

## Afkar matafila wa zakariat ta madi



### Magadama

#### Elafkar matafila de sunu?

Bad ayan, elnas eltaradu elgisas mulama matafila mumkin yakun indu afkar matafila, elowa afkar indu nafsiat wa zikariat elbija be suar asan bejibu kof, galag aw ozon.

#### Elzikariat elmadi de sunu?

Bad ayan, elafkar wa zikariat mumkin bekunu gawi wa omen beshour kanu omen baselu be agiga, aw elzol rahlu le makan ta satma. Del basamum zikariat ta madi. Bad marat manehin mumkin yakunu indum kialat wade lo zol betkalam tagriban an kibratar ta sadma, de bekunu “zei kiayali” fi muok. Elkiayali bekararumashakil tadkeyli Bianama el-irtijah ma ajat am fi sadma darja eltani, takrar fi muoktana be ajat dabuntana saraku ma anina owa ama.

#### Le omen behasilu?

Afkar tadkeyli wa irtijah baselu ze ma anina benawili ajara ta maluma el-sahab. Muoktana bawil yamulu asas asan besufu muntik ta adas lakin bamulu. Mumkin omen basselu fi rad ta mahfazat, elmumkin bekunu sahib le tahdid, lanu omen baselu besurah. Elmahfazat, Kaman ze irtijahat wa afkar tedkeyli fi zamen omen benashitu fi rad ta alatawari fi nizamtana, wa kaman omen beshsouru kanu anina fi kata rata lo elwada elasi kueis tamam

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#### Yatu tamulu ashan nom?

Awel aja, lafaz beshida. Mumkin inta belahaz afkar lo afkar ta kiyali aw irtijahat omen basiru sukoltaki, aw zamentaki inta fadi, wa lo omen beasiru fi nashatat elinta kan bamulu. Ata omen lo ma yawu, mumkin omen bekunu indum tawatarat lo omen aselu. De lo kide, elterika elkueis de asan befatisu musaida. Elmustishar indu ilim fi sadma mumkin yawafar dama ta istishar beistikdam ta aduat wa taganik elzakaru tehet: Inta Kaman beawilu bagi ta istratejiya eltehet fi terika taki, takid inu inta ligu musaida wa dam lo daer.



### Aduat

Eltehet del bagi min aduat asasiya wa taganik elbejaiz inta le sukol ma afkar tadkeyli wa irtijah Webga le mahwila ta ay wahid min aduat del, de muheim inu bejaizu nafsek wa akit inu inta beshouru keuis wa fi salama.



#### Jaizu nafsek

Kulu sadmat datja tani, wa belakasa afkar tadkeyli wa irtijah Gable anina sufu aduat asan yadir elafkar, de muheim inu bebda be jisimtaki Keil kanu inta mashi le marason Inta ma bamulu bedun tamrin aw jaiz wa de muehim asan yakad inu inta jaiz. Elwasiahat eltehet del amulu asan yajaizu inta jazdihen asan inta bekun jaiz le sukol abr eltadiat elja be sadma darja eltanin.

#### Nashat bedeni



Ay nashat jazdihen elbakalu galbetaki wa muoktaki yashakil wa bejib arak mumkin besaidu fi inu inta beliga tamarin ta jazdi yomi. Tamrin aksijini owa asan aja le de (zei aksi ta wazin, dorb masel) Lo adi ze mashi be kureen, mumkin yesilu 40 degiga asan beligu el-aja de. Lo eltawater akter, ze


	<p>jaka, 15 degiga mumkin yafizu. Ay nashat elbewadi galbetaki fuok zeï tohom fi bahr, raksa, wa suaga ta ajela mumkin yakunu muehim.</p> <p>Inta lo bas gatabda nashat jazdi mad fatara inta ma amulu nahsat, silu subor wa abda baraha wafga le mastawa ta jisimtaki. De fikra keuis inu tashour zol muajij lo inta indu jerah aw maskalat mumkin yaser le nahsattaki eljazdi.</p>
<p><b>Akulu kueis</b></p> 	<p>Sadma ta darja tani mumkin yageir fata niyataki wa inta beligu inu ya tbakulu sukeir aw bakulu ketiir akter min elyomi. De wasawu inu inta bamulu iktiar le makulat el-sahiya asan bakit inu jisimtaki beligu nizam gizayi kueis. Awil inu takun behid min sukar eladi, zeï degig faramu, makulat indu sukar ketiir aw mushrubar indu sukar. Inta lo indu sukar, awil kutu sawa ma akil elindu lif zeï fuwaka wa bandak.</p> <p>Elsabab elbakalik beheid min elsukar de asan bemshi besura le jisimtaki, bedi le inta "darja ali" belasif mumkin yamulu kalal fi nazam eltawaritaki De mumkin bekali afkar ta kiyali aw irtijahat yakunu fi katar Lim ta sukar wa lif, elsukar bamulunafsu fi jisim baraha, bediw tasir tani.</p>
<p><b>Nom kueis</b></p> 	<p>Lo afkar ta kiyali aw irtijahatbega kahab be misa, elnom bekun mushkela. Awil tamulu nomtaki kueis, zeï mashi le serir be nafsa wakıt, matamulu ay aja be saha gable serir, wa amulu nashat samud bas gabla elnom zeï istama, masah, aw gira ta kitab.</p>

### Mahrat el-asasiya

Eltehed del de kibrat asasiya elinta mumkin tadmani bamulu bebdabow elidara ta afkar ta kiyali aw irtijahat De wasawu inu inta besakal abr aduat del be katuoh, bas tamshi le aduat jedid ela lo kalsta min elkibra elmadi. De kan wasawu inu inta bawil eltamarin del be zamen mayen ta yom lo inta barif inu bekun muratah shedid. Inta mumkin betmani inu tesilu zamen nus elyom asan besilu bara nafsiat wa to lasik nafsek fi ehtimam ta nafsu.

Gable inta bada el-tamrin, abda be nafas wa tahrid. Wa abda eltamrin inta iktirtu Lo elafkar wa sour ja be zamen tani ta yom, zakar nafsek inu inta gatamul aja le omen, de inu gatamul isbataki be nafsek, wa fi zamen asan behelu be yom. Lo omen istamir, mumkin tamul nafas wa tanzil zeï ma galu. El-aja kueis owa barmaja ta zamen asan bemarkis tawali wa inta ma bafget elzamen elinta nazamtu asan tamrintaki. Baraha baraha, be murur zamen, elafkar wa sour be galilu.

Lo fi nukta shourta be irahak aw afkar wa irtijahat bige kahab, de muehim inu tasufu musaida manehi.

Waqif elfikra	
	<p>Afkar ta ozon mumkin basel lo zanadu aw lo zamen ja bedun ilimtaki Lo inta awilta arb shedid did omen, elafkar mumkin bekunu gawi wa sahib asan yakalu yemshi. Bedel inta lizu afkar bara tawali, elkatuoh elawel owa asan yatarafu omen.</p>
<p><b>Talata takararat</b></p>	<p>Mumkin inta bamulu be talata tekarar</p> <ol style="list-style-type: none"> <li>1. Inta lo indu afkar ta sadma, gulu le nafsek "ana befaker ..." wa kararu talata marat</li> <li>2. Mad dak, amshi le ajat inta lahztu fi jisimtaki Gulu le nafsek, "ana beshour..." wa kararu talata marat.</li> </ol>

<b>Kalian namshi</b>	<p>Elfikra elraisi owa afkar beji wa bemshi, wa zamen la haznam, anina mimkin namshi le ajat tani el-lahaznam fi jisimtana. Mumkin inta indu afkar tani ja. Kulu zamen, karar talata tekrarat wa kalim yamshi.</p> <p>El-aja muheim owa inu beji le jisimtaki wa kulu zamen, rakiz fi aja inta beshouru, aw ehsas. Kuluma tamarisk ketiir, betarif inu afkar sukerin wa sukerin gaimin, wa inta begder asan belahaz ketir min ajat tadrek bara wa juwa jisimtaki. De kaman terika kueis le bidaya ta mamarasi ta tanzil.</p>
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#### Tanzil Eladuat elbejibu inta le zamen ta asi.

Zeil ma makatat fi bidaya, afkar ta kiyali aw irtijahatmumkin yasel zamen inta katu fi gises ta sadma. Elafkar el-indu deig del, sour wa zikiriyat mumkin yaselu sirieh beterika mamaruf wa jisimtaki berud benafsa rad kanu elkator fi nafsa zamen. Be tanzil, inta jibu jisimtaki wa muoktaki wara le zamen ta asi.

Le takatit kamil ta aduat ta tanzil, alekala sufu kashif ta tanzil le aja ketir min mamarasa ta kibra de.

#### Saytera keyali

Keil kanu elgisas dabuntana warana daiman yawu bekunu terika le heniya. Elsuor mumkin yakunu kiyali wa mumkin yamulu tajraba ta tawara ta sour fi zamen elinta indu asar. Asan elkiyali de aja anina ligu fi muoktana( zeil aksi ta zikiriat ta sour elsufnaw min zol) de muheim asan balim inu anina begderu nakun indu seytara kulu elsuor. Eltamarin del bamulu zeil ijrahata ta wigaya wa baden bekunu zeil terika ta saytera ta sour el mumkin beji min gises elbannesmahu.

#### Tamrin be telefizion



(Adapted from Rothschild, B. 2006. P154)

Awel aja nazil nafsek asaan bekun gaid

Badu, keil kanu inta fi gurfa samud wa indu istirka ma telefizion.

##### Katuoh 1:

Keil kanu elgurfa zeil, nuoh min elguat, masader ta nur wa keif elshakil ta telefizion. Inta indu saytera ta telefizion fi yiedtaki

##### Katuoh 2:

Geer eltelefizion wa keil kanu inta bekutu fi gana mustagel was keuis. Inta indu taytera ta telefizion fi yiedtaki wa mumkin inta tamulu tahdil aw tager le sour, lon wa surah ta sura zeil ma daer.

##### Katuoh 3:

Maris geru sour, elsuor, elgima tasuorr wa serieha ata inta shourta inu inta fi taytera ta sour.

#### Lo el-irtahaj asel



Lo el-irtahaj aw sura kayali asel,, sitakdam elkibrat elinta gatamarisu.

##### Katuoh 1:




Sufu elsuor elbaselu wa kalik behid min omen.

##### Katuoh 2:

Amulu kibrat elinta alimu fi tamrin ta elefizion Awilu takanik zeil tashuish ta sura, arak bara min omen, aw aglib elsura kulum sawa.

	<b>Wasil fi mamarasa ta tamrin wata wa asal dama min zol mahnieh lo inta mabegder tasayter elsura.</b>
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<b>Istikdam ta fan mahbar</b>	
fan ta mahbar mumkin bekunu aduat meheima le injra ta afkar ta nafsiat wa sour. Inta mumkin bawilu eltakanik del be terika taki aw inta mumkin betamani le sukol ma zol mahalaj ta fan mahbar	

 <b>kitaba</b>	<p>Ingta mumkin tadmani taktib shier De ma yani inu owa bekun mahged, bas akis fi afkartaki wa suortaki wa aktib ay aja beshouru be terika ta istahar aw tashbieh Dorob msel. "lo ana sufu elsuor del beshour ze..." aw "afkart del ze..."</p>
 <b>sura aw rasam</b>	<p>Elrasam wa sour mumkin bekunu de terika ekfahli le ijra ta sura aw mumkin bekunu samud wa bezid yagda ta muok Inta lo beshour be galeg, istakdam galam indu aluan aw aglam rasas asan beinsha sour tajridiya elbasaidu asan yasakan aw yasilu bara nafsiat.</p> <p>Inta lo berasam wa bamulu ijra ta sour ta sadma elinta muwajawu, wasawu le inta inu amulu aja de ma mjustishar aw mahlij indu fikra.</p>
 <b>Insha ta makan ta sura indu salama</b>	<p>De mumkin bekunu aja besaid inu inta indu makan fi muoktaki mumkin inta beshi fiw wa inta beshour be salama Mumkin inta bejibu elsura ta makan fi ay zamen lo inta shourta be zanad aw ma kuies. Asan besaidu inta be zakara ta sura ta makan indu slama, inta mumming tadmani inu tasawaru, tarasamu aw aktibu. Inta mumkin tafiz elsura jamtaki lo inta beshour be zanad, aksa ta sura, nafas, wata wa zakar inu inta fi salama</p> <p>Katuohat:</p> <ol style="list-style-type: none"> <li>1. Keil makan (agiga aw kiyali) elinta beshour be salama fiw</li> <li>2. Inta besufu sunu awlek?</li> <li>3. De sunu mumkin inta babashu,sufu?</li> <li>4. Asna inta bekail nafsutaki fi masaha de, keif inta beshouru?</li> <li>5. Wen fi jjsimtaki inta beshouru de?</li> <li>6. Seyi fi kelma mumkin inta bedi le salama ta masahataki?</li> <li>7. Kedi kail nafsek inak asi wa nafas ketiir, shour elsumud wa salam.</li> </ol> <p>Rasam wa sawar aw aktib tamam shedid elsura lanu owa gaid daiman ma inta</p>



akeren, wa muheim shedid, inta beshour inu el-afkardel wa suordel aw:

- Bamulu tasir fi terika inta sakalbow, terika ta sakan aw silu zamen taki elkas in fadi.
- Omen begata aw bagedu alakat taki
- Taser istakdamtaki (aw ifrad) ta marisa aw madat tani (dorob masel, sukar, marijuana aw makadarat taniin)

Alekala sufu masada min mustishar ta sadma indu kibra



## Maraj awa giraya ketiir

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