

Toktok gut wantaim

“Yu giamanim mi!”

“Yu lesman!”

“Yu no save mekim wok gut!”

- Sapos yumi statim tok wantaim “yu”, dispela bai sutim bel bilong narapela
- Narapela bai bel hevi na em bai sutim tok i kam bek
- Yau bilong en bai pas long harim wari bilong yumi
- Rot bilong toktok gut i pas

Sapos yumi gat hevi wantaim narapela, i gat rot long toktok gut long dispela hevi inap kros na pait i no kirap. Dispela rot bilong toktok i helpim yumi long kamap wanbel na pinisim hevi.

- Tanim ol “yu” i go long “mi” na toktok long sait bilong mi yet tasol.
- Taim mi toktok long mi yet na pilings bilong mi, mi no sutim tok long narapela
- Narapela bai redi moa long harim hevi mi gat

“Taim mi lukim/harim mi pilim..... long wanem mi wari long Inap yu.....?”

Long bihainim dispela rot bilong toktok, i gat 4-pela pat bilong en:

<p>1. Tokaut long samting mi lukim Tokaut long samting mi lukim o harim. Mi no ken skelim o sutim asua long narapela. Mi tokaut tasol.</p>	<p><i>Taim mi lukim ... Taim mi harim ...</i></p>	<p><i>Asde apinun long taim bilong yu long sevim kastama, mi lukim wanpela kastama i wet i stap longpela taim na nogat wanpela i stap long kaunta long sevim em.</i></p>
<p>2. Tokaut long samting mi pilim Mi tokim narapela dispela pasin o hevi i mekim mi pil olsem wanem.</p>	<p><i>Mi pilim ... Bel bilong mi ...</i></p>	<p><i>Mi pilim sem,...</i></p>
<p>3. Samting mi nidim/wari long en Mi tokaut long wanem samting mi nidim long stap gut na amamas na belisi na mi save wari long en. (my needs and values)</p>	<p><i>Bikos mi nidim... Long wanem mi wari long...</i></p>	<p><i>...long wanem, mi wari stret long yumi ol gel i ken mekim wok gut na mi no laik long yumi kisim nem nogut na ol bosman kam krosim yumi.</i></p>
<p>4. Askim Mi askim narapela long wanpela samting em i ken mekim long pinisim dispela hevi.</p>	<p><i>Inap yu ...</i></p>	<p><i>Taim yu mas go aut, inap yu tokim narapela gel long kisim ples bilong yu long kaunta?</i></p>

Long wankain pasin tu yumi laik askim narapela long piling na nid na wari bilong en insait long wanpela hevi.

1. Yu lukim o harim wanem samting na dispela i givim bel hevi long yu?
2. Yu pilim olsem wanem?
3. Yu nidim wanem samting/you wari long wanem samting long stap gut na amamas na bel isi?
4. Yu gat wanem askim long pinisim dispela hevi?

Sampela pilings yumi gat (feelings)

afraid	<i>pret</i>
angry	<i>belhat</i>
annoyed	<i>bel hevi, kros</i>
ashamed	<i>sem</i>
concerned	<i>tingting planti na wari</i>
confused	<i>paul</i>
disappointed	<i>bel hevi</i>
discouraged	<i>Pil daun, bel hevi</i>
embarrassed	<i>sem</i>
frustrated	<i>bel hevi, les pinis</i>
helpless	<i>pilim olsem mi no gat helpim, mi no gat strong</i>
hopeless	<i>pilim olsem i no gat rot bilong helpim/stretim</i>
impatient	<i>les kwik, les pinis long wetim, les long wet</i>
lonely	<i>wanpis</i>
nervous	<i>pret, tingting planti na pret</i>
overwhelmed	<i>pilim olsem wok i bikpela tumas, mi no inap long winim</i>
reluctant	<i>i no laik, i les long, i surik long</i>
sad	<i>bel hevi, pil daun</i>
uncomfortable	<i>i no stap bel isi, i no amamas, i pilim nogut</i>
unhappy	<i>i no amamas, pil daun</i>
worried	<i>wari</i>

Sampela nid yumi gat (needs & values)

physical wellbeing	<i>Ol nid bilong bodi: Pulim win, kaikai, dring, malolo, slip, muvim bodi, bungim bodi (insait long marit)</i>
acceptance, belonging	<i>wanbel long narapela i stap, no ken rausim em, em stap pat bilong family, komuniti</i>
appreciation	<i>tok tenkyu, soim amamas</i>
connection	<i>koneksen, toktok wantaim, harim tingting bilong narapela</i>
closeness	<i>pas gut wantaim, stap klostu long wan narapela</i>
communication	<i>toktok gut wantaim</i>
community	<i>komuniti, stap wantaim, helpim wan narapela</i>
respect	<i>soim rispek</i>
security	<i>stap sef</i>
stability	<i>samting i no ken senis, em ken stap wankain</i>
support	<i>sapot, givim han</i>
independance	<i>sanap long lek bilong em yet</i>
understanding	<i>lukim sait bilong narapela</i>
peace	<i>bel isi</i>
harmony	<i>stap wanbel</i>
love	<i>laikim</i>
trust	<i>trastim narapela</i>
honesty	<i>tok tru, no ken giaman</i>
joy	<i>amamas</i>
humor	<i>lap, tok pani</i>
freedom	<i>stap fri</i>
order	<i>samting go/stap long oda, i no go nabaut</i>
purpose	<i>samting i gat mining</i>
compassion	<i>marimari, givim bel long narapela</i>
consistency	<i>no ken lusim, go on wankain</i>
empathy	<i>lukim sait bilong narapela, pilim wantaim narapela</i>