

A o nwa nnotagi go feta selekano?

Tlhatlhobo e e rulagantswe ke Bookelo jwa Yunibesithi ya John Hopkins gore e dirisetswe go tlhola gore a motho o na le bothata jwa go nwa nnotagi mo go feteletseng. Ipotse dipotso tse di latelang, mme o di arabe ka BOIKANYEGO jo o ka bo kgonang.

	Ee	Nyaa
1. A o tlhola nako e ntsi o se yo kwa tirong ka ntlha ya go nwa?	<input type="checkbox"/>	<input type="checkbox"/>
2. A go nwa go dira gore lelapa la gago le tlhoke boitumelo?	<input type="checkbox"/>	<input type="checkbox"/>
3. A o nwa ka gonne o tshaba batho/ditlhong?	<input type="checkbox"/>	<input type="checkbox"/>
4. A go nwa go ama leina le seriti sa gago?	<input type="checkbox"/>	<input type="checkbox"/>
5. A o setse o kile wa ikwatlhaya morago ga go nwa?	<input type="checkbox"/>	<input type="checkbox"/>
6. A o tsene mo mathateng a ditšhelete ka ntlha ya go nwa?	<input type="checkbox"/>	<input type="checkbox"/>
7. A o fapogela kwa balekaneng ba maemo a a kwa tlase/tikologo e e kwa tlase ka maemo fa o nwa?	<input type="checkbox"/>	<input type="checkbox"/>
8. A go nwa go go dira gore o se kgathalele pholo, boitumelo le katlego ya lelapa la gago?	<input type="checkbox"/>	<input type="checkbox"/>
9. A toro ya gago ya go atlega mo botshelong e fokotsegile fa e sa le o simolola go nwa?	<input type="checkbox"/>	<input type="checkbox"/>
10. A o galela go nwa ka nako e e rileng letsatsi le letsatsi?	<input type="checkbox"/>	<input type="checkbox"/>
11. A o batla go nwa nnotagi mo mosong o o latelang?	<input type="checkbox"/>	<input type="checkbox"/>
12. A go nwa go go bakela mathata a boroko?	<input type="checkbox"/>	<input type="checkbox"/>
13. A nonofo ya gago e fokotsegile fa e sa le o simolola go nwa?	<input type="checkbox"/>	<input type="checkbox"/>
14. A go nwa go na le matshosetsi mo tirong kgotsa mo kgwebong ya gago?	<input type="checkbox"/>	<input type="checkbox"/>
15. A o nwa ka gonne o batla go tla matshwenyego kgotsa tlalelo nngwe?	<input type="checkbox"/>	<input type="checkbox"/>
16. A o nwa ole esi?	<input type="checkbox"/>	<input type="checkbox"/>
17. A o setse o kile wa lebala (o sa ikutiwe, o sa ipone kgotsa o sa gopole sepe) ka ntlha ya go nwa?	<input type="checkbox"/>	<input type="checkbox"/>
18. A ngaka ya gago e kile ya go alafela go nwa?	<input type="checkbox"/>	<input type="checkbox"/>
19. A o nwa go leka go godisa boitshepo jwa gago?	<input type="checkbox"/>	<input type="checkbox"/>
20. A o setse o kile wa amogelwa kwa bookelong kgotsa kwa setheong sengwe ka ntlha ya go nwa?	<input type="checkbox"/>	<input type="checkbox"/>

Fa o arabile ka EE mo go **nngwe** ya dipotso tse di latelang, e tota e le kgalemo ya gore o KA TSWA o na le bothata jwa go nwa nnotagi mo go feteletseng.

Fa o arabile ka EE mo go dingwe **tse pedi**, go na le KGONAGALO ya gore o na le bothata jwa go nwa nnotagi mo go feteletseng.

Fa o arabile ka EE mo go dingwe **tse tharo kana go feta**, O TOTA O NWA NNOTAGI MO GO FETELETSENG, mme go kotsi mo itekanelong ya gago.

Fa o akanya gore o tlhoka thuso, leletsa . . .

Alcoholics Anonymous

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