



**Lub khoos kas uas yuav los pab
koj txiaiv txim siab kho mob rau
koj tus kheej thiab lwm tus**



Kauj Ruam 1

**Xaiv Tus Kws Txiaiv Txim
Siab Kho Mob**

Kauj Ruam 2

**Txiaiv txim siab qhov
tseem ceeb tshaj plaws
hauv lub neej**

Kauj Ruam 3

**Xaiv Qhov Yuav Kav Ntev
Rau Koj Tus Neeg Txiaiv
Txim Siab**

Kauj Ruam 4

**Qhia lwm tus txog koj
qhov kev xav tau kho mob**

Kauj Ruam 5

**Nug Cov Lus Nug Nrog
Pawg Neeg Saib Yuas Kho
Mob**

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Kauj Ruam 1

**Xaiv Tus Kws Txiaiv
Txim Siab Kho Mob**

Xaiv ib tus neeg koj ntseeg siab los pab txiaiv txim siab rau koj yog tias thaum lub sib hawm koj mob heev dhau lawm koj tus kheej mam txiaiv txim siab tau.

**Tus kws txiaiv txim siab zoo yuav
tsum:**

- nug cov lus nug nrog tus kws kho mob
- hwm koj tej kev xav

**Yog tias tsis muaj leej twg xaiv tam
sim no, ua Kauj Ruam 2, 4, thiab 5.**

Yuav hais li cas:

“Yog tias yav tom ntej kuv mob thiab kev tus kheej tsis tuaj yeem txiaiv txim siab tau, koj puas yuav ua hauj lwm nrog kuv cov kws kho mob thiab pab txiaiv txim siab txog kev kho mob rau kuv tau?”

LOS SIS

“Kuv tsis xav txiaiv txim kho mob ntawm kuv tus kheej. Koj puas yuav tham nrog kws kho mob thiab pab txiaiv txim siab kho mob rau kuv tam sim no thiab yav tom ntej?”



Kauj Ruam 2

**Txiaiv txim siab qhov
tseem ceeb tshaj
plaws hauv lub neej**

Qhov no tuaj yeem pab koj txiaiv txim siab txog kev kho mob uas tsim nyog rau koj.

Tsib nqe lus nug tuaj yeem pab koj txiaiv txim siab seb qhov twg tseem ceeb rau koj txoj kev kho mob:

- 1. Dab tsi yog qhov tseem ceeb tshaj hauv lub neej?** Phooj ywg? Tsev neeg? Kev ntseeg?
- 2.** Koj tau ntsib kev mob hnyav los sis tuag dhau los li cas?
- 3. Dab tsi ua rau koj muaj lub neej zoo?** Lub neej zoo ntawm txhua tus neeg sib txawv. Qee tus neeg txaus siab ua neej nyob txom nyem kom muaj sia nyob ntev. Lwm tus paub tias tej yam yuav nyuaj rau lawv lub neej zoo.
- 4. Yog tias koj mob heev, qhov tseem ceeb tshaj rau koj yog:**

Ua neej nyob ntev li ntev tau txawm tias koj xav tias koj lub neej txom nyem?

Los yog, tham muaj mob kuj kho mob mus ib ntus, tab sis yog tias koj raug kev txom nyem lawm yuav tsis kho lawm?

Los yog, saib mus rau qhov lub neej zoo thiab kev nyob kaj siab, txawm tias koj txoj sia yuav luv dua?

- 5.** Koj puas tau hloov koj lub siab txog yam tseem ceeb tshaj plaws hauv koj lub neej thaum lub sij hawm dhau los?

Kauj Ruam 3

Xaiv Qhov Yuav Kav Ntev Rau Koj Tus Neeg Txiaiv Txim Siab

Qhov yuav kav ntev (Flexibility) tso cai rau koj tus neeg txiaiv txim siab hloov koj cov kev txiaiv txim siab ua ntej yog cov kws kho mob xav tias muaj lwm yam zoo dua nyob rau koj lub sij hawm ntawv.

Yuav hais li cas:

Qhov Yuav Kav Ntev Tag Nrho:

“Kuv ntseeg koj ua hauj lwm nrog kuv cov kws kho mob. Tsis ua cas yog tias koj yuav hloov kuv qhov kev txiaiv txim siab ua ntej no yog tias muaj qee yam zoo dua rau kuv thaum lub sij hawm ntawv.”



Qhov Yuav Kav Ntev Qee Cov:

“Yog tias koj xav hloov kuv cov kev txiaiv txim siab ua ntej ntawv los kuj tsis ua cas. Tab sis, muaj qee qhov kev txiaiv txim siab uas kuv yeej tsis xav kom koj hloov. Cov kev txiaiv txim siab ntawv yog”...



Tsis Muaj Qhov Yuav Kav Ntev:

“Ua raws li kuv lub siab xav, txawm tias muaj ab tsi tshwm sim los xij.”



Kauj Ruam 4

Qhia lwm tus txog koj qhov kev xav tau kho mob

Qhov no yuav pab koj tau txais kev kho mob uas koj xav tau.



Yuav hais li cas:

Rau koj tus neeg txiaiv txim siab thiab pab neeg saib xyuas kho mob:

“Qhov no yog qhov tseem ceeb tshaj plaws hauv kuv lub neej thiab rau kuv txoj kev kho mob ...”

Rau koj pab neeg saib xyuas kho mob thiab tsev neeg thiab cov phooj ywg:

“Kuv xaiv tus neeg no los ua kuv tus neeg txiaiv txim siab thiab kuv xav muab rau lawv (TAG NRHO, QEE YAM, los sis TSIS MUAB LI) muaj qhov yuav kav ntev hloov pauv los txiaiv txim rau kuv.”

Koj pab neeg saib xyuas kho mob tuaj yeem pab koj muab koj cov kev xav tau kho mob rau hauv daim ntawv qhia ua ntej.

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Kauj Ruam 5

Nug Cov Lus Nug Nrog Pawg Neeg Saib Yuas Kho Mob

- Sau cov lus nug cia ua ntej.
- Coj ib tug neeg nrog koj tuaj
- Qhia rau cov kws kho mob thaum pib mus ntsib yog tias koj muaj lus nug.



Yuav hais li cas:

Nug pab neeg saib kho mob txog ntawm:

- **Cov txiaj ntsig** – yam zoo uas tej zaum yuav tshwm sim
- **Kev phom sij** – tej yam phem uas yuav tshwm sim
- Kev xaiv ntau hom txoj kev kho mob
- **Tseem ceeb tshaj Yog:** “Kuv lub neej yuav zoo li cas tom qab kev kho mob? Puas yuav pab tau kuv lub neej zoo?”

Yuav tsum ntseeg tias koj nkag siab lawm: “Qhov kuv hnov koj hais yog...”
“Qhov no puas yog?”

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