**INKOMBA YEZINGA LOKUPHILA KUBANTWANA ABANEZIFO ZESIKHUMBA**

Inombolo Yesibhedlela

Igama: Ukuxilongwa: ISIKALI

Ubudala: SE-CDLQI:

Ikheli: Usuku:

**Inhloso yaleli phephambuzo ukukala indlela inkinga yakho yesikhumba ekuphazamise ngayo ESONTWENI ELEDLULE. Sicela ukuthi uthikhe ✓ ibhokisi elilodwa ngombuzo ngamunye.**

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| **1.** | Esontweni eledlule, kube ngakanani **ukulunywa**, **“ukunwaya”**, **ubuhlungu** esikhumbeni sakho? |  | Kakhulu impela  Kakhudlwana  Kancane nje  Akukho nhlobo | □  □  □  □ |

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| **2.** | Esontweni eledlule, ube **namahloni** noma **ukuzinyeza**, **ukuphatheka kabi** noma **ukudabuka** okungakanani ngenxa  yesikhumba sakho? |  | Kakhulu impela  Kakhudlwana  Kancane nje  Akukho nhlobo | □  □  □  □ |

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| **3.** | Esontweni eledlule, kube kangakanani isikhumba sakho siphazamisa **ubungane** bakho? |  | Kakhulu impela  Kakhudlwana  Kancane nje  Akukho nhlobo | □  □  □  □ |

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| **4.** | Esontweni eledlule, uye washintsha noma wagqoka **izingubo/izicathulo ezahlukile** noma **ezikhethekile** kangakanani ngenxa  yesikhumba sakho? |  | Kakhulu impela  Kakhudlwana  Kancane nje  Akukho nhlobo | □  □  □  □ |

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| **5.** | Esontweni eledlule, inkinga yakho yesikhumba ikuphazamise kangakanani **ekuzikhipheni**, **ekudlaleni**, noma **ekwenzeni ukuzilibazisa**? |  | Kakhulu impela  Kakhudlwana  Kancane nje  Akukho nhlobo | □  □  □  □ |

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| **6.** | Esontweni eledlule, ukugweme kangakanani **ukubhukuda** noma **eminye imidlalo** ngenxa yenkinga yesikhumba sakho? |  | Kakhulu impela  Kakhudlwana  Kancane nje  Akukho nhlobo | □  □  □  □ |

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| **7.** | Esontweni eledlule, kungabe **bekuyisikhathi sesikole**? |  | **Uma bekuyisikhathi sesikole:** Esontweni eledlule, kungabe inkinga yakho yesikhumba iwuphazamise kangakanani **umsebenzi  wesikole wakho?** |  | Ukuvimbeleka esikoleni  Kakhulu impela  Kakhudlwana  Kancane nje  Akukho nhlobo | □  □  □  □  □ |

**NOMA**

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|  | **Bekuyisikhathi seholide**? |  | **Uma bekuyisikhathi seholide**:  Kube kangakanani esontweni  eledlule, inkinga yesikhumba sakho  iphazamisa ukujabulela  kwakho **iholide?** |  | Kakhulu impela  Kakhudlwana  Kancane nje  Akukho nhlobo | □  □  □  □ |

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| **8.** | Esontweni eledlule, kube kangakanani uba nenkinga ngenxa yesikhumba sakho nabanye abantu **bekubiza ngamagama, bekugcona, bekuxhaphaza, bekubuza imibuzo** noma **bekugwema?** |  | Kakhulu impela  Kakhudlwana  Kancane nje  Akukho nhlobo | □  □  □  □ |

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| **9.** | Esontweni eledlule, kuphazamiseke kangakanani **ukulala** kwakho ngenkinga yakho yesikhumba? |  | Kakhulu impela  Kakhudlwana  Kancane nje  Akukho nhlobo | □  □  □  □ |

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| **10**. | Esontweni eledlule, kube yinkinga kangakanani **ukwelashwa** kwesikhumba sakho? |  | Kakhulu impela  Kakhudlwana  Kancane nje  Akukho nhlobo | □  □  □  □ |

**Sicela uhlole ukuthi uyiphendule YONKE imibuzo. Siyabonga.**

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