

Ese koko Ndagukunda cyangwa sinkukunda?

Ibibazo wibaza nanjye ndabyibaza, nibaza niba unkunda koko gusa mbyibaza igihe nkiki, igihe utita kubyabaye ahubwo ukumva ko ndakazwa nubusa. Nibyo koko kuri wowe ndakazwa nubusa rwose kandi nkora igishoboka cyose ngo mbe ntakurakarira gusa akenshi nisanga byarangiye. Narabikubwiye, nabigusabiye imbabazi nawe ndabizi neza ko ubizi gusa ntuba ushaka kubyumva, ntuba wumva ko narakurakarira igihe ukosheje. Iyo unkoshereje umbwira impamvu gusa ntiwema ko njye ibyo wakoze bikwiye kumbabaza. Ibi nibyo bituma nanjye nibaza niba unkunda byukuri. Iteka kuraka kwanjye bihinduka ikibazo, bigatuma utamvugisha. Nibyo koko ntago byagakwiye kugushimisha nibizanabikore.

Nibaza impamvu cyaneeee nkunda kukurakarira, nibaza impamvu icyo umbwiye ari gito cyanee kimbabaza, mbaza inshuti zanjye, nkora ubushakashatsi, nasanze. Ntagushidikanya nuko nkukunda cyaneeee. Gusa mbabazwa nuko unyihorera. Nibyo nawe niko uteye, nari narafashe umwanzuro wuko ntakibazo nzajya ntegereza nkamera neza nkabona kongera kukuvugisha, ndabizi neza ko kubabara kwaanjye bifata iminota micye. Gusa ejo natangajwe nuko wabifashe ukundi, umfata nkuri kukwanga, byatumwe umutima wanjye ujya mumwijima, byatumye nanjye koko nibaza byinshi. Byatumye numva ko uko nkurakariye wumva ko ndi kukwiyemeraho kuko unkunda cyaneeee. Gusa mbabazwa nuko wirengagiza ikizera wangiriye, wirengagiza ko arinjye wagusabye urukundo, wirengagiza ko nanjye nkukunda cyanee. Birashoboka cyane ko wenda utabibona gusa ndagukunda cyanee.

Sinifuza ko barangira nabi nkuko wabivuze, nibaza nicyatuma birangira nabi nkakibura. Kuko narakaye kubera ikintu runaka, simpamvu yo gutandukana. Sindakubona, surambona. Gusa ibi ntibyigeze biba impamvu ituma dushwana oya. Ahubwo dupfa ko narakaye.

Igitumye nandika aya magambo nagirango nkusabe imbabazi cyaneeee.
Ndakurakarira bikabije kuko nkukunda mba numva uruwanjye, mbanumva utambwira nabi, mbanumva ntacyo wakanga kumbwira, mbanumva ntacyo nakwanga kukubwira, mbanumva ntacyo naguhisha, mbanumva ariwowe nabitsa ibanga, mbanumva ari wowe twasangira umunezero, mba numva ko ari wowe twasangira umubabaro.

Rero niba wifuza ko ntazongera kubabara, byansaba ko kugukunda nabireka, kandi ntibyanshobokera. Sinzigera narimwe ntagukunda rwose, kuko kukumva, kureba ubwiza bwawe bimpamvu amahoro mumutima wanjye. Gusa, ibyo wifuza nzajya mbikora uko ubishaka nkore uko ubyifuza.

Navuga byinshi gusa ikingenzi nuko nkukunda kandi nzahora nkukunda. Umbabarire kuba nkubabaza, gusa simba nifuza kuvuga igihe mbabaye, gusa iyo undetse ubwenge bwanjye bumbwira ko utankunda. Gusa ndaburwanya kuko njye nkukunda, nkukunda cyane ntarakubona nizera ko biziyongera igihe nzakubona.

Ndakwinginze umbabarire kuko sinabashaka kukwanga cyangwa ngo ngabanye urukundo nkukunda nkuko ubwifuza ko ntazajya mbabazwa nawe. Kuko ntamuntu wundi wambwira ariya magambo ngo amabaze, gusa wowe niko nisanze. Ushobora kubifata nabi gusa umbabarire.

Aha hasi nageragera kureba kuri murandasi mbaza impamvu nkunze kukurakarira, nsanga bihuye neza nibyo nibwiraga. Umbabarire cyane kuvanga indimi.

Why we feel jealous or easily get hurt when we truly love someone?

Answer:

When you feel you truly love someone you will feel hurt easier probably because you make yourself more vulnerable by the nature of growing closer.

But when I feel jealousy and I look over it, I feel it usually comes from a place of possessiveness. I'm wanting it or them for myself. Now I am not suggesting that everything like infidelity should be taken on as your issue to deal with. But when

you feel it, over them talking with a stranger that's yours to look within yourself to find peace with.

The reason these feelings would be more during a loving relationship, are due to the chemicals present and responsible for a component of love oxytocin serotonin dopamine. oxytocin helps you to form close trusting bonds. You are designed to respond by wanting to protect your supply of these chemicals in this case the relationship

Ikintu ntifuza nukumva ko watsinzwe kubera nje. Niyo mpamvu mba nifuza ko wakwiga cyane ukajya usohoz ubutumwa murugo bagutumye. Bagutumye kwiga nicyo cyambere, urukundo nurwa 2 cyangwa cyangwa se kumwanya runaka bitewe nuko wowe ubifata. Gusa ikingenzi nukwiga kandi ukazaba ingenzi kumuryango, kunshuti no kugihugu cyakubuye.

Mbona mbangamira imyigire yawe, mpora nkubabaza, nkuraza ijoro tuvugana. Ndakwinginze mbere y'urukundo banza amasomo. Nunjyanga ukaba uwa mbere nzishima cyane. Niba wumva rero mbangamira imyigire yawe, nubwo wazajya umvugisha rimwe mucyumweru birahagije, nje ndagukunda kandi nkuko ntakubona amaso ku maso, nibindi nabyihanganira.

Nkurikije uko wanyandikiye ninjoro, mfite ubwoba ko nubwo butumwa utari bubusome, gusa igihe uzabusomera uzabuhe agaciro. Niko kuri kwanjye, ndagukunda cyane, gusa nzihanganira uko uzangenza kose. Niba wumva muri wowe nkubangamira cyane nkuko mbikora gusa nanjye mba nagerageje kutabikora nkisanga aruko uzafate umwanzuro wawe. Uwanjye nuko nkukunda kandi nzahora nkukunda, nzahora numva ko nkukunda nubwo naba ndi kure.

Ugire amasomo meza, amahirwe mubyo ukora, umugisha mumasomo yawe, urukundo kubwo ukunda, ubwiza kumubiri, ubupfura bukurange. Urakoze cyane.