

## Cov Kauj Ruam kom Ua Tiav: Sib tham nrog Koj Tus Menyuam Lub Tsev Kawm Ntawv



*Yog koj muaj tus menyuam uas tau txais cov kev pabcuam kev kawm tshwj xeeb, koj yuav tau koom ntau dua ntxiv nrog koj tus menyuam lub tsev kawm ntawv thiab cov kws qhia ntawv – suav nrog kev kawm, kev tshuaj xyuas, thiab kev ntsuas koj tus menyuam li kev kawm. Hla lub sijhawm, koj yuav kawm ntau yam txog cov txheej txheem kev kawm tshwj xeeb thiab yuav sib txuas lus thiab kev tham sawv cev ntawm koj tus menyuam. Thaum koj cov kev paub, txuj ci, thiab kev ntseeg tus kheej muaj ntau zuj zus, muaj cov txuj ci kev sib txuas lus tshwj xeeb uas tuaj yeem pab koj ua tiav tau zoo hauv kev txhim kho thiab tswj hwm kev sib raug zoo nrog koj tus menyuam lub tsev kawm ntawv. Peb cia siab tias cov “Cov Kauj Ruam kom Ua Tiav” yuav muaj txiaj ntsig zoo rau cov niam txiv uas nyuam qhuav tuaj koom tshiab nrog cov txheej txheem kev kawm tshwj xeeb.*

## Tau Pib

Ua ntej, nkag siab tias koj lub luag haujlwm ua niam thiab txiv tsis muaj leej twg yuav hloov chaw tau. Tsis muaj leej twg paub thiab hlub koj tus menyuam ib yam li koj. Koj yog tus paub hlub koj tshaj plaws. Thiab thaum koj tsis muaj txhua lo lus teb, koj xav kom koj tus menyuam kawm tiav nyob hauv tsev kawm thiab hauv lawv lub neej. Koj txoj kev hlub, tam li yog niam thiab txiv, tuaj yeem pab koj qhov kev sib txuas lus tau zoo tshaj plaws, thiab qee zaus, nws kuj tuaj yeem cuam tshuam rau koj.

### **Yog li ntawd, Kauj Ruam 1. Ceev faj koj txoj kev ua siab ntev thaum koj ua haujlwm nrog koj tus menyuam lub tsev kawm ntawv.**

Yog koj xav tias yuav ntsib qhov nyuaj thaum mus ntsib nrog cov neeg ua haujlwm hauv tsev kawm ntawv, koj lub siab thiab lub cev yuav kub ntxhov heev. Koj yuav ua li cas sib tham kom tiav yog tias thaum koj muaj kev mob siab thiab npau taws heev? *Tsis txhob cia koj mob siab li ntawd.* Muab txoj kev xav txog teebmeem yav dhau los (lossis tam sim no) ntawm tsev kawm, cov kev ntshai, thiab lwm yam tsis zoo khaws tseg tsis txhob muab koj los xav. Xav txog tej yam zoo ntawm koj lub hom phiaj thiab xav rau qhov uas lub tsev kawm xav ua kom zoo tshaj plaws rau koj tus menyuam. Qhia koj tus kheej tias koj thiab koj tus menyuam yuav ua tiav tau zoo.

### **Kauj Ruam 2. Xaiv Qhov Xub Ua thiab Npaj.**

Dab tsi yog yam tseem ceeb tshaj plaws uas yuav tsum tau ua kom tiav rau koj tus menyuam? Sau cov teebmeem, cov nqe lus nug, thiab cov kev daws teebmeem uas mus tau los nyog. Teeb tsa yam yuav tau ua ntej. Txiaiv txim yog muaj ibqho uas koj tuaj yeem cia hla mus tau thiab yam twg yuav tsum tau daws. Npaj seb koj txaus siab muab licias thiab yuav ua licias thiab tau siab dua lub homphiaj. Npaj seb koj xav hais dabtsi thiab xav ua dabtsi, yog qhov ntawd pab tau:

*“Dab tsi yog yam tseem ceeb tshaj plaws rau Jordan tam sim no...”*

*“Peb xav kom tsoom ncaj mus rau qhov ntawd...”*

Ntsig txog cov ntawv tau sau tseg no, nrog rau cov ntsiab lus sau cia, tuaj yeem ua rau koj thiab lub rooj sib tham nkag kis.

### **Kauj Ruam 3. Ua tib zoo mloog kom nkag siab lwm tus cov kev xav.**

Yog koj tsis nkag siab tias lwm tus tab tom hais txog dab tsi. Qhia ncaj qha:

*“Kuv tsis nkag siab tias koj tab tom hais dab tsi. Thov koj siv lwm txoj hauv kev los piav lossis qhia qee yam ua piv txwv rau kuv?”*

*“Pua muaj tej yam uas koj tuaj yeem sau qhia rau kuv, thiab ua rau kuv nkag siab zoo?”*



Nug thiab tos cov lus teb kom txog thaum koj nkag siab. Ua lub siab ntev teb koj tus kheej koj lus nug lossis muab lo lus rau lwm tus neeg hais.

### **Kauj Ruam 4. Piav koj cov lus kom ntxaws yog tias koj pom tias muaj tej lo lus nyuaj ua rau lwm tus neeg tsis nkag siab thiab thov kom rov hais dua.**

Txhais lub ntsiab lus, lossis rov qab piav dua ua kom koj thiab lwm tus neeg paub mee txog koj qhov koj nkag siab.

Ua kom nkag siab zoo:

*“Kuv tseem piav qhov no tsis tau mee, qhov kuv tab tom hais yog...”*

*“Nov yog daim ntawm luam ntawm...Thov sov daws saib qhov no. Nws qhia tau tias...”*

Yog li koj nkag siab:

*“Nws zoo li qhov koj tab tom hais...”*

*“Yog tias kuv nkag siab raug, koj tab tom hais tias... Puas yog li ntawd?”*

*“Qhov ntawd puas tau muab sau rau qhov twg uas kuv tuaj yeem nyeem tau?”*

Feem ntau, qhov txheej txheem kev piav qhia kom ntxaws rau ib tus neeg nkag siab muab lub sijhawm los qhia kom mee txog qhov kev nkag siab yuam kev lossis kho cov ntsiab lus uas tsis raug uas tuaj yeem yog qhov tseem ceeb rau kev nrhiav txoj hauv kev hais daws zoo rau koj tus menyuam. Yog li, tsis txhob saib hla qhov txiaj ntsig ntawm lub tswvyim no.

### **Kauj Ruam 5. Muaj cov kev xaiv hauv siab thiab hais kom lawv tham txog yam uas xav tau.**

Yog niam thiab txiv, koj muaj lub luag haujlwm zoo los piav qhia cov hauv kev xaiv hais daws uas yuav tsis tshwm sim rau tus neeg ua haujlwm rau cov kab ke hauv tsev kawm ntawv. (*Raws li cov qub paj lus tau hais tseg tias, “Qee zaus koj tsis tuaj yeem pom ib lub hav zoov uas muaj txhua hom ntoo.”*):

*“Thov caw los sib tawm tswv yim cov tuaj yeem ua tau thiab saib seb yam twg pab tuaj yeem ua tau. Zoo li cas xwb txog ntawm..?”*

Thiab, yog tias koj tau ua tiav qee yam kev tshawb fawb, suav sau cov ntaub ntawv, lossis tau txais ib cov lus qhia:

*“Nov yog cov lus qhia los ntawm...uas tau tshawb txog txoj kev ua tiav rau lwm tus tub ntxhais kawm. Peb yuav tsum mob siab txiav txim qhov no rau Janey.”*

*“Thov caw ua qhov no kom txog 8 asthiv thiab saib seb nws zoo li cas.”*

Nws kuj yog ib qho tseem ceeb kom nco ntsoov tias yuav tsum tsum mus rau koj tus menyuam thiab ua tau raws li qhov nws xav tau. Qee zaus, cov lus zoo li hauv qab no tuaj yeem pab ua kom txhua tus tsum mus rau lub ntsiab lus tseemceeb:

*“Jordan txiv thiab kuv tsis tau pom dua yam kev nce qib uas Jordan yuav tsum tau ua. Puas muaj lwm yam uas pab tuaj yeem txiav txim siab rau nws?”*

### **Kauj Ruam 6. Koj tsuas yog tib neeg ib yam.**

Yog tias qee leej muaj feem pab lwm tus tau, lees paub lawv cov kev pab. Qee zaus, tshwj xeeb mas yog thaum tag kev cia siab, xav txog tias dab tsi ua tau zoo, thiab txhua tus neeg tau ua haujlwm nyuaj npaum cas, ua kom muaj kev lom zem me ntsis thiab ua kom nws tuaj yeem ua rau txhua tus xav zoo dua qub thiab txhawb kom tiav txoj kev sib tham!

Yog tias, tej lub sijhawm, koj ua qhov tsis yog, lossis ua txhaum, hais tias koj thov txim. Muaj lo lus thov txim hais tias koj tsuas yog neeg ib yam thiab pab rau tib neeg yam uas yog cov txheej txheem ib txwm muaj thiab hais lo lus tawm tias koj tuaj yeem zam txim rau lwm tus neeg ua txhaum. “Thov thiab ua tsaug” kuj yog ib qho uas ua rau qhov kev sib tham lus tau zoo, thiab tsis yog yam txawv, pab txhua tus kom hais tias “yog.”

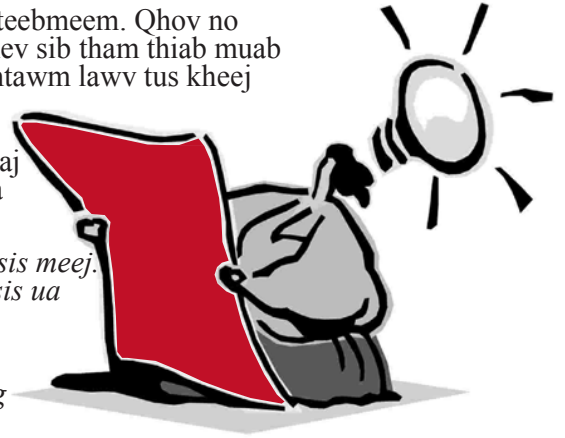
### **Thaum kawg, nug kom teb tias “yog.”**

Raws li koj sib txuas lus thiab sib tham, koj yuav tsis hais txog yam uas koj thiab lub tsev kawm qhov kev cog lus. Koj yuav pom zoo nrog qhov teebmeem uas yuav raug daws ntawd, tab sis tsis yog tag nrho qhov kev cog lus uas yuav sau nws li cas. Nov yog thaum nws tuaj yeem yog qhov tshwj xeeb zoo rau rov piav qhia thiab tham cov

kev xaiv hais daws teebmeem. Qhov no txhais tau tias yog kev sib tham thiab muab lus pom hais daws ntawm lawv tus kheej lub peev xwm. Nws kuj tseem txhais tau tias nug qee yam ncaj qha, lo lus tsis tshua mos xws li:

*“Kuv tseem paub tsis meej. Vim li cas thiab tsis ua li no?”*

*“Jordan xav tau qhov no. Leej twg puas muaj lub tswv yim uas pab tuaj yeem ua tau?”*



Ntxiv rau, cov lus uas lees paub qhov xav tau thiab cov kev nyuaj ntawm lub tsev kawm ntawv kom ua tau raws li txhua tus tub ntxhais kawm qhov kev xav tau, thaum tsum mus rau koj tus menyuam, tuaj yeem ua rau muaj qhov txaus siab dua los txhawb nqa txuas ntxiv mus thiab xav tau ntau dua txog cov hauv kev kom hais tias “yog” txog thiab rau koj tus menyuam:

*“Kuv ntaus nqi siab txog lub luag haujlwm loj thiab cov kev xav tau ntawm pab lub tsev kawm ntawv. Kuv nkag siab tias tsis muaj nyiaj txaus, nrog rau tsis muaj neeg ua haujlwm txaus raws li txhua yam ntawm pab cov menyuam xav tau ib yam nkaus li qhov pab txhua tus xav tau. Koj hais yog lawm. Koj ua lub luag haujlwm kom tau raws li coob tus menyuam xav tau. Kuv qhov xav tau thib ib yog xav pom seb kuv tus menyuam puas tau txais yam nws xav tau. Peb tsis muaj ib tus yuav muaj txoj haujlwm yoojyim li.”*

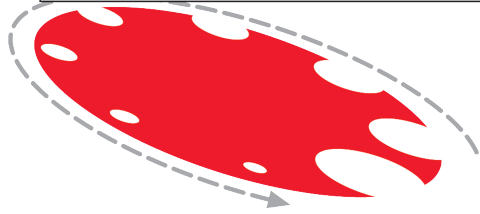
*“Kuv paub tias muaj txoj hauv kev rau pab kom sib cog nroos ua qhov no, thaum ntawv Janey yuav tau txais cov kev pabcuam uas nws xav tau. Peb yuav ua qhov no li cas?”*

### **Kev sib tham lus.**

Yog li, hauv qhov nyuaj, thaum tham nrog cov neeg ua haujlwm thiab cov tswj hwm ntawm koj tus menyuam lub tsev kawm, koj tab tom yuav ua tiav yog tias koj tuaj yeem:

- Ua siab txias.
- Xav mus rau qhov zoo.
- Paub meej txog koj lub hom phiaj.
- Mloog. Nug lus nug. Qhia kom nkag siab.
- Tsum mus rau ua kom tau raws li qhov koj tus menyuam xav tau.
- Nthuav qhia cov kev xaiv hauv txoj kev sib koom tes; piv txwv li, hais tias, ““pab tuaj yeem” hloov rau qhov hais tias “koj yuav tsum.” Hais tias, “yog, thiab...” hloov rau qhov hais tias “yog, tab sis...”
- Nug kom tau lo lus teb tias “yog.”

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*Tau nthuav tawm los ntawm*

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