

Kuabis ta lel



Magadama

Kuabis omen mushkela am le bagin ta sadma. Ma irtijah wa zikiriati madaerin, kuabis omen waid min turuk el-bagi ta sadma mumkin takafiz elsadma be shuur aw senin bad eladas.

nafsiat ta sadma kuabishamel omen amaten berifu ka ahlam bahdid aw bekofo el mumkin yatawar zol fuok wa mumkin yazid be awatif selbi ze kof, kadab aw Kaman ozon.. Elkuabis del bejibu nafsiat shedid (fi helim wa bad twarta min elnom) mumkin basel marat ketir be isbuoh.

elkuabis omen juzu min arad ta sadma bidayi berobot be kibra tani, elbaruf be isim irtijah. de zamen zakera/50> ta sadma nadu beterika talgayeyen, lo sahei beshakil ta irtijahat, aw el-lel beterika ta guabis Elzikiriati ta Isadma kiayali del mumkin wade be maloza, beterika atafi mukmur, majarab kanu lo omen aselu ine wa inak. Omen masoub beshour tawatar ta kof wa katar, daiman ze tatuf eljarabufi zamen ta sadma nafsu. Eljisim yarud le rad ta nafsiat wa bazakar elzamen: elzol aw nas, dag ta galib shedid, omen bebda yakun inum arek, wa asasat ta jisim sahab mumkin yagomu. Elzikiriati mumkin beji be takara ata lo kam mara elzol ma daer yazakarum. Kuabis betawaru zol min elnom wa bejibu idtarabat ta nom. Daiman elnas ma badger aw bekafo asan yarja le nom, asan kide bekun fi Harman ta gadaya ta nom ma aja isimto arak aw adom nom elindu mushkela fi saha aw salama.

Fi managasha mashi bedun tawafuk asan le anina indu guabis. Nas ketiriin elinum kibra omen begulu inu elhalem juzu min elmuokterika ta ijrah ta tatuf wa zakera totit. Ahlam kahab wa kuabis mumkin yakunu makon/126> of ta rad ta kof sadma/132> lakin bahas ketir daerinu asan yashara le guabis baselu. Deirdre Barrett (1996),zol ta alm nafs fi Harvard University, kalim gali elguabis muheim le ojudtana aw omen lo mafi eltatur bekun mafi. Owa kalim gali elguabis sakalin asna terika ta muok rakaz fi intebah ta zol be gadaiya elomen daerin yahelum.

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Ilaj ta kuabis

Elkueis, omen katuot elinta wa mustishartaki, lo inta sakal ma wahid, mumkin begalil eltaradud ta guabistaki wa ja ta omen le ayataki.

Awel, fi tageer fi suluk wa katuot elinta mumkin besilu beterikataki el mumkin yanagis taradud ta guabis neshmil:



Amulu jiduoal nizami ta sahei wa nom De manato inu amashi nom wa gomu min elnom be nafsa zamen kulu yom.



Dakal tamrin benizam, elmumkin besaidu besilu guabis elbejibu nafsiat wa tahab.



Bagi shakil min mamarasa tamul mumkin kaman bekunu muheim



Mamarasa ta nadafa ta nom kueis De beshmil kutu gurfataki fi istirka wa mahal indu salam le nom, wa amul isabtaki le istidam ta marisa, kafeein, wa nicotine, elmumkin bekarab elnom, wa mataderu telefizion beistakdam ta lektoroni (zei telefon, combuter) amshi tawali le serir taki be zamentow. De kueis inta lo wagifu telefizion wa elektoroni at agelashi sah wahid gable nom, wa ma takul asha aw wajbat lo inta gerib min zamen ta nom.



Protokolat ta kuabis

Eltehet del de 2 borotokolat elnas elindu kibra tawarum asan besaidu fi kuabis:

Kuabis borotokol 1

Eltatawar min Babette Rothschild (2000)

De katuoh be katuoh asan yashidek le igaf ta zikirat ta sadma. Lo inta istakdamtu be yom awel, mumkin yakunu tehet ta talimat ta mustishar ta saha ta muok wa mamarasa beterika istishariya. Wa badu, inta mumkin begra elbiyan gable serir (giraya be sot kebir owa keuis) wa amshi wara elborotokol lo elkuabis tawar inta min elnom. De besilu zamen asan elkuabis begalilu, lakin ma mamarasa bekun mumkin.

Agra eljumlat tehet be sot ahli, amla elfarak:








1. El-lela ana indu shour belfael galeg be/kaif min_____.
2. Ana mumkin bekun indu kuabis wa begomu min elnom wa beshour be _____. (azkor elshour: kaif, ayan, zalan, azin)
3. Lo de asel, ana beware le nafsi inu ana kan indu kuabis asan ana bezakar_____. (askor elzamen, lakin ma tafasil: zei "el-aja kahab elasel," "elzol elkahab,").
4. Ana beftah elnur wa suf awli fi gurfatai wa besami 5 ajat elana besufu fi elgurfa.
5. Wa begul le nafsi inu ana kan indu kuabis wa owa_____ (elzamen) ma basel le ana tani ketiir.
6. Lo muheim, ana begomu min elserir wa bamul aja be 10 degiga aw akter (zei indu kubaya ta muoya; sufu, askor wa babesh 5 ajat' istima le guna adi; bekalam ma zol) de besaidu asan bezakar ana le makan wa aja ana ma bezakar ma basel le ana asi.
7. Ana lo bige tamam samot ana berja le serir.

8. Ana bekarar elborotokol de kulu zamen ana indu kuabis.

Borotokol ta kuabis 2

Min kibrat ta manah tamrin DBT wa warga amel, Second Edition by Marsha M. Linehan .

Katuoh be katuoh lo kuabis ma bekalik ta nom

	1. Maras istirka, kiayal kueis, wa sawar elkibrat awel, asan bekun matakit inu inta jaiz le sukul fi tageer ta kuabis. Amulu istirka mastamira, wa/aw baraha ta nafas shedid fi tamarain, asma le muzika aw guanine ta kiayali.
	2. Iktar elkuabis elbetkarar elinta daer tasakal fiw. De bekun kuabis eladaftaki Iktar kuabis elinta bediru asi. Ansa sadma kuabis ata inta jaiz asan besakal ma omen.
	3. Aktibu tehet kuabis eladaftaki Beshmil wasif hasi (nazar, sham, sot, taham wa taniin). Kaman beshmil afkar, shour wa iffiradat an nafsek fi zamen ta ehlim
	4. Iktar elnatija matageer le kuabis. Eltageer mumkin yasel gable ay aja ze i sadma aw aja kahab asel le inta aw taniin fi kuabis. Asasen, inta daer bija fuok be tageer ma bekalik elnatija ta kuabis elkahab elyomi basel. Aktib elniaya elbadi le inta asas ta salam lo inta gomu min elnom. Mulahaza: Eltageer fi kuabis mumkin yakunu daiman wa ma adi(ze i mumkin inta bekun zol indu guwa akter min guwa ta insan elbegder bejir le mahal ta salama aw besakel el muajimin). Tageer ta natija mumkin be geer afkar,shour, aw iffirad awl nafsek.
	5. Aktib kulu kuabis be tageer.
	6. Takarar wa istirka kulu lel gable nom Tekrar eltageer fi kuabis beterika ta tasawar el-elim kulu lel, gable mamarasa taganik eli-istirka.
	7. Takrar wa istirka be yoms Tasawar el-elim kulu be tageer, wa maris istirka ze i daiman kulu yom



Maraj awa giraya ketiir

1. Barrett, D., ed. (1996) Trauma and dreams. [El-sadma wa ahlam]. Harvard University Press. [MBI, aAR, MSc]
2. Linehan MM. *DBT® Skills Training Manual, [Delil tedrib ta mahrat ta DBT®] Second Edition*. New York, NY: Guilford Press; 2015. [[Google Scholar](#)]
3. ROTHSCCHILD, B. (2000). The body remembers: The psychophysiology of trauma and trauma treatment. [El-jisim yazakar: El-psychophysiology ta sadma wa ilaj ta sadma]. New York: Norton