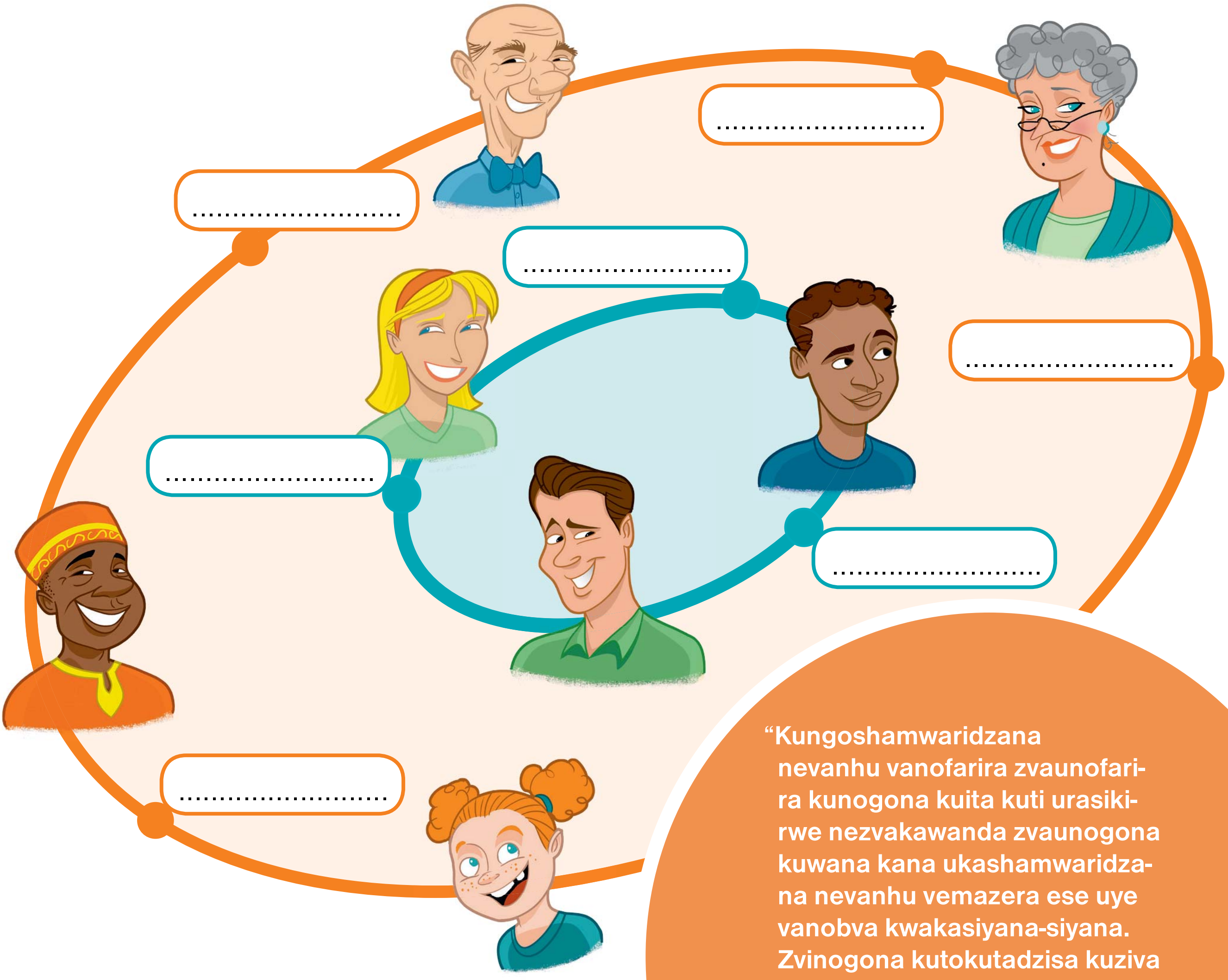
Kuwedzera Shamwari Dzangu

Pepa rino rezvandakaronga kuita richakubatsira (1) kuziva shamwari dzako dzepedyo uye (2) kuona kuti ungawedzera sei vamwe pashamwari dzako.

Nei zvichikosha: Kana ukasawedzerawo vamwe vanhu pashamwari dzako, zvinogona kukutadzisa kuva neshamwari dzakanaka.

1 Padenderedzwa riri mukati, nyora mazita eshamwari dzako dzepedyo.

2 Padenderedzwa riri kunze, nyora mazita evanhu vaungada kuziva zviri nani.



"Kungoshamwaridzana nevanhu vanofarira zvaunofarira kunogona kuita kuti urasikirwe nezvakawanda zvaunogona kuwana kana ukashamwaridzana nevanhu vemazera ese uye vanobva kwakasiyana-siyana. Zvinogona kutokutadzisa kuziva nzira dzaungavandudza nadzo unhu hwako."—Melinda.

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Ndiani waungada kuziva zviri nani?

Pane zviri pasi apa, sarudza zvinhu zvitatu zvaunoda kuti shamwari yako inge ichiita. Kana ukafunga nezvezvimwe zvinhu zvisina kunyorwa pane zviri pasi apa, zviise munzvimbo dzisina kunyorwa chinhu.

✓

- Akatendeseka
- Anoziva zvaanoita
- Anobata nguva
- Akarongeka
- Anotsvaga zvakanaka
- Asingasaruri
- Ane rupo
- Anoshanda nesimba
- Anozvidzora
- ....
- ....

....

....

Chibva wanyora mazita evanhu vanoita zvinhu zvawasarudza. (*Vanhu vacho havafaniri* havo *kunge vari vezera rako.*)

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ZVAZVAKAIPIRA UYE ZVAZVAKANAKIRA

Ingozi dzipi dzinogona kuvapo kana ukada kuziva munhu asiri mumwe weshamwari dzako?

Zvinhu zvipi zvakanaka zvinogona kuitika?

MAZANO API AUNGAPA?

"Ndinowanzogara ndichingotaura neshamwari dzangu chete. Kunyange zvazvo ndichimbotaurawo nevamwe, ndinozongopedzisira ndava kutaura nevanhu vamwe chete. Ndinofunga kuti kakawanda kacho vechidiki vakaita seni vanotyira kuti vamwe vanhu havazobvumi kuva shamwari dzavo, saka vanobva varega kutsvaga dzimwe shamwari."—Emily.

Mazano api aungapa Emily kuti akurire dambudziko rake rekuzeza kutsvaga dzimwe shamwari?

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