

MATAKAI SHIDA NA BAKIN CIKI & ABUN CIKI

"Bakin ciki rai yana canzawa tare da hanyar warkarwa"

Aiki 1: 6-22

Kunya

Kafirci

Ciwo

KYAUTA

Hanyar kare kai na yau da kullun wanda ke haifar da girgiza asarar da ke narkar da mu zuwa motsin zuciyarmu. Gaggauta rashin yarda, "Wannan ba abin bane ke faruwa" ko kuma me yasa daga asara.

Yunkuri na farko na raɗaɗin bakin ciki, bakin ciki, kadaici, kuma ɗayan na iya kokarin ci gaba da ayyukan yau da kullun ko aiki.

KYAU

Yayinda masifar masifa ta lalace, hakikanin gaskiya ya shigo, sake dawowar jin zafi. Muna fushi da rashin adalci na azaba da rashi. Muguwar motsin zuciyarmu yana sa mu zargi dangi, abokai, abubuwa, ko kanmu. Wasu mutane harma suna yiwa Allah laifi.

Tambayoyin, na "Wa za a zargi?" da kuma "Me yasa hakan ke faruwa (tashin matattu)?"

A wasu lokuta muna tuhumar yaudarar da ta bar mu da gangan. Tsoro ya zama ruwan dare.



BARKA

Hali na yau da kullun game da jin kai na rashin taimako da yanayin rauni yakan zama bukatar sake samun iko ta jerin maganganun "Idan da kawai", kamar:

- Idan da a ce mun nemi taimakon likita ba da jimawa ba...
- Idan kawai mun sami ra'ayi na biyu daga wani likita...
- Idan da mun yi kokarin zama mafi kyawun mutum a wurinsu...

Marassa kyau, ciki tare da ciniki A asirce, muna iya yin yarjejeniya tare da Allah ko kuma mafi girman ikonmu. Wannan shine mafi girman matakin bakin ciki akan zuwa.

ZAMU CIGABA

BACIN RAI
KUKA

BAKIN CIKI

DABARA
SIRRI

Akwai nau'in bakin ciki iri biyu daga asarar kaunataccen: Rashin damuwa da Rashin damuwa. Mutun zai iya fama da matsanancin tashin hankali yayin bakin ciki ko makoki, kamar bayan mutuwar wanda yake kauna.

Koyaya, ba al'ada bane ga alamun bacin rai don haifar da mahimmancin rauni na aiki, damuwa da damuwa tare da kima, tunani na kashe kansa, alamu na tunanin mutum, ko ba da rai ga mutum (jinkirin motsin jikin mutum) na tsawon watanni biyu ko sama da haka. Zafin yanzu gaskiya ne!



ACIKINTA

Wannan matakin kwarewar mutum ne. Babu bakin ciki iri daya ne. Muna yin sulhu tare da kanmu, gafartawa kanmu, amma sake dawowar jin zafi har yanzu ya zama ruwan dare.

Koyaya, wani mutum ko gungun mutane sun yarda cewa zai kasance ci gaba mai dorewa a cikin aikin warkarwa don karfafa ruhun zuciyar.

A wannan matakin rashin daidaito na iya shigowa, idan ba a hankali ba, ga mutumin (s) wanda ya haifar da asarar kaunatatun su.

Sakin gaskiya ya wajaba don agaji ya zo.



SAKE
TABBATARWA

RESOLVE/INNER RESOLVE

RESILIENCE

Mataki na karshe na bakin ciki wanda ke sake tabbatar da magana ta baki ko aiki a farkon asarar wanda kake so. Yana ma'amala ne da nasara, don sharewa, fahimta, ko warware shakku. Tunanin INSIDE-OUT. Yanke a zahiri ko nufin yin rayuwa a matsayin baiwa ko aiki da gangan ko iko don yankewa da sarrafa abin da muke yi. Wannan motsin zuciyar yana da alaƙa da Ruhun Resilience (daga Mulkin Allah-Sama). Imani, Zan....

- "Na yarda da abin da ya faru, yana da kare, Na ci gaba da rayuwa."



Shin kana fama da bakin ciki? Kuna bukatar wani don magana tare? Muna nan don tallafawa da ta'aziyya.

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