

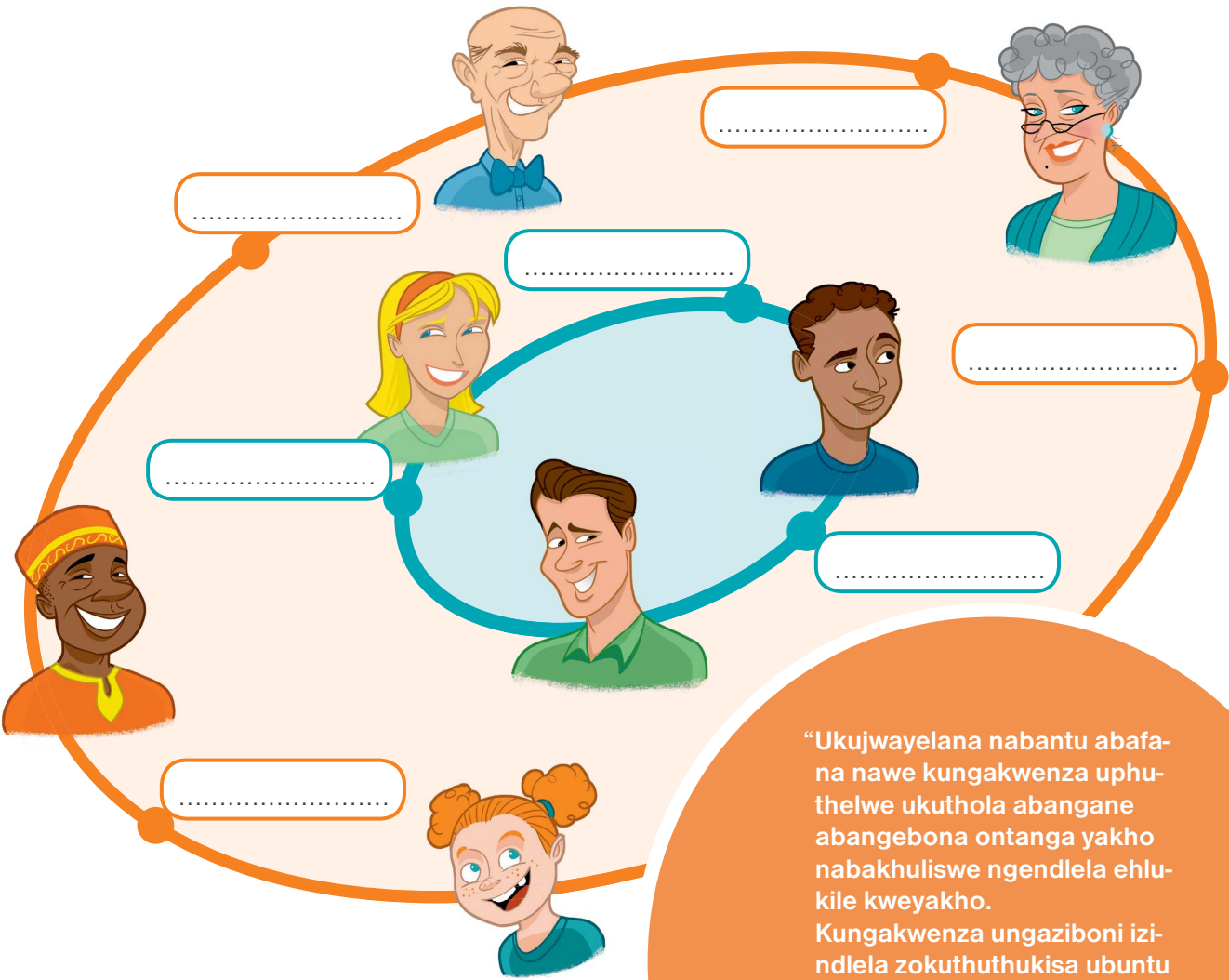
Ukwandisa Abangane Enginabo

Leli phepha lomsebenzi lizokusiza ukuba (1) ubone ukuthi obani abangane bakho abaseduze nokuba (2) ubone ukuthi ungabandisa kanjani abangane bakho.

Okwenza kubaluleke: Ukungafuni ukwandisa abangane kungakwenza ulahlekelwe yithuba lokuba nobudlelwane obuzuzisayo nabanye.

1 Endilingeni encane, emabhokisini amancane bhala amagama abangane bakho abaseduze.

2 Endilingeni enkulu, emabhokisini amancane bhala amagama abantu ongafisa ukubazi kangcono.



“Ukujwayelana nabantu abafana nawe kungakwenza uphuthelwe ukuthola abangane abangebona ontanga yakho nabakhuliswe ngendlela ehlu-kile kweyakho. Kungakwenza ungaziboni izindlela zokuthuthukisa ubuntu bakho.”—UMelinda.

Ubani ongazama ukumazi kangcono?

Kula magama angezansi, khetha ukuthi ungafuna ukuba nomngane onjani. Uma kunamanye amagama owa-cabangayo achaza umuntu ongathanda ukuba abe umngane wakho, wabhale emabhokisini angezansi angenalutho.



Oneqiniso

Ongamethemba

Osigcinayo isikhathi

Ohlelekile

Ozimiselayo

Ongabandlululi

Onomusa

Ongavilaphi

Oziphatha kahle

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Bhala amagama abantu obaziyo abanobuntu obuchazwe amagama owa-khethile. *(Akudingeki kube abantu abangontanga yakho kuphela.)*

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IZINGOZI NEZINZUZO



Yini engaba yingozi ngokuzama ukwandisa abangane onabo?

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Kungakuzuzisa ngani?

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UNGABELULEKA UTHINI ABANYE?

“Ngihlale ngikhuluma nabangane ababodwa. Ngike ngikhulume nabanye, kodwa ngihlale ngibuyela kulabo engibajwayele. Ngicabanga ukuthi njengami, abantu abaningi abasebasha basaba ukuthi bangase bangamukeleki, ngakho bayayeka ukuzama ukujwayela abanye.”—U-Emily.

Ungamsiza kanjani u-Emily ukuba ayeke ukwesaba ukuba nabangane abasha?

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