

Ingabe unobulwele bokusela khulu utjwala?

Isihlahlubwesi sitlhanywe siBhedlela seYunivesithi i-John Hopkins bona sis-etjenziselwe ukuthola bona umuntu unobulwelwe bokusela khulu utjwala na? Zibuze imibuzo elandelako, bese uyiphendula NGOKUNGAFIHLI litho.

	Iye	Awa
1. Kuyenzeka bona ungabi khona emsebenzini ngebanga lokusela utjwala?	☐	☐
2. Ingabe ukusela kwenza bona ipilwakho yangekhaya ibe ngenganathabo?	☐	☐
3. Usela ngombana unamahloni nawunabanye abantu?	☐	☐
4. Ingabe ukusela kulimaza isithunzi sakho?	☐	☐
5. Ukhe wafikelwa kuzisola ngemva kokusela?	☐	☐
6. Ungene emirarweni yeemali ngebanga lokusela?	☐	☐
7. Usela kuhle nabantu abaphasi kunawe/indawo esezingeni eliphasi?	☐	☐
8. Ingabe ukusela kwakho kwenza bona ungatjheji ihlalakuhle yomndenakho?	☐	☐
9. Ingabe ukufuna ukuphumelela kwakho kwehlile ngemva kobana uthome ukusela?	☐	☐
10. Vane urhalele ukusela ngesikhathi esithileko qobe lilanga?	☐	☐
11. Uye ufuno ukusela ekuseni ngelanga elilandelako?	☐	☐
12. Ingabe ukusela kwenza bona ube nomraro wobudisi bokulala?	☐	☐
13. Ingabe ukusebenza kuhle kwakho kwehlile selokhu wathoma ukusela?	☐	☐
14. Ingabe ukusela kufaka umsebenzakho nanyana ibhizinisi emrarweni wokungakumotjhakalela?	☐	☐
15. Ubalekela amatshwenyeko namkha imiraro?	☐	☐
16. Usela wedwa?	☐	☐
17. Ukhe walahlekelwa mkhumbulo (i-blackout) ngebanga lokusela?	☐	☐
18. Ingabe udorhoderakho ukhe wakulaphela umraro wokusela?	☐	☐
19. Ingabe uselela ukwakha ukuzithemba?	☐	☐
20. Ukhe waba sesibhedlela nanyana esikhungweni setjhejo ngebanga lokusela?	☐	☐

Nangabe uphendule ngo- IYE, **komunye** wemibuzo, lokhu kusiyeleliso sokobana usengozini YOKUNGABA nobulwele bokusela khulu utjwala.

Nangabe uphendule ngo-IYE emitjhweni nofana ngimiphi **emibili**, KUNGENZEKA BONA unobulwele bokusela khulu utjwala.

Nangabe uphendule ngo-IYE emitjhweni **emithathu nanyana ngaphezulu**, NGAPHANDLE KOKUGEGEDA, UNOBULWELE BOKUSELA KHULU UTJWALA.

Nawucabanga bona utlhoga isizo, bethela ku . . .

Alcoholics Anonymous

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