



## Ukunxiba

*Impahla yethu iyinxalenye enkulu yokuba sithi. Ukwenza ukuba umntu onesifo sengqondo esixhalabisayo akhethe impahla amakayinxibe kunye nokuba bahlale kwisimbo sabo sokunxiba oko yindlela yokubanceda ukuba bagcine ukuba ngabo. Njengokuba isifo esixhalabisayo sengqondo siqhubeka, umntu usenokufuna uncedo olungaphaya ekumnxibiseni. Nazi ezinye iingcebiso.*

Kuninzi lwethu ukunxiba ngumsebenzi ongowaloo mntu nongowakhe, kwaye ukwangumsebenzi esiqhele ukuzenzela izigqibo zethu ngawo. Ukuba umntu onesifo sengqondo esixhalabisayo ufuna uncedo, kufuneka lunikwe ngendlela enobuchule nebonisa uvakalelo ukuze bakwazi ukwenza ukhetho olulolwabo kangangoko banako.

Kubalulekile ukuba ube nexesha elininzi xa ngaba uncedisa umntu ekunxibeni ukuze kungabikho omnye kuni oziva engxanyiswa. Khumbula ukuba umntu onesifo sengqondo esixhalabisayo uza kuthatha ixesha elidana ukuze angenise ulwazi engqondweni kunokuba bebeqhele ukwenza, kwaye oku kuza kuchaphazela ukukwazi kwabo ukuphendula nokwenza ukhetho. Zama ukwenza oku ithuba lokuxela ukuba wenza ntoni na kwaye iyiyiphi na enye into oyenzayo enika umdla. Ukuba unokwenza ukunxiba umsebenzi owonwabisayo, umntu onesifo sengqondo esixhalabisayo uziva engekho phantsi koxinzelelo.

### Khuthaza ukuzimela

Khuthaza umntu onesifo sengqondo esixhalabisayo ukuba ahlale ekwazi ukuzimela ngokuba bazinxibise kangangoko banako. Iindlela zokubanceda zinokuquka oku kulandelayo:

- Ukubeka impahla ngolandelelwano umntu aza kuzinxiba ngazo.
- Ukususa impahla emdaka egumbini. Oku kuza kunceda ekunqandeni ukuba umntu lo aphinde anxibe impahla emdaka..

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- Ukukhumbuza lo mntu ngendlela ebonisa uvakalelo ukuba yeyiphi na impahla elandelayo, okanye ngokubanika iimpahla ezizizo ngokufuneka kwazo.
- Ukunika imiyalelo ngamanyathelo amafutshane kakhulu, xa ngaba umntu udideke kakhulu, amanyathelo anje ngeli: 'Ngoku, ngenisa isandla sakho emkhonweni...'
- Ukuba nobuchule xa ngaba umntu lowo akenzi ngendlela eyiyo – umzekelo, ukuba banxiba into ngendlela engeyiyo, mhlawumbi bayigqwethe. Kwelinye icala, nisenokuhleka kamnandi nobabini ngento enje.
- Ukuleyibhelisha iidrowa apho impahla ethile igcinwa khona, okanye ngokubeka impahla yonke eza kunxitywa kunye ngendlela ethile.

## lingcebiso ngokubanzi

Xa umntu lowo enxiba:

- Qinisekisa ukuba igumbi lifudumele.
- Qinisekisa ukuba yimpahla eyiyo le aza kuyinxiba.
- Khuthaza umntu lo ukuba aye endlwini yangasese phambi kokuba anxibe.
- Zama ukugcina isiqhelo umntu anaso. Umzekelo, umntu usenokukhetha ukuba anxibe yonke impahla yangaphantsi kuqala, okanye banokukhetha ukunxiba isiqingatha somphezulu womzimba ngokupheleleyo phambi kokuba banxibe isioqingatha esisezantsi somzimba.
- Ukuba ngaba umntu lowo uyaxhathisa kwiinzame zakho, kunokuba ngcono ukubayeka okwexeshana kunokuba udale unxunguphalo kunye nokungonwabi okunokubakho. Ukuba uzama kwakhona ngelinye ixesha banokuvuma ngaphandle kwenkxalabo.
- Umntu usenokungakwazi ukukuxelela ukuba bashushu okanye bagodola kakhulu na. Umaleko oliqela wempahla eyacuyacu unokuba ngcono kunomaleko otyebileyo. Usenokucebisa ukuba kususwe umaleko omnye xa kusiba shushu kakhulu.
- Gcina iiwodrobhu zingenampahla eyintsalela okanye ukhetho lwempahla lungangumnqantsa.

## Ukhethe

Buza umntu lowo ukuba ufuna ukunxiba ntoni na, xa ngaba oko kunokwenzeka. Abantu abanesifo sengqondo esixhalabisayo bafuna undiliseko lokuba bazikhethetele abafuna ukukunxiba.

Nangona kunjalo, ukhethe oluninzi lunokudidekisa, ngoko ke mhlawumbi kunokuba ngcono ukucebisa kwamanye amaxesha. Ukuba umntu uyazihlalela kwaye unempahla eninzi, khetha ezo kufuneka azinxibe uze uzibeke kwindawo efikelelekayo. Oku kuza kwenza ukuba kube lula ukuba akhethe.

Izizathu ezinokwenza ukuba umntu afumane ubunzima ekuzinxibiseni:

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Eminyane imibuzo onokuzibuza yona:

lingxaki zomzimba?

- Ukuxhathisa?
- Ulawulo lwamalungu amancinci omzimba? Umzekelo, ukuqhubosha uziphu, amaqhosha, njalo njalo.

lingxaki zokucinga?

- Uyalibala ukulandelelanisa amanyathelo okunxiba?
- Akaziqapheli iimpahla zakhe?
- Akaliqapheli ixesha lemini? Ixesha lonyaka?

Ummandla ongqongileyo?

- Uyadidekisa? Uminxene?
- Kuyabanda/Kushushu?

Ezinye iinkxalabo?

- Ingaba umkhawulezisa kakhulu lo mntu

Ingaba ulindele ulandelelwano oluninzi ngaxeshanye?

- Ingaba lo mntu uneentloni zokunxiba/zokukhulula phambi kwakho, kodwa akakwazi ukutsho?

### Ukuthenga impahla

- Ukuba umntu lowo ufuna ukunxiba impahla enye amaxesha amaninzi, thenga impahla engaphaya kwenye ukuze umgcine ecocekile ngaphandle koxinzelelo.

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- Ukuba uthengela umntu onesifo sengqondo esixhalabisayo, zama ngandlela zonke ukuba ahambe nawe, ukuze ukhethe isimbo kunye nemibala abayithandayo.
- Khangela umlinganiselo wabo. Basenokuba baye behla emzimbeni okanye batyeba ungakhange ube ukuqondile oko.
- Khangela impahla ekulula ukuba umntu lowo ayinxibe okanye ayikhulule, ingakumbi xa bezihlalela – umzekelo, impahla enentamo enkudlwana namaqhosha okanye uziphu ongaphambili, okanye engenaziphu, namaqhosa nezinye izinto zokuqhobosha.
- Ukuba ujonga umntu wasetyhini, kuya kuba lula kuni nobabini ukulawula iibhodi ezivuleke ngaphambili. Musa ukumvumela ukuba ahambe ngaphandle kwebhodi kuba oku kusenokukhokelela kukungonwabi nakwiintlungu.
- Iikawusi ezimxhasayo kufuneka zinqandwe zingabikho kuba ngelinye ixesha zisenokubangela iingxaki zokuhamba kwegazi.
- Kumadoda kunokuba lula ukulawula iibhulukhwe ezimfutshane ekuthiwa zii-*boxer* kuneebhikini.
- Kunokuba nzima ukulawula izihlangu ezibotshwayo kubantu abanesifo sengqondo esixhalabisayo.
- Izihlangu ekusuka kufakwe kuzo iinyawo (slip – on- shoes) zinganceda ukuba umntu lo ahlale ekwazi ukuzimela ixesha elidana noko.
- Iziliphazi akufuneki ukuba zinxitywe ngaphaya kweeyure ezimbalwa kuba aziniki nkxaso yan-leyo ezinyaweni.

## Ulungiselelo

Unganako ukulungiselela enye impahla ukuze kube lula ukuyinxiba nokuyikhulula.

- Ooziphu abadana basoloko beluncedo. Iziquhoboshi ezinqomfayo kulula ukuzisebenzisa, xa umntu enokuziqhela, kunamaqhosha nezagwegwe namehlo (hooks and eyes).
- Ngamanye amaxesha izihlangu ezibotshwayo ungazitshintshela kwezinelastikhi.

## Ukutshintsha impahla

Umntu usenokuxhathisa ukuba akhulule nokuba sebesiya kulala okanye bangafuni kwaphela ukutshintsha impahla. Kungafuneka ukuba usebenzise iindlela ezahlukeneyo ukubacenga. Umzekelo, kunokuba luncedo ukususa impahla emdaka uze ubeke impahla ecocekileyo xa behlamba, bebhafa okanye beshawarisha. Usenokubacenga ukuba batshintshe kuba kuza kubakho undwendwe, okanye usenokuthi uza koneliseka xa ubabona benxibe into entsha.

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Qinisekisa ukuba umntu lowo uyitshintsha qho impahla ngaphandle kokubenza bangonwabi.

### Impahla engaqhelekanga

Ukuba nje ayonzakalisi, mhlawumbi kungcono ukuvumela impahla engaqhelekanga okanye impahla engekho mgceni kunokuba kubekho ungquzulwano. Ukuba umntu lowo uzimisele ukuthwala umnqwazi xa elele, umzekelo, imibala eyalanayo okanye idyasi eshushu ehlotyeni, zama ke ngoko ukunika imbeko oko bakukhethayo.

### Eminye imiba yokulungiselela

Ncedisa umntu lowo ekukameni emva kokuba benxibile. Umntu wasetyhini usenokuthanda ukuzilungisa ubuso, ukuba ngaba ukuqhelile ukwenza oko, okanye ukufaka isiqholo. Ukuba uthanda ukunxiba iibrhowutshi okanye amaso, oku kudala elinye ithuba lokwenza ukhetho. Ukuba uthanda ukupeyinta iinzapho zakhe kufuneka ukwenze oku ngelinye ixesha emini.

### Ukuncoma

Ukuncedisa umntu onesifo sengqondo esixhalabisayo ukuba akhangeleke kakuhle yindlela ebalulekileyo yokugcina ukuzithemba kwakhe. Kukwayinyani ukuba abantu

abangakwaziyo baza kugweba umntu ngenkangeleko yakhe, kwaye oku kubalulekile kumntu une-sifo sengqondo esixhalabisayo. Mncome umntu ngendlela akhangeleka ngayo, uze ubakhuthaze ukuba bazingce ngenkangeleko yabo.

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