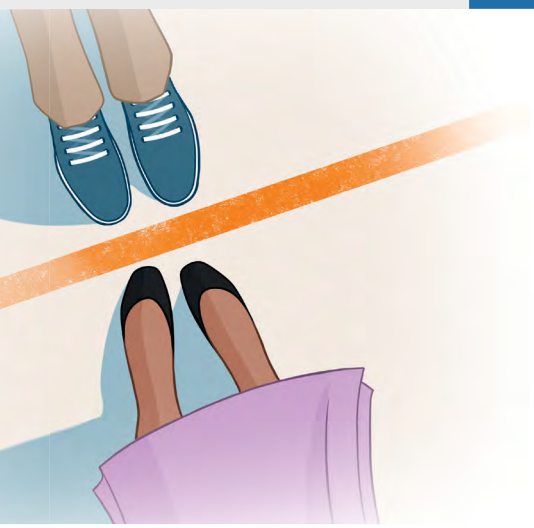
Ukubeka Imida

Akukho nto iphosakeleyo ngokuba nabahlobo besini esahlukileyo. Kodwa ingxaki iza kubakho ukuba awukakulungeli ukuthandana ibe wenza izinto ezibonisa ukuba unomdla. Ungayithintela njani loo nto ingenzeki?

Undoqo, kukuzibekela imida. Ukuze ukwazi ukukwenza oko, khawuhlole la mava akhe enzeka uze uphendule imibuzo elandelayo.



INTO EYAKHA YENZEKA

“Wayecinga ukuba andisathethi loo nto”

Umfana ekuthiwa nguJason wayenomhlobo osenyongweni oyintombazana. Uthi: “Savumelana kwelokuba asithandani.” Sekunjalo, uJason waqhubeka ethumelela le ntombazana imiyalezo emininzi ibe wayefuna ukuba basoloko bekunye. Uyavuma ukuba: “Yaba yimpazamo leyo. Wayecinga ukuba andisathethi loo nto ibe sasithandana.”

Nangona babethethile ngobuhlobo babo, kwakutheni ukuze le ntombazana icinge ukuba uJason wayeyithanda?

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Yiyiphi imida uJason awayefanele ukuba uyibekile ukuze akhusele ubuhlobo babo *engakhange* enze izinto ezibonisa ukuba uyayithanda le ntombazana?

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“Ukuba intombazana iqalisa ukuthanda zonke iifoto zam ezikwiwebhsayithi yokuncokola, ndiye ndicinge ukuba uyandithanda.”—USteven.

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INTO EYAKHA YENZEKA

“Wathi ndidlale ngaye”

UAnnette nomnye umfana baqalisa ukuncokola. Uyavuma ukuba: “Sasisoloko sincokola.” Ndicinga ukuba yayingumhlobo wokwenene. Sasisoloko sichith’ ixesha kunye, kodwa ndandingamthandi. Ndandicinga ukuba naye akandithandi. Ekuhambeni kwexesha, wandibuza ndiyafuna na ukuba siqalise ukuthandana. Xa ndathi kuye ndimjonga njengomhlobo, wacaphuka. Wathi ndadlala ngaye ibe ndandisenza ngabom.”

Ngaba ucinga ukuba lo mfana uyathetheleleka ngokucinga ukuba uAnnette wayemthanda? Yintoni ebangela ukuba athetheleleke ibe yintoni ebangela ukuba angathetheleleki?

Yiyiphi imida uAnnette awayefanele ukuba uyibekile ukuze ingabikho le ngxaki?

“Kukho intetho ethi, ‘Into oyivumelayo iza kuqhubeka.’ Asikokudlala ngothando okunokwenza umntu acinge phosakeleyo; ngamany’ amaxesha ukumvumela ukuba asoloko esemva kwakho kunokumenza acinge phosakeleyo.”—UKaren.

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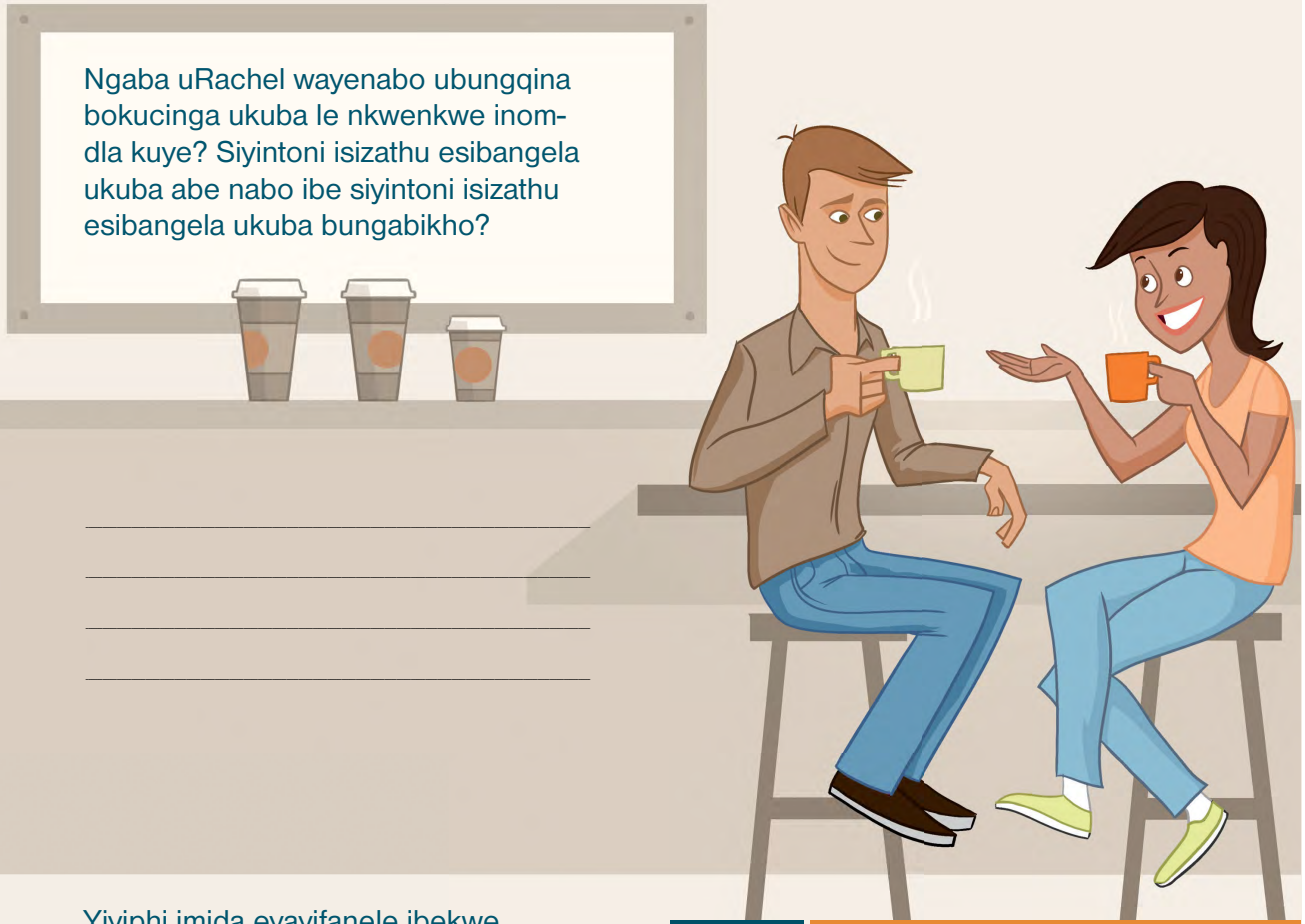
INTO EYAKHA YENZEKA

“Sasisoloko sikunye”

URachel wayecinga ukuba enye inkwenkwe inomdla kuye. Uthi, “Wonke umntu wayebona ukuba sasisoloko sikunye. Ngeny’ imini wade wandigona kangangexesha elide. Ndandicinga ukuba unomdla kum—kodwa xa ndambuza-yo ukuba uvakalelwa njani ngam, wandixelela ukuba undibona njengomhlobo nje kuphela!”

Ngaba uRachel wayenabo ubungqina bokucinga ukuba le nkwenkwe inomdla kuye? Siyintoni isizathu esibangela ukuba abe nabo ibe siyintoni isizathu esibangela ukuba bungabikho?



Yiyiphi imida eyayifanele ibekwe yile nkwenkwe ukuze ibonise ukuba ayinamdla kuye?

“Isenokuba mnandi into yokubona umntu wesini esahlukileyo ebonisa umdla kuwe, ibe usenokuyivumela loo nto kuba ufuna ukuziva kamnandi. Kodwa ukubeka iimvakalelo zabanye kuqala nokungabakhathazi kubonisa ukuba ukhulile.”—UBrittany.

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