

Kungabe uphuza uphuzo oludakisayo ngokwedlulele?

Lesi sivivinyo silungiswe yiJohn Hopkins University Hospital ukuze basisebenzise ukunquma ukuthi umuntu usebenzisa uphuzo oludakayo ngokwedlulele. Zibuze le mibuzo elandelayo, bese uyiphendula NGOKUKHULU UKWETHEMBEKA.

	Yebo	Cha
1. Kungabe uyaphutha emsebenzini ngenxa yokuphuza yini?	<input type="checkbox"/>	<input type="checkbox"/>
2. Kungabe ukuphuza kwakho kwenza kungabi nenjabulo ekhaya lakho yini?	<input type="checkbox"/>	<input type="checkbox"/>
3. Kungabe uphuza ngoba ufuna ukuqeda amahloni uma unabantu yini?	<input type="checkbox"/>	<input type="checkbox"/>
4. Kungabe ukuphuza kuwisa isithunzi sakho yini?	<input type="checkbox"/>	<input type="checkbox"/>
5. Kungabe usuke wazizwa uzisola emva kokuphuza yini?	<input type="checkbox"/>	<input type="checkbox"/>
6. Kungabe usuke wangena ezinkingeni zemali ngenxa yokuphuza yini?	<input type="checkbox"/>	<input type="checkbox"/>
7. Kungabe uphuza nabantu abasezingeni eliphansi kunawe noma uphuzela ezindaweni ezisezingeni eliphansi yini?	<input type="checkbox"/>	<input type="checkbox"/>
8. Kungabe ukuphuza kwakho kukwenza ukuba ungakwazi ukunakekela umndeni wakho yini?	<input type="checkbox"/>	<input type="checkbox"/>
9. Kungabe impokophelo yakho isithunazekile selokhu waqala ukuphuza yini?	<input type="checkbox"/>	<input type="checkbox"/>
10. Kungabe uyasilangaza isiphuzo esidakisayo ngesikhathi esithile sosuku yini?	<input type="checkbox"/>	<input type="checkbox"/>
11. Kungabe uyaye ufune isiphuzo esidakisayo ngelanga elilandelayo yini?	<input type="checkbox"/>	<input type="checkbox"/>
12. Kungabe ukuphuza kwakho kukwenza ukuthi uqwashe yini?	<input type="checkbox"/>	<input type="checkbox"/>
13. Kungabe amakhono akho ehlike selokhu waqala ukuphuza yini?	<input type="checkbox"/>	<input type="checkbox"/>
14. Kungabe ukuphuza kwakho kubeka umsebenzi noma ibhizinisi lakho engcupheni yini?	<input type="checkbox"/>	<input type="checkbox"/>
15. Kungabe uphuzela ukubalekela izinsizi noma izinkinga zakho yini?	<input type="checkbox"/>	<input type="checkbox"/>
16. Kungabe uphuza uwedwa yini?	<input type="checkbox"/>	<input type="checkbox"/>
17. Kungabe usuke walahlekelwa ukukhumbula izinto (ukungakhumbuli lutho) ngenxa yokuphuza yini?	<input type="checkbox"/>	<input type="checkbox"/>
18. Kungabe udokotela wakho useke wakulaphela ukuphuza yini?	<input type="checkbox"/>	<input type="checkbox"/>
19. Kungabe uphuzela ukuba ukwazi ukuzethemba yini?	<input type="checkbox"/>	<input type="checkbox"/>
20. Kungabe usuke waya esibhedlela noma esikhungwini sabaphuza kakhulu ngenxa yokuphuza yini?	<input type="checkbox"/>	<input type="checkbox"/>

Uma ngabe uphendule ngokuthi YEBO **komunye** wale mibuzo, lokho kuyisexwayiso sokuthi KUSENGENZEKA ukuba usebenzise isiphuzo esidakayo ngokwedlulele.

Uma ngabe uphendule ngokuthi YEBO emibuzweni **emibili** yale mibuzo, KUNAMATHUBA AMAKHULU okuthi usebenzisa isiphuzo esidakayo ngokweqile.

Uma ngabe uphendule ngokuthi YEBO emibuzweni **emithathu noma ngaphezulu**, USUSEBENZISA ISIPHUZO ESIDAKAYO NGOKWEQILE.

Uma ucabanga ukuthi udinga usizo, shayela . . .

Alcoholics Anonymous

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