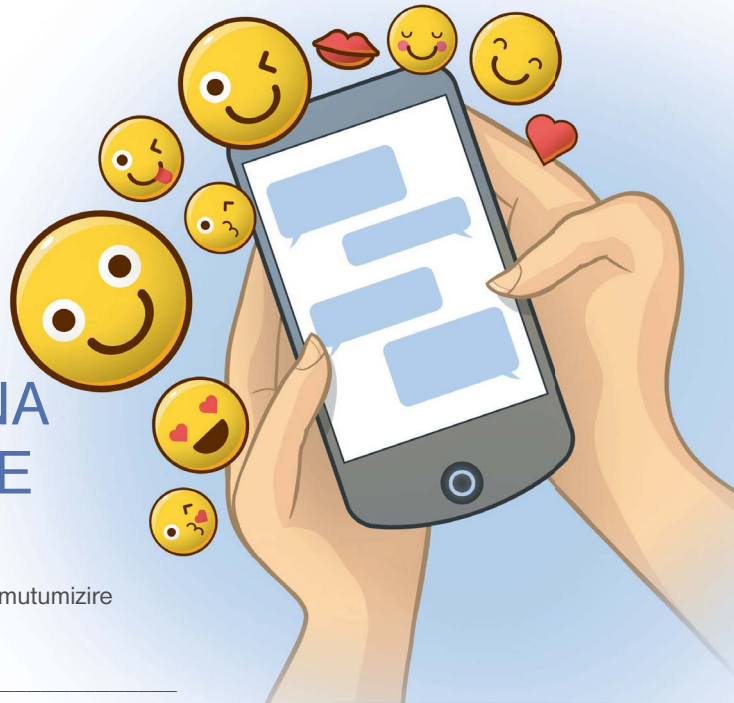


# Kodi N’kungocheza Kapena Kukopana?

Mawu amene munthu wina angawaone ngati ongocheza, wina akhoza kuwaona ngati omukopa. Komabe, kuganizira bwino zoti munene musanaziyankhule, kungathandize kuti anthu ena asakumveni molakwika.



## 1

### ZOMWE WINA ANGAGANIZE

- Kodi munthu angaganize chiyani ngati mungamutumizire mameseji ambirimbiri patsiku?

---



---

- Kodi munthu angaganize chiyani ngati mungamutumizire meseji usiku kwambiri?

---



---

- Kodi kukambirana ndi munthu yemwe si mwamuna kapena mkazi mzanu zokhudza mavuto ake kwa nthawi yayitali kungasonyeze chiyani?

---



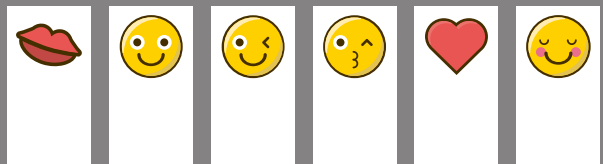
---

“Ndivomereze kuti sizo-phweka kuti usakopane ndi munthu amene akukusangalatsa. Koma ndaphunzira kuti sufunika kuchita kumukopa munthu kuti ayambe kukukonda. Koma ngati ukuona kuti ndiwe wokonzeka kukhala pachibwenzi, zingakhale bwino kwambiri kungomuza munthuyo kuti mukufuna mutadziwa naye bwino!” —Julia.

## 2

### TIZITHUNZI

- Ikani manambala pansu pa tizithunzi totsafirira potengera mmene inuyo mumationera, kuyambira ndi komwe mumaona kuti kamasonyeza kukopana pang’ono (1) kumalizira ndi komwe mumaona kuti kamasonyeza kukopana kwambiri (6).



**Taganizirani chochitika ichi:**

Mukumutizira mauthenga kwa mzanu yemwe si mwamuna kapena mkazi mzanu. Si kuti munthuyo mumafuna mutakhala naye pachibwenzi koma mukungofuna kusonyeza kumudera nkawa chifukwa cha mavuto amene akukumana nawo. Ndiyeno mukumutizira meseji iyi:

Pepa kuti sizikukuyendera lero. Koma ndikukhulupirira kuti ziyenda.

Ndiyeno tiyerekeze kuti mwawonjezera kachithunzi pa meseji yanuyo. Mu zitsanzo zomwe zili m'munsimu, lembani zimene munthu amene mukumutizira mesejiyo angaganize.

Pepa kuti sizikukuyendera lero. Koma ndikukhulupirira kuti ziyenda.



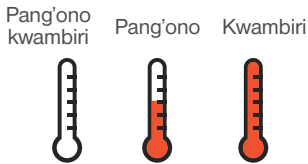
Mmene munthuyo angaonere mesejiyo:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Mmene mesejiyo ingam'pangitsire munthuyo kuganiza kuti mukumukopa:



Pepa kuti sizikukuyendera lero. Koma ndikukhulupirira kuti ziyenda.



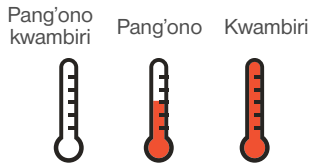
Mmene munthuyo angaonere mesejiyo:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Mmene mesejiyo ingam'pangitsire munthuyo kuganiza kuti mukumukopa:



Pepa kuti sizikukuyendera lero. Koma ndikukhulupirira kuti ziyenda.



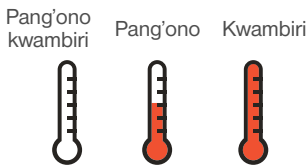
Mmene munthuyo angaonere mesejiyo:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Mmene mesejiyo ingam'pangitsire munthuyo kuganiza kuti mukumukopa:



Pepa kuti sizikukuyendera lero. Koma ndikukhulupirira kuti ziyenda.



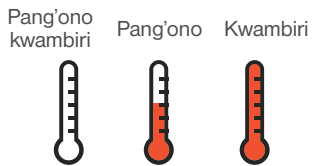
Mmene munthuyo angaonere mesejiyo:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Mmene mesejiyo ingam'pangitsire munthuyo kuganiza kuti mukumukopa:



Pepa kuti sizikukuyendera lero. Koma ndikukhulupirira kuti ziyenda.



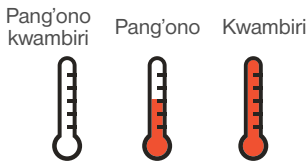
Mmene munthuyo angaonere mesejiyo:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Mmene mesejiyo ingam'pangitsire munthuyo kuganiza kuti mukumukopa:



Pepa kuti sizikukuyendera lero. Koma ndikukhulupirira kuti ziyenda.



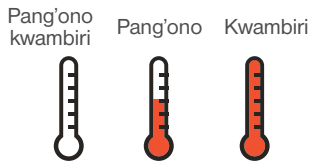
Mmene munthuyo angaonere mesejiyo:

\_\_\_\_\_

\_\_\_\_\_

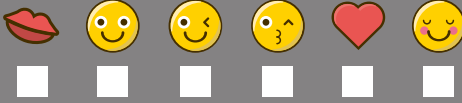
\_\_\_\_\_

Mmene mesejiyo ingam'pangitsire munthuyo kuganiza kuti mukumukopa:



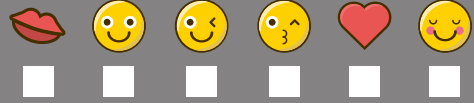
- Ndi tizithunzi titi timene simuyenera kutumiza ngati mukufuna kuti amene mukumutumizirayo asaganize kuti mukumukopa?

### OSATUMIZA



- Ndi tizithunzi titi timene mukuona kuti n'tabwino kutumiza?

### TOMWE MUNGATUMIZE



# 3

## KODI MUKUGANIZA BWANJI?

“Munthu wina amene ndimagwira naye ntchito anandiuzza kuti, ‘Ukama-kopana ndi munthu wina, zimakuthandiza kunena zabwino za munthuyo ndipo zimakupangitsanso kumva bwino.’” —Carly.

- Kodi mukugwirizana ndi zimene munthu amene amagwira ntchito ndi Carly ananenazi, kapena simukugwirizana nazo?

Ndikugwirizana Nazo     Sindikugwirizana Nazo

Chifukwa chimene mwayankhira choncho:

---



---



---

- Kodi n'kutheka kuti wogwira ntchito ndi Carly uja sanaganizire zinthu ziti?

---



---



---

“Anthu amaganiza kuti ndine wamkulu kwambiri zomwe ndi zosiyana ndi mmene ndililidi. Ndaphunzira kuti ngakhale kuti sindikopa anyamata, ngati mnyamata atayamba kundikopa ndipo akuoneka kuti akundifuna, ndiyenera kuonetsetsa kuti ndisachite zinthu zosonyeza kuti nanenso ndikumufuna. Panopa sindinakonzeka kukhala pachibwenzi, ndiye kungakhale kulakwa ngati ndingapangitse mnyamata kuganiza kuti ndimamufuna.” —Ellen.

### ZIMENE ZINACHITIKIRA TARA

**Zimene ndinachita:** “Ndinkadziwa kuti sindinkamufuna mnyamatayo, koma ndinkafuna kuti ayambe kundikonda. Ndinkangosangalala chifukwa ankachita nane chidwi. Ndinkatha kucheza naye ndikaona kuti sizikuyenda kapena ndikayamba kudzi-ona ngati wachabechabe. Pamapeto pake ndinamukhumudwitsa chifukwa chomupangitsa kuganiza kuti ndimamukonda. Sindinkadziwa kuti iyeyo ankandikonda kwambiri. Iye anakhumudwa kwambiri

nditamuza kuti sindinkamufuna. Zinandikhudza kwambiri.”

**Zimene ndinaphunzirapo:** “Kukopana si nkhani yaing'ono chifukwa choti zimakhudza mmene munthu akumvera, choncho ndi bwino kuganizira mmene munthu **winayo** angamvere. M'kupita kwa nthawi kukopana kukhoza kusokoneza ubwenzi wanu komanso kuyambitsa mavuto amene mukanatha kuwapewa.”