

# Ingaba uyindlamanzi okanye umntu osela utywala ngokugqithisileyo?

Olu vavanyo lulungiswe yi-John Hopkins University Hospital ukwenzela ukuba lusetyenziselwe ukuqinisekisa ukuba ingaba umntu uyindlamanzi na okanye unengxaki yokusela ngokugqithisileyo kusini na. Zibuze le mibuzo ilandelayo, uze uyiphendule NGOKUNYANISEKILEYO kangangoko unako.

	Ewe	Hayi
1. Ingaba ulahlekelwa lixesha emsebenzini ngenxa yokusela?	<input type="checkbox"/>	<input type="checkbox"/>
2. Ingaba ukusela kubangela ukuba kungabikho lonwabo kubomi?	<input type="checkbox"/>	<input type="checkbox"/>
3. Ingaba usela kuba uneentloni xa unabanye abantu?	<input type="checkbox"/>	<input type="checkbox"/>
4. Ingaba ukusela kuchaphazela igama lakho elihle?	<input type="checkbox"/>	<input type="checkbox"/>
5. Wakha waziva uzisola emva kokusela?	<input type="checkbox"/>	<input type="checkbox"/>
6. Ingaba ukhe wangena ezingxakini zemali ngenxa yokusela?	<input type="checkbox"/>	<input type="checkbox"/>
7. Ingaba ukusela kuthoba umgangatho wakho, uzibone uphakathi kwabantu abaphantsi/ukwiiindawo ezijongelwe phantsi xa usele?	<input type="checkbox"/>	<input type="checkbox"/>
8. Ingaba ukusela kukwenza ungabinankathalo ngentlalontle yosapho lwakho?	<input type="checkbox"/>	<input type="checkbox"/>
9. Ingaba umoya wakho wehlile, kwaphela neminqweno obunayo okoko uthe waqalisa ukusela?	<input type="checkbox"/>	<input type="checkbox"/>
10. Ingaba ukhe unqwenele ngamandla ukusela ngexesha elithile yonke imihla?	<input type="checkbox"/>	<input type="checkbox"/>
11. Ingaba ukhe ufune ukusela ngentsasa elandelayo?	<input type="checkbox"/>	<input type="checkbox"/>
12. Ingaba ukusela kubangela ubunzima bokulala kuwe?	<input type="checkbox"/>	<input type="checkbox"/>
13. Ingaba uye wehla umgangatho wakho wobuchule ngenxa yokuba uthe waqalisa ukusela?	<input type="checkbox"/>	<input type="checkbox"/>
14. Ingaba ukusela kubeka umsebenzi wakho okanye ishishini lakho emngciphekweni?	<input type="checkbox"/>	<input type="checkbox"/>
15. Ingaba uyasela xa ufuna ukucima iintsizi okanye iingxaki?	<input type="checkbox"/>	<input type="checkbox"/>
16. Ingaba usela uwedwa?	<input type="checkbox"/>	<input type="checkbox"/>
17. Wakha walahlekelwa ziingqondo (akwabinakho ukukhumbula na ntoni na) ngenxa yokusela?	<input type="checkbox"/>	<input type="checkbox"/>
18. Ingaba ugqirha wakho ukhe wakunyangela ukusela?	<input type="checkbox"/>	<input type="checkbox"/>
19. Ingaba uyasela ukuze uzithembe?	<input type="checkbox"/>	<input type="checkbox"/>
20. Ukhe wasesibhedlele okanye wakwiziko elithile ngenxa yengxaki yokusela?	<input type="checkbox"/>	<input type="checkbox"/>

Ukuba uphendule ngo-EWE kumbuzo **omnye** kule, loo nto isisilumkiso esiqinisekileyo sokuba UNGABA yindlamanzi okanye umntu osela utywala ngokugqithisileyo.

Ukuba uphendule ngo-EWE nakweyiphi na imibuzo **emibini**, kukho AMATHUBA OKUBA UBE yindlamanzi okanye umntu osela utywala ngokugqithisileyo.

Ukuba uphendule ngo-EWE kwimibuzo **emithathu okanye engaphezulu**, NGOKUQINISEKILEYO UYINDLAMAZI OKANYE UNENGXAKI YOKUSELA UTYWALA NGOKUGQITHISILEYO.

**Ukuba ucinga ukuba udinga uncedo, tsalela . . .**

**Alcoholics Anonymous**

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