

# Kwishyiriraho imipaka

Ushobora kuba ufite incuti z'abo mudahuje igitsina, kandi si bibi. Icyakora, hari igihe ushobora gutuma umwe muri bo yumva ko umwitayeho cyane, kandi ukabikora utabigambiriye. Ibyo byaguteza ibibazo. None se wabyirinda ute?

Jya wishyiriraho imipaka. Kugira ngo umenye uko wabigenza, soma izi nkuru zivuga ibyabaye maze usubize ibibazo bikurikira.



## INKURU YABAYEHO

**“Yatangiyeye gutekereza ko nahinduye ibyo twavuganye”**

Umusore witwa Jason yari afite incuti y'umukobwa. Yaravuze ati “twari twaravuganye ko ari ubucuti gusa nta kindi.” Icyakora, Jason yakomeje kumwoherereza mesaje nyinshi kandi agashaka ko bahora bari kumwe. Jason yaravuze ati “iryo ryari ikosa rikomeye. Uwo mukobwa yatangiye gutekereza ko nahinduye ibyo twavuganye, ko nsigaye nifuza ko turambagizanya.”

Nubwo Jason n'uko mukobwa bari baravuganye ko ari incuti zisanze, kuki uwo mukobwa yaje gutekereza ko Jason ashaka kumurambagiza?

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Ni iyihe mipaka Jason yari kwishyiriraho *ntakore* ibintu byari gutuma uriya mukobwa atekereza ko ubucuti bwabo bwageze kure?

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**“Iyo umukobwa atangiye kugaragaza ko yishimira amafoto yose nshyira ku mbuga nkoranyambaga, mpita numva ko hari icyo ashaka.”—Steven.**

# INKURU YABAYEHO

“Yavuze ko nakinishije ibyiyumvo bye”

Annette yatangiye kuja aganira n’umuhungu. icyakora ubu yemera ko baganiraga bikabije. Yaravuze ati “nibwiraga ko turi incuti zisanze. Twakundaga kuba turi kumwe, ariko numvaga tutarambagizanya, kandi nibwiraga ko na we ari uko abibona. Nyuma y’igihe, yansabye ko twarambagizanya. Igihe namubwiraga ko namufataga nk’incuti isanzwe, yararakaye. Yavuze ko nakinishije ibyiyumvo bye kandi ko nabikoze mbishaka.”

Ese utekereza ko ibyo uriya muhungu yavuze byari bifite ishingiro? Vuga uko ubibona, unasobanure impamvu.

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Ni iyihe mipaka Annette yari kwishyiriraho kugira ngo ibintu bitagera kure?

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“Ibyo ukora si byo byonyine bituma umuntu atekereza ko ubucuti bwanyu bwageze kure, ahubwo n’iyo uretse umuntu agakomeza kugukorera ibikorwa bigaragaza urukundo, bishobora gutuma atekereza ko bitakiri ubucuti gusa ahubwo ko byavuyemo urukundo.”—Karen.

# INKURU YABAYEHO

“Twahoraga turi kumwe”

Rachel yibwiraga ko ibyo umuhungu w'incuti ye yamukoreraga byagaragazaga ko amukunda. Yaravuze ati “abantu bose bari bazi ko twahoraga turi kumwe. Hari n'igihe yamaze akanya amfashe ku rutugu. Nibwiraga ko ankunda, ariko mubajije aho ubucuti bwacu bugana, yambwiye ko yamfataga nk'incuti isanzwe, nta kindi.”

Ese Rachel yari afite impamvu zo gutekereza ko uriya muhungu amukunda? Vuga uko ubibona, unasobanure impamvu.



Ni iyihe mipaka uriya muhungu yari kwishyiriraho kugira ngo Rachel adakeka ko amukunda?



“Kugira umuntu mudahuje igitsina ukwitaho bishobora kugushimisha maze ntugire icyo ubikoraho ngo ubihagarike. Ariko ibigushimisha si byo bigomba kuza mu mwanya wa mbere, ahubwo uba ugomba kuzirikana ko utagomba kubabaza abandi.”—Brittany.