AGACIRO K'IMPANO MU RUKUNDO

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Urukundo ni iki ?

- Urukundo ni kamere itunganye, abantu benshi ntibayisobanukirwa neza. Urukundo ntabwo ari igihunga giherekwejwe no kugurumana mu kwifuza cyangwa rukuruzi hagati y'abakiri bato.
- Oya, urukundo ntabwo ari urwo.
- Urukundo rw'ukuri rushingiye ku mpamvu nyazo no kumenya umukunzi byimbitse. Ariko kandi kwimarira mu muntu ukamuha ibitekerezo byose n'urukundo rwawe rwose na byo si byiza. Ni ugusayisha kandi bishira vuba.
- Mwibuke ko urukundo ruhubukiyeho ari impumyi.

Urugo rwa gikristo, p.49

- Rushobora kukugeza ku bantu bakwiriye kimwe n’abadakwiriye. Urukundo nk’urwo rukwiriye kwitondeshwa maze mugaha umwanya ibitekerezo byiza no kwibaza byimbitse.
- Urukundo ni impano y’agaciro duhabwa iturutse mu ijuru. Urukundo nyakuri ntabwo ari amarangamutima; ni ihame. Abayoborwa n’urukundo nyakuri ntabwo ari impumyi kandi ntibakora iby’ubupfapfa.
- Hariho urukundo rumwe nyakuri, ntiruhinduka, ruritanga kandi rurera. Ni ikintu cy’agaciro kenshi kidakunda kuboneka.
- Hari abita urukundo imibereho yo gutwarwa.

Ntitubyirengagize

- Mu tuntu duto ni ho ingeso z'umuntu zigaragarira.
- Ikintu gituma twemerwa n'ijuru tukiri muri ubu bugingo ni ibikorwa bito bito bidasobanukiye abantu, birimo kwigomwa kwa buri munsi, bikoranywe umwete, ishyaka n'ubugiraneza.
- Ntitugomba kuberaho kwinezeza ahubwo tujye tunezeza abandi.
- Kwita cyane ku tuntu duto duto ukatugiriramo amakenga kandi utwo dukorwa ukadukorana urugwiro, ku bantu benshi ibyo byagiye biba inkomoko y'umunezero wabo.
- Gukora neza ufite ubushake, umwete n'ishyaka ni byo bituma imibereho yawe ihinduka umugisha, umunezero n'ibyishimo ku mukuzi wawe.

Urukundo ni igiti gifite impumuro y'ubumana : rushaka kurindwa no kugaburirwa. Imitima yuzuye urukundo nyakuri, ihumeka amagambo y'urukundo, atera umunezero mu muryango, kandi rugira ingaruka yo gutunganya abagirana umushyikirano n'abarufite.

- *Urukundo rukeneye kurindwa no kugaburirwa, mu ndoro, mu magambo no mu dukorwa tumwe abantu bita ko ari duto, ariko dushimisha mugenzi wawe.*

Nicyo gituma iteka impano ari ingenzi mu rukundo

INSHUTI NYAKURI

- Ashaka icyiza mu mu wundi muntu, ibi ntibivuze ko yirengagiza ibidatunganye biri muri we, amwemera uko ari nta kumushinja amafuti. Amwereka ko umwitayeho mu buryo bw’umwihariko.
- Iguha umwanya wihariye mu buzima, hejuru ya byose akagushakira umunezero, na mbere yuko yiyitaho ubwe.
- Inshuti nyakuri niyo musangira byose, aho ufite imbaraga naho ufite intege nke, ibyiringiro byacu n’ibiduhangayika, ibiduca intege n’intego zacu, mu kwizera ko igihe nuko byamera kose, itwumva, ikatwemera kandi ko twiteguye kwakira ubufasha bwe.

INSHUTI NYAKURI

- Itegana amatwi ubushishozi kandi ikumva amakuru yose nta kuyahindura.
- Ihora iteka yiteguye kubabarira mu kubaha iteka agaciro, amarangamutima n'ibitekerezo bya mugenzi we.
- Ntasuzugura mugenzi we.
- "Inshuti ni umuntu ubasha gusukaho ibikuzuye ku mutima byose, urukungo n'imbuto nzima byose hamwe, mu kumenya ko ikiganza cyiza cyuje impuhwe n'urukundo kizakwakira kandi kikakubikira amabanga nk'uko uri mu kuguhumuriza, no kwirengera ibisigaye byose."

Vieux proverbe Anglais

None ni iki cyakomeza ubu bucuti?

1. **Kwizerana:**

- Kwizerana hagati y'abakundana biza gahoro gahoro. Ni igiti cy'agaciro gikwiye kwitabwaho kikavomerwa. Ariko iyo gikuze, kizana umunezero. Ubupfura no kubahana nizo mfatiro zo kwizerana.

2. **Kuba umunyakuri:**

- Bitinde bitebuke, igihishwe cyose kizashyira gihishurwe kandi kibasha gukomeretsa. Ikintu kibasha kutaba cyiza, ariko kuba umunyakuri igihe cyose ni byo byiza aho kubeshya, tutibagiwe ko kuba umunyakuri ntabwo ari indi nyito yo guhubuka. Ushobora ndetse ugomba gusobanura ibyiyumviro byawe nta kwikandagira, ariko iteka bikorane urukundo no kubahana.

None ni iki cyakomeza ubu bucuti? dukomeze,.....

3. **Umudendezo:**

- Kwizera hagati yanyu Bizana umudendezo muri mwe. Nta n'umwe mu bakundana ugomba kumva ko ari umwami cyangwa umutware wa mugenzi we. Buri wese agomba kumva ko agomba guharanira kuba uwo ari we nta gitutu kimuriho.

4. **Igihe:**

- Komatana kw'abakundana guhubukiweho ntikubaho. Kwemeranywa no kwizerana rimwe na rimwe bisaba igihe ndetse kinini, igihe gihagije cyo kuba umunyakuri. Kandi igihe niyo mpano isumba izindi ushobora guha umukunzi wawe mu gihe umuhishurira ko umukunda! Uwakwimye igihe nta kindi yaguha.

Kumenya izi ndimi 5 z'urukundo bizagufasha kunezeza umukunzi wawe

- Gutanga no kwakira urukundo bishobora gukorwa mu buryo butandukanye binyuze mu byo abahanga mu rukundo bise indimi 5 z'urukundo arizo:

1. Amagambo meza,
2. Impano,
3. Gufashanya (Service),
4. Guha umwanya uhagije umukunzi wawe
5. Ndetse no kuguyaguya biherekejwe no gutera akabariro ku bashakanye

- Kumenya uburyo bwo gutanga no kwakira urukundo ni bintu by’ingenzi mu kubaka urukundo ruhamye ruzira amakemwa,
- Bizafasha mugenzi wawe kumva akunzwe cyane kurenza abandi bose ku isi,
- Buri muntu agira uburyo atanga akanakira urukundo,
- Ni ngenzi rero kumenya uburyo bworohera mugenzi wawe kumenya ko umugaragariza urukundo,
- Kuko buri muntu afite uburyo bwe yakira akanatanga urukundo bitandukanye na mugenzi we.

- Kumenya gukoresha neza izi ndimi 5 cyangwa uburyo 5 bwo gutanga urukundo bizagufasha ubwawe kumenya gukunda bya nyabyo no kutabangamira mugenzi wawe mu rukundo kuko uzaba usobanukiwe ururimi yumva cyane kurenza izindi , bigufashe kumuhundagazaho urukundo nkuko bikwiye abakundana, ibi bizanafasha kandi mugenzi wawe kumenya uko akwitaho by’umwihariko.

1. Amagambo meza kandi yubaka

- Umushakashatsi akaba n'umuganga w'indwara zo mu mutwe Gary Chapman yagize ati : "Ihame rikomeye ry'ikiremwamuntu n'inyota yo gukundwa no kwitabwaho."
- Amagambo meza ni uburyo butaziguye bwo kugaragariza mugenzi wawe ko umukunze kandi umwitayeho, ushobora gukoresha amagambo meza atandukanye nk':
- ✓ Amagambo asubizamo umuntu integer!
- ✓ Amagambo amutaka
- ✓ Amagambo agaragaza ko umwishimiye
- Ubu n'uburyo bugufasha kuzuza ububiko bw'urukundo bwa mugenzi wawe, ni byiza gushimira inshuti yawe, umugore wawe se iyo bamaze kukugaburira, bwira umugore wawe wambaye neza, uzi guteka ni bindi nkibyo bizagufasha kumwubakamo ikizere n'urukundo ruramba.

2. Impano

Impano rero ni kintu cy'ingenzi kigaragariza umuntu ko umutekereza cyane, kuburyo iyo uzaniye umuntu impano ntiyita kureba agaciro kayo ahubwo atekereza ku gihe cyawe wafashe umutekerezaho.Ni byiza rero kubanza kumenya icyo umuntu akunda akaba aricyo umuhaho impano ariko kirazira kikaziririzwa gukoresha impano nk'ikiguzi kibyo wakagombye gukorera umuntu ukabura umwanya wo kugikora, reka impano ibe ikintu cy'umwihariko wafatiye umwanya wo kugitekerezaho, impano ni ikinyabiziga gikomeye cyo gutwara urukundo aho rugomba kujya.

Gufashanya(service rendus)

- Kenshi abagabo bakoresha ubu buryo nk'iturufu yo kugaragaza urukundo rwabo
- Ibi nibyo kandi n'uburyo bwiza bufatika kandi butabangamye bwo kubigaragaza,
- Gusa rimwe na rimwe ibi ntibiba bihagije kugaragariza umugore cyangwa umukobwa ko umukunda binyuze mu kumufasha no kumukorera ibyo yari gukora.
- Ashobora kubifata nk'inshingano zawe niyo mpamvu hakenerwa umwanya wihariye wo kubana na we.

Umwanya wihariye kandi uhagije wo kuganira(Moments de qualité)

Umwanya uhagije wo kubana n'uwawe muri mwenyine ni ngezi cyane mu rukundo, abagore benshi bakunda kuba hamwe n'abakunzi babo, bagatemberana, bagasangira cyane cyane bagafata umwanya wo kuganira byimbitse, bakabwizanya ukuri, bagaseka uru nirwo rurimi rwa mbere abagore bumva kurusha izindi ndimi twavuze.

Umwanya wihariye kandi uhagije wo kuganira(Moments de qualité)

Birakwiye rero wowe mugabo cyangwa umusore ko umenya ibi kuko bizagufasha mu kubaka urukundo rwanyu ku buryo burambye, ibi rero bishobora guteza ikibazo kuko abagabo benshi ntibabona umwanya wo kubana n'abakunzi babo, ahubwo usanga umwanya babonye ari wo kwigira gukina cyangwa kureba umupira n'ibindi nkibyo.

Gukoranaho (Toucher physique)

Gukubita mugenzi wawe agashyi mu mugongo, gufatana ibiganza, guhoberana cyangwa gusoma mugenzi wawe bishobora kugaragaza urukundo umufitiye, ubu n'uburyo busaba ubuhanga bwinshi mu kugaragaza niba ubikoreshejwe n'urukundo cyangwa niba ubikoreshejwe n'irari ry'umubiri, uzirinde gukoresha ubu buryo cyane ku muntu utaramenya neza, ibi biherekezwa na caresse ndetse no gutera akabariro ku bantu barushinze, umuntu wese utararushinga ubu buryo bwa 5 ntibumureba kuko bushobora kubyara ingaruka mbi zirimo kurwara SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina

Twibuke ko imibonano mpuzabitsina ikozwe mbere yo gushaka ari icyaha mu maso y'Uwiteka

Dore amabanga 10 yagufasha gukomeza kwizerwa n'umukunzi wawe

1. **Ubuzima bw'abakundana bugomba kuba ari ibanga:**

- Birabujijwe gushyira urukundo rwanyu ku karubanda kuko uburyo mwishimiranyemo ni ubuzima bwanyu bwite. Iri ni ikosa rikunda gukorwa n'abasore n'inkumi benshi aho ubu bushakashatsi buburira abakundana gushyira amafoto yabo hanze ku mbuga nkoranyambaga y'ubuzima bwabo ko atari byiza. Babigereranya ko ari nko gutumira isi yose ngo ize yinjire mu rukundo rwanyu.

2. **Kwimenyera uburyo mukemuramo amakimbirane:**

- Abantu bari mu rukundo birabujijwe kwihutira gushyira ikibazo mwagirana hanze mutarakiganiraho ngo mugishakire igisubizo gihamye. Iri ni ikosa kuko hari abirukira mu kugisha inama ibi bikaba bivamo gusenya urukundo rwabo.

3. **Kwiga gutegana amatwi:**

- Iyi ni ingingo ikomeye mu babana bakundanye kuko guha umwanya mugenzi wawe ari ikintu gikomeye. Mutege amatwi wumve ibitekerezo bye, ntumwereke ko urangaye kuko birababaza kandi akenshi ibyo akubwira ni ibintu aba yabanje guha umwanya muri we.

4. **Kugira umwanya wihariye ku bijyanye n'urukundo rwanyu:**

- Iki ni kimwe mu bantu benshi bakunda kwirengagiza cyane cyane abatagira umwanya mu buzima bwabo bitewe n'akazi bakora. Aha ubu bushakashatsi butanga inama ko uyu mwanya hari uruhare rukomeye utanga mu kubaka urukundo kuko akenshi amagambo, inama, kwishimirana, gusangira bibera muri uyu mwanya ari ikintu kidashobora kwibagirana n'igihe habayeho kuba umwe yababaza undi.
- Ntukwiye kuburira umwanya umukuzi wawe witwaje akazi.
- Kandi igihe ubona uhuze wenda aguhamagaye kuri phone mubwire ko uhuze, ariko aho uhugukiye umwibuke umwakure! Kuburira uwo ukunda umwanya bisenya urukundo n'icyizere hagati yanyu!

5. Guharanira ukuri:

- Akenshi mu rukundo iki ni kimwe mu by'ingenzi gisenya urukundo kuko ukuri ni ikintu gikomeye. Birababaza kuba wavumbura ko mugenzi wawe hari ibintu aguhisha ukaza kubimenya nyuma. Abafite ingeso zo kubeshya bagirwa inama zo gukora imyitozo imwe n'imwe yo kwiga kubwizanya ukuri kuri bagenzi babo kandi igihe habayeho kubeshya ugahita wigarura.

6. Kugerageza gukora ibintu bishya :

- Ibi ni kimwe mu bintu bisigara mu mutwe w'abakundana iyo batari kumwe. Gerageza gukora akantu gashya nko kuba mwatemberana, kwicara ahantu hatuje ukagira icyo umubwira,kwigana akaririmbo mukajya mukaririmbana kumwereka ikintu uzi neza ko atari yabona n'ibindi.

7. Kuganira uko buri wese abona undi:

- Iki ni kimwe mu bintu binezeza abakundana cyane cyane ab'igitsina gore. Umuco wo gushima ni umuco mwiza kandi wubaka ikizere hagati y'abakundana. Niba hari ikintu mugenzi wawe yakoze neza bimubwire kandi umwereke ko bishimishije kandi niba hari n'ikitagenda kimubwire . Gusa aha batanga inama zo kwirinda gukosorera umuntu mu ruhame.

8. Kutiha rubanda:

- Ni ikosa rikomeye hagati y'abakundana kuvuganaho , umwe akaba yanegurira mugenzi we ikitagenda ku wundi. Niba mugenzi wawe yakoze mwegere kandi wirinde gutangaza ingeso ze.

9. Gukora mu buryo murangwa n'ubufatanye:

- Iri ni ryo bita iterambere kuko iyo imibereho y'urukundo irimo ikibazo ntabwo mushobora gutera imbere. Mugomba kumvikana ku kintu buri wese yakora kandi kigomba kubagirira akamaro mwembi kuko iyo habayeho kuba umwe yakora icyo yishakiye nta kabuza urukundo rurasenyuka.

10. Ntuzarambirwe gushimira:

- Amagambo « Mbabarira, ndagukunda, urakoze » ni amagambo aryohera amatwi kandi ashimisha. Ntugahweme na rimwe kuyabwira mugenzi wawe kuko ni amwe mu magambo yubaka.

Bakobwa banjye iri banga ntirikabasobe

- **Menya bimwe mu biranga umuhungu utajenjeka mu rukundo**
- Kuba mu rukundo bitandukanye no gukunda by'ukuri,
- Iteka usanga umutu uzi gukunda ariwe ukundwa kandi urukundo rwe rukarama, kandi agahora iteka yifuza kuba yakundwa na buri wese.
- Mukobwa menya ko kugira umusore uzi gukunda atari ibya bose nk'uko kuvuka heza atari ibya bose.
- Niba umukunzi wawe agaragaraza iyi myitwarire nta shiti uzamenye ko agukunda by'ukuri kandi azi gukunda akanaha urukundo n'agaciro.

1. Arangwa no kuba isoko y'ibyishimo by'umukunzi we

- Igitsina gore aho kiva kikagera kirangwa n'ibyishimo n'ibyiyumviro, niyo mpamvu umuhungu uzi gukunda azirikana icyazanira umukunzi we ibyishimo
- Ni uzi gukomeza umukuzi we mu gihe
- Azi utuntu duto nubwo ntacyo twaba dusobanuye abasha gukoresha mu kuzanira umunezero inshuti ye, ariko ku mukobwa tuba tuvuze byinshi
- Umusore w'umunyabwenge abiha agaciro kandi agaharanira ko uwo akunda agira ibyishimo igihe cyose

2. Arangwa no guha impano uwo akunda

- Umusore uzi gukunda icyo aricyo ateganyiriza umukunzi we impano,yewe akenshi impano ishimisha umukunzi si ngombwa ngo ibe ihenze ahubwo umutima uyimuhanye niwo utuma akwihebera, ibi ubikora mu buryo butunguranye kuko utagombye gutegereza umunsi mukuru gusa.

3. Arangwa n' amagambo yuje urukundo n'ineza imbere y'umukunzi we

- Umusore uzi gukunda icyo aricyo aba azi amagambo meza yanyura umukunzi we, ibi nibyo abakobwa hafi ya bose baba bifuza, iyo wumva umukunzi wawe, umenya n'amagambo wamubwira akamutera kumwenyura, amagambo wamubwira yarakaye hanyuma akishima, amagambo wamubwira maze akakwiyumvamo nk'undi muntu uhebuje, buri musore wese yari akwiriye kumenya uko akoresha amagambo imbere y'umukunzi we.

4. Arangwa no gushaka ikiruta ndagukunda

- Abasore hafi ya bose bibwira ko gukunda ari ukubyerekana nta kubimubwira, ariko umusore uzi gukunda icyo aricyo aba azi neza ko kwereka umukunzi we ko amukunda ari byiza ariko wanabimubwira bikaba akarusho kuri we.
- Niba ukunda umukunzi wawe bimwereke ndetse unabimubwire bityo aziyumvamo ko umukunda kandi utamuryarya.
- Kandi wibuke ko hari n'andi magambo meza wabwira umukunzi akamurutira ijambo ndagukunda.

5. Arangwa no kwishimira umukunzi we

- Buri mukobwa wese akunda umusore umwitaho kandi akamuha n'agaciro, akamwishimira kandi iteka akanyurwa n'uko ari akabyishimira uko abibona, niba hari uburyo yambaye, umusatsi, umusore w'umunyabwenge yishimira uburyo umukunzi we aserutse
- Ibi ntibisobanuye ko ibyoutishimiye kuri we ubimubwira ariko ukabikorana ubupfura no kumwubaha.
- Umusore umeze gutya anezeza umukunzi we,akiyumvamo undi muntu uhebuje ndeste ko afite agaciro.

Amategeko 14 y'urukundo akwiye kuranga buri mukobwa

- Mu buzima bwacu bidusaba kugira amategeko cyangwa umurongo ngenderwaho kugira tugere kubyo twifuza. Iri n'ihame abantu twese duhuriyeho mu buzima, no m'urukundo rero naho n'uko. Muri iy'inkuru turibanda ku mategeko 14 akwiye kuranga umukobwa mu rukundo nkuko urubuga rwa elcrema rwa bigaragaje.

1.Wikwihutira gushaka umugabo

- Gukora ubukwe ukava mu nzu ya so na nyoko ni indoto za buri mukobwa aho ava akagera.
- Ariko gukora ubukwe bihabanye no kubaka urugo rugakomera.
- Kubyitondamo no kutabihubukira ni ingenzi cyane. Wirebera ku bandi , ingendo y'undi iravuna .
- Wikoreshwa n'igitutu cy'abantu ngo wihutire gushaka umugabo kuko sibo bazakubakira.
- Gushaka umugabo ukubaka urwawe ntawe bitanyura ariko kubaka rugakomera bikaba byiza kurushaho.
- Nta kikwirukansa, kandi ngo iyihuse yabyaye igihumye.
- Niba utarabona umugabo ni uko igihe kitaragera kandi byanze bikunze uwo Imana yakugeneye arahari.

2.Ntukibeshye ko imibonano mpuzabitsina ari ikimenyetso cy'urukundo

- Mu mitego myinshi abakobwa bakunda guhura nayo uyu uza mu ya mbere.
- Kumva ko kuryamana n'umusore ari ikimenyetso cyiza cyo kumugaragariza urukundo ni ukwibeshya cyane.
- Ni bangahe se baryamana nyuma bagatandukana? Nubwo mwaryamana ntimubura gutandukana.
- None se uko ukundanye n'umusore muzajya muryamana ngo ukunde umugaragarize ko umukunda?
- Uzajya kubaka urwawe utarabaye imbata y'ubusambanyi? Uzubaka rukomere koko? Iga kwihesha gaciro kandi ukomere ku busugi bwawe!

3.Ntugategere umusore amaboko iteka

- Iyi nayo ni ingeso abakobwa bamwe bakunda kugira. Mu rukundo ugasanga ibibazo bye byose agomba kubikemurirwa n'umusore w'inshuti ye.
- Iyo bimeze bitya uretse no kuba umubera umutwaro aho kumubera umukunzi, agaciro yaguhaga karagabanuka ndetse akagera n'aho akwinuba.
- Shakisha akazi cyangwa icyo gukora kikwinjiriza bizatuma akubaha kurushaho.
- Kandi mu gihe katabonetse wige kunyurwa nuko uri bizagufasha mu buzima bwawe!

4.Ntuzashakane n'umusore umukurikiyeho amafaranga/ubutunzi

- Abakobwa benshi bakunda kwitiranya amafaranga /ubutunzi no kuzagira umunezero mu rugo baba bagiye kubaka.
- Yego si mabi ariko sinayo shingiro ry'ibyishimo by'umuryango.
- Iyo umusore aguteretesheje amafaranga /ubutunzi, mugasezerana mukabana, akenshi iyo mugeze mu rugo agufata nka kimwe mu bintu atunze yaguze.
- Uzi impamvu? Ni uko wamukunze aricyo ukurikiye kurusha urukundo wari umufitiye kandi na we yarabibonaga si impumyi.
- Ni byiza gushingira ku rukundo aho gushiturwa n'ibintu.

5.Ntukanywe ibisindisha

- Ndabizi wavuga ngo hano twese turi abakristo
- Ariko abenshi bariyoberanya bakazinywa bihishe
- Ariko umukobwa wishora mu kunywa ibisindisha ntabwo yubaka rwose
- Ibi bikwiye kwirindwa haba ku mukobwa cyangwa umusore

6.Ntukambare impenure, uwambaye neza agaragara neza

- Kwambara neza no kwiyitaho biba muri kamere y'abagore muri rusange. Kwambara neza ni ukwambara imyambaro itagutesha ikuzo mu bandi.
- Iyo wambaye neza buri muntu wese aguha agaciro ukwiriye. Zirikana ko kwambara imyenda igaragaza ubwambure bwawe nayo igira ubutumwa itanga ku bakubona kandi butari bwiza. Mu Kinyarwanda abavuga ko agapfundikiye gatera amatsiko.
- Nugenda werekana ubwambure bwawe umusore azakugirira ayahe matsiko kandi byose wabimweretse? Ahubwo azakoresha imbaraga zose birangire agusambanyije aho gushishikarira kukugira umugore .
- Kwambara neza si ukwambara ibihenze ahubwo ni ukugirira isuku imyamabaro yawe, kumenya kujyanisha amabara, kwambara ibikubera atari ibyo wigannye bagenzi bawe kandi bitagendanye n'imiterere yawe,..

7. Ite ku mirire yawe

- Abakobwa n'abagore bakunda ibiribwa n'ibinyobwa biryoherera birimo amasukari menshi.
- Si byiza ku buzima bw'umuntu. Nubwo ubifata wumva bifite uburyohere ninako bigira ingaruka mbi ku buzima.
- Uri kwikururira indwara ya diyabeti/igisukari .
- Ugomba gutangira kwitabira imyitozo ngororamubiri kuko igira akamaro kanini harimo kugabanya isukari mu mubiri, kuyaza ibinure mu rwego rwo kwirinda umubyibuho,...

8.Ntukifuze gukundwa nk'uko ubibona muri sinema, bitandukanye no mu buzima busanzwe

- **Abakobwa benshi hanze aha baba bumva bakundwa n'abasore urukundo babona muri sinema zinyuranye z'inkundo.**
- **Nyamara siko ibintu byose abakundana muri sinema bakora byashoboka cyangwa byakorwa mu buzima busanzwe. Hari amasomo twabigiraho ariko si byose.**
- **Si buri musore wese mwakundana wabasha kuguha impano y'imodoka nkuko bikinywa mu mafilimi amwe n'amwe.**
- **Si buri musore wese mwakundana ngo ajye abona ubushobozi bwo kugusohokana buri gihe,… Sigaho guhora mu nzozi no kugereranya sinema n'ubuzima kuko akenshi ntibihura.**
- **Ibi bigendana no kurebera ku bandi bagenzi bawe. Iteka ukumva umusore mukundana yagukunda cyangwa akagukorera ibyo wabonye nyirakanaka bamukorera. Ni imyumvire** itariyo. Ubushobozi bw'abantu ntibungana kandi baca umugani ngo ingendo y'undi iravuna.

9.Ntukifuze kwakira gusa

- Kwikunda mu rukundo iteka ukumva ko bagukundwakaza, ko umusore mukundana agomba kuvunika cyane, ko agomba guhora agutetesha ,..bituma utaryoherwa n'urukundo.
- Urikunda wowe ntushaka gutanga no kugaragaza amarangamutima yawe.
- Umuhanga mu mibanire y'abantu Anthony Robbins yavuze ko kugira ngo umubano urambe biba byiza iyo wumva watanga byinshi kuruta uko wumva wakakira gusa.
- Birumvikana kuko nushyiramo imbaraga ukamwereka urukundo rutarimo imbereka, ntazazuyaza kugukorera nk'ibyo umukorera ndetse wenda akarushaho kuko yizihiwe.

10.Ntugategereze ibyishimo byawe ku bandi

- Abakobwa benshi binjira mu rukundo bumva ariho bagiye kubona isoko y'ibyishimo byabo.
- Wikumva ko mugenzi wawe ariwe ushinzwe ibyishimo byawe. Ntuzategereze ko agukorera ibyo ushaka ngo wishime.
- Ibyishimo byawe ni wowe bigirira umumaro. Wimwikoreza umutwaro wo kubigushakira wowe nta ruhare ushaka kubigiramo.
- Urukundo nyarukundo si aho umuntu aba agiye kubonera amaronko. Ni amarangamutima muba mugomba gusangira.

11.Ntukite ku makosa gusa

- Ntamuntu kuri iyi si udakosa cyangwa ngo agire ingeso zitari nziza mu maso y'abandi.
- Wikwita ku bibi by'umusore mukundana ahubwo mukundire ibyiza akwereka bityo uzumva urushijeho kunezezwa n'urukundo rwanyu. Nawe nturi shyashya , hari aho utamubanira neza.
- Wikumva ko ugomba kwita ku makosa ye. Ushobora no kuba umurusha ingeso mbi.

12.Ntugahore umwitsiritaho

- Urukundo rwiza ni urutanga umwitangirizwa. Shyiramo intera mu gihe muhurira.
- Nubikora gutya bizabarinda kurambirana ahubwo nihacaho iminsi mudahura wumve umukumbuye ndetse wumve ugize ubwuzu bwo kumubona.
- Si byiza ko aho ari ariho ubarizwa, aho anyuze nguwo muri kumwe. Murambirana vuba.

13.Ntukabike inzika

- Niba mugenzi wawe agukoshereje, wibiha umwanya munini kandi atari ni ikosa rikomeye. Kubabarira ni indangamuntu ku bakundana.
- Niba uko agukosereje ubika inzika, hari icyiza uzamubonamo? Uzigera uryoherwa n'urukundo mukundana?
- Nugera igihe cyo gushaka urumva urugo rwawe rutazarangwa n'amatiku gusa? Yego rimwe na rimwe usanga bigoye kwibagirwa ikosa umukunzi wawe yagukoreye cyane cyane iyo ryagukoze ku mutima ariko si byiza ko wumva ko warigenderaho mu buzima bwanyu bwose ngo akabaye kose uribyutse.

14.Mufatanye

- Iyo mushyize hamwe mwese mugashakira hamwe inyungu z'umubano wanyu nibwo muryoherwa.
- Gufatanya bigendana no guhanga udushya.
- Buri wese agahora yiga cyangwa ashakisha icyakongerwamo gishya mu rukundo rwanyu.
- Urumva ko buri wese narwana intambara yo guhanga udushya muzibera mu isi y'umunezero gusa.
- Umusore siwe kampala , nawe ugomba kugira ibishya uhanga mu rukundo rwanyu.

Mbifurije amahitamo meza kandi ku iherezo twese hamwe tuzabone Yesu mu maso, ubwo tuzaba twinjiye mu bukwe bw'Umwana w'Intama turi umugeni nawe ari umukwe wacu!

Ndabakunda cyane!