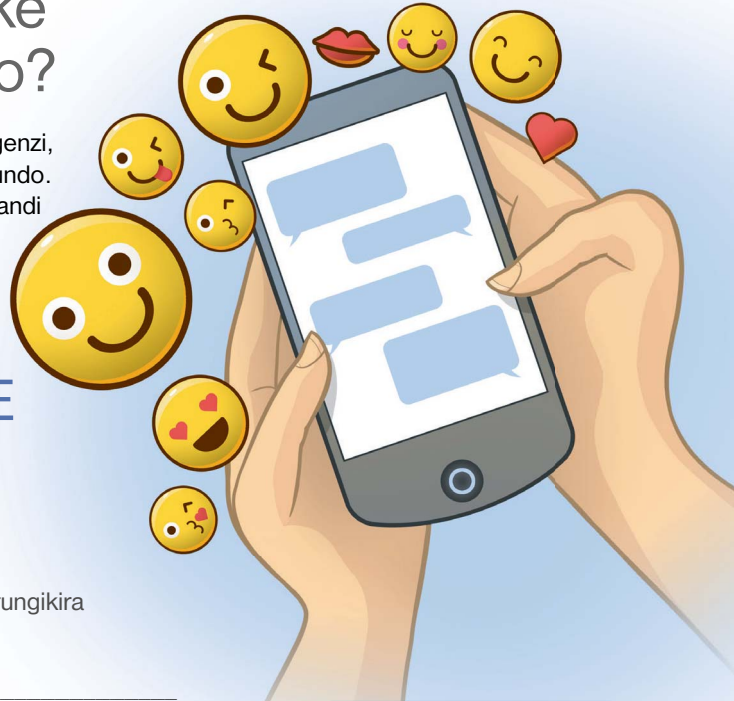


# Ni ubugenzi gusa canke ni ugukinisha urukundo?

Mesaje umuntu umwe ashobora kubona ko ari iy'ubugenzi, uwundi yashobora kuyibona ko ari iyo gukinisha urukundo. Ariko rero, ubanje kwiyumvira imbere y'uko wandika kandi ugakoresha ubukerebutsi, biratuma wirinda kwandika mesaje zotuma umuntu ziyumvira ibindi!



## 1

### UKO MESAJE ZOTAHURWA

- Umuntu yokwiyumvira iki hamwe woza uramurungikira utumesaje twinshitswinsi ku musu?

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- Umuntu yokwiyumvira iki hamwe womwandikira mesaje mw'ijoro ryitereye?

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- Umuntu mudasangiye igitsina yokwiyumvira iki hamwe woba wama uganira na we ivyerekeye ingorane ziwe bwite?

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"Ndemera iki kintu:

Igihe wiyumvamwo umuntu, biragoye kwikawusha ngo ntumwereke ko umukunda. Ariko narabonye ko kugira umuntu abe umugenzi atari ngombwa ngo umukinise mu vy'urukundo. Mugabo nimba wumva ko ugeze kwubaka, biraba vyiza cane bitanguye ari ibintu bitomoye!" —Julia.

## 2

### UDUCAPO TWO MURI TELEFONE

- Nutondeke utwo ducapo wisunze uko wewe utubona, uva ku tuterekana cane ivy'urukundo (No. 1) uja ku twerekana cane ivy'urukundo (No. 6).



**Iyumvire iki kintu:** Uriko urandikira mesaje umugenzi mudasangiye igitsina. Nta vy'urukundo birimwo, ariko ushaka gusa kumwerekako umwitwararitse kubera ari mu ngorane. Umurungikiye iyi mesaje:

Pole ku ngorane urimwo. Nizigiye ko bizogenda neza.

Dufate ko uciye wongerako agacapo. Ku karorero kamwekamwe kose, niwandike ukuntu wibaza ko uwo mugenzi wawe azotahura iyo mesaje.

Pole ku ngorane urimwo. Nizigiye ko bizogenda neza. 😊

Ukuntu iyo mesaje yashobora gutahurwa:

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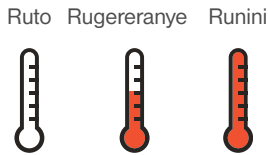


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Umuntu yokwiyumvira ko harimwo ivy'urukundo ku rugero:



Pole ku ngorane urimwo. Nizigiye ko bizogenda neza. 😌

Ukuntu iyo mesaje yashobora gutahurwa:

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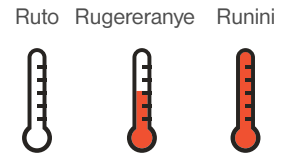


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Umuntu yokwiyumvira ko harimwo ivy'urukundo ku rugero:



Pole ku ngorane urimwo. Nizigiye ko bizogenda neza. 😜

Ukuntu iyo mesaje yashobora gutahurwa:

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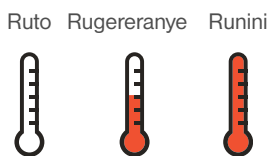


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Umuntu yokwiyumvira ko harimwo ivy'urukundo ku rugero:



Pole ku ngorane urimwo. Nizigiye ko bizogenda neza. 💋

Ukuntu iyo mesaje yashobora gutahurwa:

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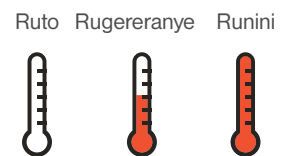


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Umuntu yokwiyumvira ko harimwo ivy'urukundo ku rugero:



Pole ku ngorane urimwo. Nizigiye ko bizogenda neza. ❤️

Ukuntu iyo mesaje yashobora gutahurwa:

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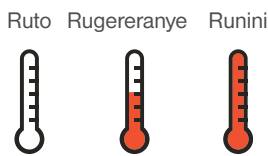


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Umuntu yokwiyumvira ko harimwo ivy'urukundo ku rugero:



Pole ku ngorane urimwo. Nizigiye ko bizogenda neza. 😊

Ukuntu iyo mesaje yashobora gutahurwa:

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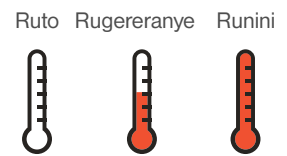


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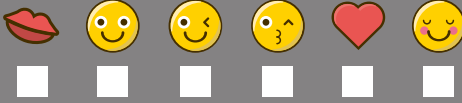
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Umuntu yokwiyumvira ko harimwo ivy'urukundo ku rugero:



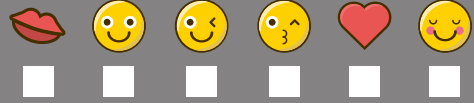
- Ni uducapo utuhe wokwirinda nimba udashaka ko uwo muntu yiyumvira ko harimwo ivy'urukundo?

### UTWO NOKWIRINDA



- Ni utuhe ubona ko wokoresha?

### UTWO NOKORESHYA



# 3

## UVYIBAZAKO IKI?

“Hari uwo dukorana yambwiye ati: ‘Igihe ufyinishije umuntu mu vy’urukundo, bituma ubona ivyiza biri muri we kandi biratuma na wewe wumva umerewe neza.’”—Carly.

- Woba wemera ivyo uwo muntu yavuze canke ntuyemerera?

Ndayemerera  Sindavyemerera

Kubera iki wishuye gutyo?

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- Ni ibiki uwo muntu akorana na Carly ashobora kuba yirengagiza?

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“Akenshi abantu biyumvira ko nkuze kandi nkiri muto. Sinkinisha urukundo. Ku bw’ivyo, hagize umuhungu anyereka ko ankunda, ndirinda gukora ikintu na kimwe cotuma yibaza ko nanje ndamukunda. Sindagera kwubaka. Rero, gutuma umuhungu yiyumvira ko ndamukunda kandi atari vyo si vyiza.” —Ellen.

### INKURU YA TARA

**Ivyo nakoze:** “Nari nzi ko uwo muhungu ntamukunda, ariko nashaka ko anyitwararika. Mvugishije ukuri, narumva nshaka umuntu anyitaho. Naramubwira igihe cose naba niyumva nabi canke nkaba ntiriwe neza. Mu nyuma, nasanze naramubabaje mu gutuma yiyumvira ko namukunda. Sinigeze menya ko yankunda cane. Igihe namubwira

ko ntamukunda, yamaze igihe kirekire ababaye. Vyaranteye ubwoba.”

**Icigwa nahigiye:** “Gukinisha urukundo si ikintu co gufynako; naho wewe bitokubabaza, abandi birabababaza. Amaherezo, gukinisha urukundo bironona ubugenzi kandi bigakwega ingorane zidakenewe.”