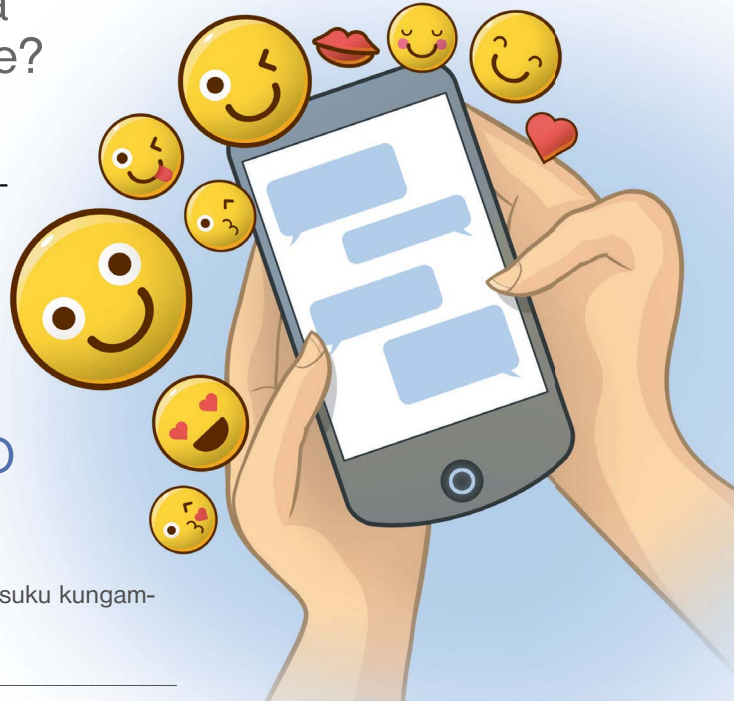


# Unobungane Noma Wenza Sengathi Ufuna Nithandane?

Okushoyo kungabhekwa ngezindlela ezingafani. Omunye umuntu angakubheka ngokuthi unobungane kanti omunye angabona sengathi ufuna nithandane. Uma uzinika isikhathi sokucabangisisa kahle, ungakugwema lokho kudideka!



## 1

### OKUSHIWO IZENZO ZAKHO

- Uma uthumela othile imiyalezo eminingi ngosuku kungamtshelani lokho?

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- Uma uthumela othile imiyalezo ebusuku, kungamtshelani lokho?

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- Uma uhlale uxoxa nothile wobulili obuhlukile ngezinkinga zakhe, kungasho ukuthini lokho?

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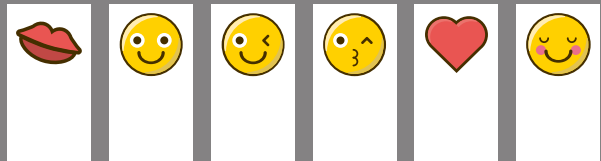
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“Kumelwe ngivume ukuthi uma umuntu umthanda, kuzima ukungenzi izinto ezingamenza acabange ukuthi ufuna nithandane. Kodwa ngifunde ukuthi, akudingeki wenze lezo zinto ukuze wenze abantu bakuthande. Uma ucabanga ukuthi usukulungele ukuthandana nothile, kungcono kakhulu ukuba niqale ngokuba abangane!” —UJulia.

## 2

### IZITHOMBE

- Khetha inombolo kusukela ku-1 kuya ku-6 bese uyibhala esithombeni ngasinye esingezansi. U-1 usho ukuthi lesi sithombe sibonisa ukuthi unobungane nje, kanti u-6 usho ukuthi lesi sithombe sibonisa ukuthi ufuna ngempela ukuba nithandane.



**Cabanga ngalokhu:** Ake sithi uthumelela umngane wakho wobulili obuhlukile umyalezo. Awufuni nithandane, umane nje ufuna ukuzwelana naye enkingeni abhekene nayo. Uthumela lo myalezo olandelayo:

Kwabuhlungu ukuzwa ukuthi usenkingeni. Ngithemba ukuthi kuzolunga.

Manje ake sithi ufaka isithombe kulo myalezo wakho. Kulezi zibonelo ezingezansi, bhala ukuthi omthumelelayo angacabangani ngomyalezo wakho.

Kwabuhlungu ukuzwa ukuthi usenkingeni. Ngithemba ukuthi kuzolunga.



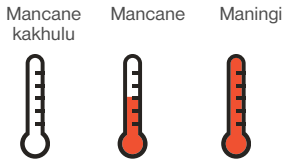
Angase akucabange:

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Amathuba okuba acabange ukuthi wenza sengathi ufuna nithandane:



Kwabuhlungu ukuzwa ukuthi usenkingeni. Ngithemba ukuthi kuzolunga.



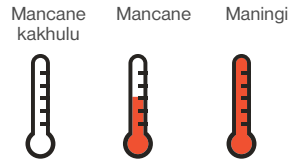
Angase akucabange:

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Amathuba okuba acabange ukuthi wenza sengathi ufuna nithandane:



Kwabuhlungu ukuzwa ukuthi usenkingeni. Ngithemba ukuthi kuzolunga.



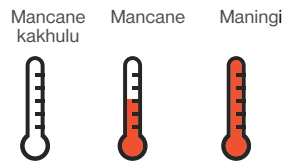
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Amathuba okuba acabange ukuthi wenza sengathi ufuna nithandane:



Kwabuhlungu ukuzwa ukuthi usenkingeni. Ngithemba ukuthi kuzolunga.



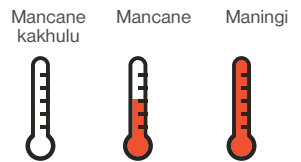
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Amathuba okuba acabange ukuthi wenza sengathi ufuna nithandane:



Kwabuhlungu ukuzwa ukuthi usenkingeni. Ngithemba ukuthi kuzolunga.



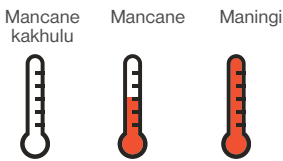
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Amathuba okuba acabange ukuthi wenza sengathi ufuna nithandane:



Kwabuhlungu ukuzwa ukuthi usenkingeni. Ngithemba ukuthi kuzolunga.



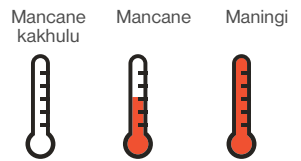
Angase akucabange:

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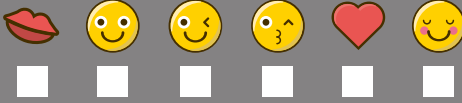
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Amathuba okuba acabange ukuthi wenza sengathi ufuna nithandane:



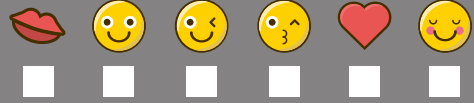
- Iziphi izithombe okumelwe ugweme ukuzifaka emyalezweni owuthumelela othile, uma ungafuni acabange ukuthi ufuna nithandane?

### ZIGWEME



- Iziphi izithombe ocabanga ukuthi “azinankinga”?

### AZINANKINGA



# 3

## UCABANGANI?

“Umuntu engisebenza naye wathi, ‘Uma wenza sengathi ufuna ukuthandana nothile, kwenza lowo muntu ajabule futhi nawe uyajabula.’”  
—UCarly.

- Uyavumelana yini nalokho okwashiwo umuntu osebenza noCarly?

Ngiyavumelana naye

Angivumelani naye

Isizathu:

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- Yini okungenzeka akayicabangi?

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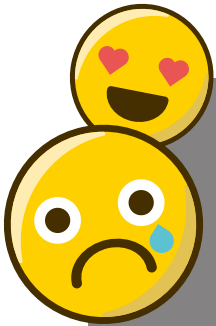


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“Ngokuvamile abantu bacabanga ukuthi ngimdala. Ngifunde ukuthi, uma othile enza izinto ezibonisa ukuthi ufuna sithandane, kubalulekile ukuba ngimenze abone ukuthi mina angizizwa ngaleyo ndlela. Angikakulungeli ukuthandana nothile, ngakho kungaba kubi ukwenza umuntu acabange ukuthi ngiyamthandana.” —U-Ellen.



### INDABA KATARA

**Engakwenza:** “Ngangazi ukuthi angimthandi lo mfana, kodwa ngangifuna angithande. Kwakumnandi ukuthi wayenginaka. Ngangikhuluma naye uma usuku lwami lungahambi kahle noma ngidumele. Ekugcineni, engangikwenza kwamlimaza kakhulu. Ngangingazi ukuthi kanti usengithanda ngempela. Waphatheka kabi isikhathi eside ngemva kokuba ngimtshela

ukuthi mina ngangingafuni sithandane. Ngazizwa kabi.”

**Engakufunda:** “Ukwenza sengathi ufuna ukuthandana nothile akuyona into okufanele udlale ngayo, ngisho noma *eyakho* imizwa ingalimalanga, kungayilimaza eyalowo muntu. Kungagcina kuqede ubungane, kubangele nezinkinga ezingadingekile.”