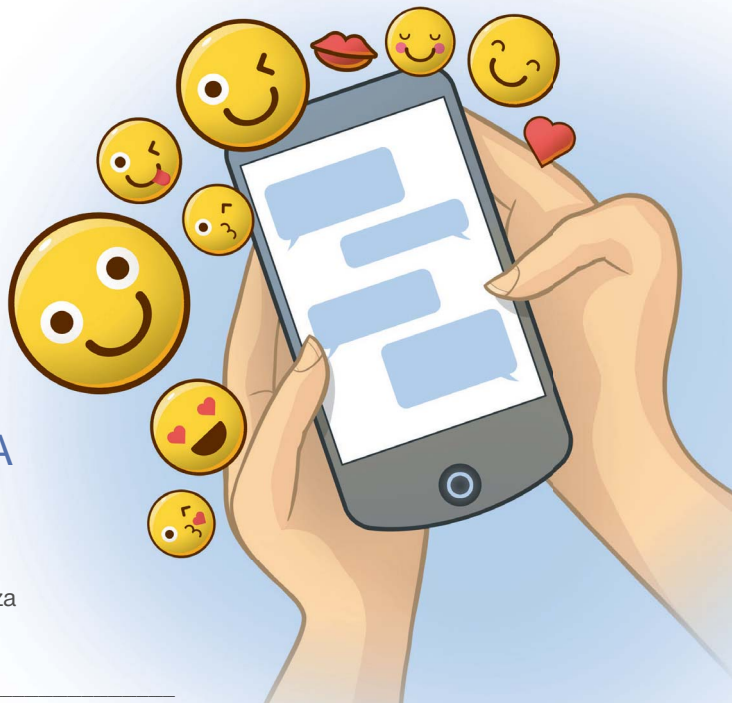


# Ese ni ubucuti cyangwa ni agakungu?

Burya abantu babona ibintu mu buryo butandukanye, mesaje imwe abantu bashobora kuyumva mu buryo bubiri buhabanye. Hari abashobora kuyibona nk'aho ari ubucuti abandi bo bakabona ko ari agakungu. Ariko kugira ubushishozi byakurinda kohereza mesaje ishobora gufatwa uko itari.



## 1

### ICYO MESAJE YAKUMVIKANISHA

- Ni iki uba ushaka kugaragaza igihe woherereza umuntu mesaje kenshi ku munsu?

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- Iyo woherereje umuntu mesaje mu gicuku, ni iki uba ushaka kugaragaza?

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- Naho se ni iki uba ugaragaza igihe umara igihe uganira n'umuntu mudahuje igitsina muvuga ibibazo bye?

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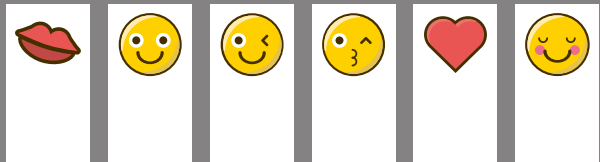
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“Mvugishije ukuri, biragoye kwirinda kugirana ubucuti n’umuntu kandi wumva umukunze. Ariko isomo nakuyemo ni uko atari ngombwa gukora ibishoboka byose ngo abantu bagukunde. icyakora niba wumva ugeze igihe cy’irambagiza, byaba byiza ubucuti bwanyu butangiye ari ubucuti nyakuri!” —Julia.

## 2

### UDUSHUSHO

- Kurikiranya utu dushusho ukurikije uko utubona, uhereye ku tutagize icyo dutwaye (#1) n’utugaragaza agakungu (#6).



**Tekereza kuri ibi:** Urimo urandikira incuti yawe mudahuje igitsina. Nta bucuti bwihariye mufitanye. icyo ushaka gusa ni ukumwerekako wifatanyije na we mu bibazo afite. None umwoherereje mesaje ikurikira:

Yoo. Ihangane ntiworohewe. Ndizera ko bizagenda neza.

Noneho tuvuge ko wongeyeho udushusho muri icyo mesaje. Ukurikije ingero ziri hasi aha, utekereza ko uwo woherereje icyo mesaje azayakira ate?

Yoo. Ihangane ntiworohewe. Ndizera ko bizagenda neza.



Uko ari bwakire icyo mesaje:

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Ashobora gutekereza ko mufitanye ubucuti:



Yoo. Ihangane ntiworohewe. Ndizera ko bizagenda neza.



Uko ari bwakire icyo mesaje:

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Ashobora gutekereza ko mufitanye ubucuti:



Yoo. Ihangane ntiworohewe. Ndizera ko bizagenda neza.



Uko ari bwakire icyo mesaje:

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Ashobora gutekereza ko mufitanye ubucuti:



Yoo. Ihangane ntiworohewe. Ndizera ko bizagenda neza.



Uko ari bwakire icyo mesaje:

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Ashobora gutekereza ko mufitanye ubucuti:



Yoo. Ihangane ntiworohewe. Ndizera ko bizagenda neza.



Uko ari bwakire icyo mesaje:

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Ashobora gutekereza ko mufitanye ubucuti:



Yoo. Ihangane ntiworohewe. Ndizera ko bizagenda neza.



Uko ari bwakire icyo mesaje:

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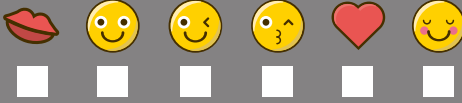
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Ashobora gutekereza ko mufitanye ubucuti:



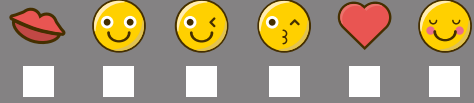
- Ni utuhe dushusho wakwirinda niba udashaka ko uwo woherereje mesaje atayifata uko itari?

### UTWO WAKWIRINDA



- Ni utuhe dushusho utekereza ko nta cyo dutwaye?

### UTWO WAKORESHA



# 3

## UBITEKEREZAHO IKI?

“Umuntu dukorana yambwiye ko iyo ufite ubucuti n’umuntu bituma yishima kandi nawe ukumva uguwe neza.”—Carly.

- Ese nawe wemeranya n’ibyo uwo mukazi ukorana na Carly yavuze?

Ndabyemera  Simbyemera

Impamvu ushubije utyo:

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- Ni ibihe bintu umukazi ukorana na Carly yirengagije?

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“Abantu benshi iyo bambonye batekereza ko ndi mukuru. Ibyo byatumye numva ko nihagira umuhungu ushaka kunyereka ko anyitayeho, nzirinda kugira ikintu nkora kugira ngo hato adatekereza ko nanjye mukunda. Sindageza igihe cy’irambagiza, ubwo rero ngize umuhungu nemerera ko tugirana ubucuti, kwaba ari ukumuhemukira.”  
—Ellen.

### INKURU YA TARA

**Ibyo nakoze:** “Nzi neza ko ntakundaga uwo musore, ariko kuba yarankundaga numvaga nta cyo bintwaye. Mvugishije ukuri numvaga nshaka umuntu unyitaho. Iyo numvaga ntameze neza cyangwa mbabaye naramuganirizaga. Amaherezo, ibyo byatumye yibwira ko mukunda. Yageze aho arankunda cyane. Igihe namubwiraga ko jye ntamukunda, yamaze

igihe kirekire yarababaye. Numvise binshenguye umutima.”

**Isomo nakuyemo:** “Kugirana ubucuti n’umuntu si ibintu byo gukinishwa kuko bishobora kugira uwo bibabaza. Ubucuti nk’ubwo, amaherezo bushobora gutanya incuti ndetse bugateza n’ibindi bibazo bitari ngombwa.”