

## UKUBA NOLAKA

*Uma unakekela umuntu onokuwohloka komqondo ungase uthole ukuthi ngezinye izikhathi ubonakala enolaka. Angase abe nenkulumo enokhahlo noma asongele abanye ngokubashaya, ngokwesibonelo: abakhahlele noma abashaye ngenqindi, noma ahlasele abantu noma alimaze impahla. Cishe wena uyocindezeleka futhi ukhathazeke ungazi ukuthi iyiphi indlela engcono yokubhekana nalesi simo. Nanka amacebiso ambalwa.*



Umuntu onokuwohloka komqondo angase abonakale enolaka uma ethukile noma ezizwa ephoxekile, noma ekhungathekile engakwazi ukuqonda abanye abantu noma ukubenza ukuba bamqonde. Omunye angase futhi abe nolaka uma ikhono lakhe lokucabanga ngokufanele nokuzithiba kuqedwe yiloku kuwohloka komqondo. Imikhuba yokuzithiba umuntu ayifunda esemncane umuntu ingase iphele futhi angase akhohlwe indlela efanele yokuziphatha.

Ukuba nolaka ngezinye izikhathi kubonakala kuwukusabela ngamawala esimweni esithile. Umuntu onale nkinga angase amemeze noma aklabalase noma aphazanyiswe kakhulu yinto engase ibonakale iyisimo esidumazayo esincane noma ukugxekwa okuncane. Noma iluphi ulaka luyacasula kodwa kubalulekile ukukhumbula ukuthi lo muntu akenzi ngamabomu. Cishe yena uyokukhohlwa masinyane okwenzekile, nakuba umuzwa obangele ukuba aziphathe ngaleyo ndlela ungase usale. Wena kungase kukuthathe isikhathi eside kunaye ukukhohlwa okwenzekile.

## Izimbangela zolaka

Uma ubhekisisa izimo umuntu aba nolaka kuzo nesenzakalo esiholele ekubeni aqhume ngolaka, ungase ukwazi ukuhlonza imbanga yaso futhi ukuqonde ngezanga elithile lokho okungenzeka ukuthi kuyamkhathaza. Yebo, akunakwenzeka ukuba usihlaziye isimo esinjalo kuze kube kamuva sesidlulile. Kodwa lapho isimo singasashubile, ungase ukwazi ukucabanga ngalokho okwenzekile nesizathu sako. Uma kubonakala izinto ezibangela ukuba kwakhe nolaka zihlukahluka futhi kuba nzima ukuzisingatha, thola usizo lochwepheshe.

Kuyenzeka ukuthi ukuba nolaka kube omunye wemiphumela engathandeki yemithi ehlukehlukehene ayisebenzisayo. Izizathu okungenzeka zenze umuntu onokuwohloka komqondo ukuba abe nolaka zihlanganisa izimo lapho:

- Ezizwa ekhungathekile lapho ecindezelekile noma elulazekile ngoba engasakwazi ukubhekana nezinsalele zokuphila zansuku zonke. Umuntu onokuwohloka komqondo udinga isikhathi eside kunokuvamile sokuhlaziya imfomesheni nokusabela esimweni esithile—kungaba ngamazwi noma ngezenzo. Ngenxa yalokho kuvamile ukuba azizwe ecindezelekile.
- Eshintshelwa kwenye indawo ngokushesha noma kushintshwa umnakekeli wakhe.
- Enomuzwa wokuthi ukuzimela nengasese lakhe kuyasongelwa ngoba ephoqeleke ukuba amukele usizo ngisho nasezindabeni zangasese ezinjengokugeza, ukugqoka noma ukuya endlini yangasese. Lezi izimo abelokhu engasizwa muntu kuzo kusukela esemncane. Akumangalisi ukuthi lezi zimo zimcinezela kakhulu.
- Enomuzwa wokuthi uyahlulelwa noma uyagxekwa ngoba eye wakhohlwa into ethile noma wenza iphutha lapho enza umsebenzi othile ovamile ayewenza nsuku zonke.
- Ezizwa ekhungathekile noma ethukile ngoba kunomsindo omkhulu kakhulu noma kunabantu abaningi kakhulu abamzungezile noma kuye kwaba noshintsho enqubweni ethile ayeyijwayele.
- Kungaba nzima ngomuntu onokuwohloka komqondo ukusingatha zonke lezi zinto. Angase futhi asabele ngolaka ezimweni lapho:
- Ezizwa ekhathazekile noma esongelwa ngoba eselahlakelwa yizindawo ezithile noma abantu. Angase aqiniseke ukuthi usendaweni okungeyona noma ukuthi isihlobo siwumuntu angamazi ogqokeze wangena ekhaya lakhe.
- Ezizwa ethukile ngenxa yomsindo ongazelelwe, amazwi ahlabayi, ukunyakaza okusheshayo noma umuntu ambona eselapha ngemva kwakhe. Umsindo omkhulu noma abantu abaningi kakhulu bangase banezele ekukhungathekeni kwakhe.
- Engazizwa kahle, enezihlungu, enesithukuthezi noma omile. Qale uqiniseke ukuthi akunakwenzeka yini ukuthi lesi simo sidalwa isifo esithile, ngokwesib., Isifo esibangelwa igciwane elithile.

Izinyathelo zokuvimbela lesi simo

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Uma ungase ukwazi ukuhlonza ukuthi yini ecasula umuntu onokuwohloka komqondo ungase ukwazi ukumqinisekisa noma ukuthola izindlela zokudambisa isimo. Zama ukuthola usizo kwabanye abanakekeli noma kochwepheshe. Uma kufaneleka:

- Nciphisa izinselele abhekene nazo uma ebonakala engakwazi ukubhekana nazo, futhi uqinisekise ukuthi uyayekwa enze izinto ngejubane lakhe nokuthi akacindezelwa.
- Lapho kunokwenzeka, mchazele izinto ngomoya omuhle nangemisho emifushane, umnike isikhathi esengeziwe sokwenza okushoyo kunaleso ayesidinga ngaphambili.
- Thola izindlela ezingacasuli zokunikeza usizo ngaphandle kokubonakala sengathi ufuna ukuthatha izintambo.
- Mqondise noma umkhuthaze futhi ucozule izinto okumelwe azenze zibe izingxenyana angazenza kalula ukuze akwazi ukuzenzela izinto eziningi ngangokunokwenzeka.
- Zama ukungagxeki. Fihla noma yikuphi ukucasuka okuzwayo. Gwema izimo angeke akwazi ukubhekana nazo ngempumelelo. Mncome nganoma yikuphi akwazi ukukwenza futhi ugxile ezintweni asakwazi ukuzenza, kunokuba ugxile kulezo angasakwazi ukuzenza.
- Qaphela izimpawu eziyisixwayiso ezinjengokukhathazeka noma ukuphazamiseka noma ukungahlaliseki futhi umqinisekise ngokwengeziwe, uma kufaneleka.
- Gwema ukukhuluma ngezwi elihlabayo noma ukunyakaza ngokushesha.
- Gwema ukuhilizisana naye. Zama ukudonsela umqondo wakhe kokunye uma ebonakala ecasukile. Ungase uthole ukuthi kuyasiza ukuphuma isikhashana endlini.
- Thola imisebenzi engase imjabulise. Qiniseka ukuthi uvivinya umzimba ngokwanele.
- Qiniseka ukuthi uya njalo ukuyohlololwa impilo yakhe nokuthi uya kwadokotela masinyane uma engazizwa kahle.

### Izinyathelo zokubhekana nesimo

- Ukuvimbela isimo esingaholela olakeni kuyikhambi elingcono kakhulu kodwa ngeke kusebenze kuzo zonke izimo. Uma kwenzeka lo muntu eba nolaka, ungazibeki icala.
- Kunalokho, gxila ekusingatheni isimo ngomoya omuhle nangempumelelo ngangokunokwenzeka.

### Okwamanje:

- Zama ukubamba umoya wakho futhi ungahilizisani naye kungakhathaliseki ukuthi ucasuke kangakanani. Ukusabela ngentukuthelo cishe kuyokwenza isimo sishube.
- Donsa umoya ubale uze ufike eshumini ngaphambi kokuba uthathe isinyathelo. Mqinisekise lo

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muntu futhi uzame ukususa umqondo wakhe kuleso simo. Phuma kuleyo ndlu uma kudingeka.

- Zama ukungazibonisi ukhathazekile ngoba lokhu kungamenza aphazamiseke ngokwengeziwe. Yebo, kulula ukusho lokhu futhi kunzima kakhulu ukukwenza uma uzizwa usongelwa.

Ungase ucabangela amasu athile kusengaphambili, ongawasebenzia ezimweni ezinjalo, anjengalawa:

- Ukumenzela isimiso esilula nokwenza indawo ahlala kuyo ingabi nezinto eziningi
- Ukumnika isikhathi sokuphumula phakathi nemisebenzi emnika ugqozi.
- Ukwenza indawo ahlala kuyo iphephe futhi ilondeke

Amacebiso Awusizo engeziwe lapho ulaka lwakhe lubhokile:

- Shenxa futhi unciphise izinto ezimvusele ulaka ngokwesib. umsindo
- Mhole ukuba akhethe phakathi kwezinto ezimbili ...

Amazwi anjengokuthi:

- Ngingakusiza yini ukuba .....
- Ungathanda yini ukungisiza ukuba .....
- Kungiphatha kabuhlungu ukukubona ucasukile.
- Ngizohlale ngiseduze kwakho uze ube ngcono

Musa:

- Ukuphakamisa izwi lakho
- Ukuzibonisa ucasukile noma uthukile
- Ukumvimbela, ukumfuna okuthile ngenkani, ukumphoqa noma ukubhekana naye ngeziqo zamehlo.

Amacebiso awusizo okuvimbela izimo ezimenza abe nolaka:

- Shintsha obukulindele kuye
- Myise endaweni ethule kakhudlwana
- Nciphisa isilinganiso seziphuzo ezine-caffeine aziphuzayo
- Izinto ezithoba imizwa yakhe
- Gwema izinto ezisendaweni ezimvusela ulaka
- Bheka ukuthi uphatheke kahle yini, ngokwesib. isinye, izinhlungu, ukukhathala okungapheli, imfiva.

## Amaphuzu:

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### Contact us:

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