

# UBUZIMA BWO MU MUTWE MURI LETA ZUNZE UBUMWE ZA AMERIKA

Muri Leta Zunze Ubumwe za Amerika, kwita kubuzima bwo mu mutwe bisobanura kwita ku kubyiyumviro byawe no kumererwa neza muri rusange. Ibi harimo uburyo abantu bita kumuhangayiko, bagasabana n'abandi, cyangwa uko biyumva muntekerereze zabo no mumubiri yabo. Ubuzima bwo mu mutwe ni ingenzi kubuzima muri rusange kandi bushobora kuganisha ku mibanire ihanye, kumererwa neza kumubiri, no kwihangana mumarangamutima. Muri Leta Zunze Ubumwe za Amerika, ni ibisanzwe ko abantu baganira ku buzima bwabo bwo mu mutwe bagashaka inkunga y'amarangamutima niba bakeneye ubufasha.

## UBWOKO BW'INKUNGA Y'AMARANGAMUTIMA

Ushobora kumva uhangayitse, ubabaye, cyangwa bikurenze mugihe cyurugendo rwawe rwo kwimuka cyangwa mubuzima bwa buri munsu. Nibisanzwe guhura nibi byiyumviro kandi nibyiza gusaba inkunga y'amarangamutima niba uyikeneye. Inkunga y'amarangamutima ishobora guturuka ahantu henshi hatandukanye. Ingero zimwe harimo:



**Abantu bo Mubuzima Bwawe.** Ushobora kubona inkunga ukoresheje inshuti n'umuryango, abajyanama, cyangwa abatoza. Abigisha n'abayobozi muryerere nabo bashobora gutanga umurongo mubihe bigoye.



**Ubuwuzi cyangwa ubujyanama.** Abavuzi n'abajyanama bagutera inkunga yo guteza imbere uburyo bwo gusobanukirwa no guhangana n'ibiyumviro byawe. Muri Leta Zunze Ubumwe za Amerika, abantu benshi bavugana n'umuganga cyangwa umujyanama kugirango afashe ibiyumviro byabo, kabone nubwo baba badafite ibibazo bikomeye.



**Amatsinda yo Gushyigikirana.** Amatsinda yo gushyigikirana atanga inkunga kubandi bantu bahanganye n'ibibazo bisa nk'ibyabo. Amatsinda amwe ashigikirana arimo ibikorwa byo guhanga, nk'ubugeni cyangwa guteka. Ushobora kubona amatsinda yo gushyigikirana y'abantu runaka, nk'ababyeyi cyangwa ingimbi. Amatsinda yo gushyigikirana ashobora kandi kugufasha guhura n'abandi bantu bashya mubaturage ubamo.



**Imiti.** Imiti ishobora kugufasha kugabanya guhangayika, gusinzira neza, no gufasha kugira ubuzima bwiza bw'amarangamutima. Imiti ikunze gutangwa n'abashinzwe ubuvuzi bw'ibanze cyangwa abaganga b'indwara zo mumutwe. Abantu bafata imiti mubisanzwe bahura na muganga buri gihe kugirango barebe uko imiti iri gukora.

Ni ngombwa kumenya ko abatanga serivisi n'abasemuzi bagomba kugira ibanga ibyo wabasangije keretse niba bafite impungenge ko ushobora kwibabaza cyangwa ukababaza. Ibi bivuze ko abatanga serivisi n'abasemuzi batazabwira umuryango wawe, inshuti, cyangwa abatwariye utuyemo ibitekerezo byawe, ibiyumvo, cyangwa ibiganiro.

## GUHITAMO UGUHA SERIVISI

Kubona uguha serivisi ukora neza kubibazo byawe kandi gahunda yawe bishobora gufata igihe. Mugihe ushaka uguha serivisi, ita kuri ibi:



**Ubwishingizi bw'Ubuzima.** Abatanga serivisi bamwe bemera ubwishingizi bw'ubuzima, kandi bamwe bafatwa nkabo hanze "y'imiyoboro." Ugomba kubaza niba abatanga serivisi, ishyirahamwe, cyangwa itsinda ryunganira ryemera ubwishingizi bw'ubuzima kandi niba hari amafaranga yinyongera cyangwa ubwishyu.



**Ubusemuzi.** Ufite uburenganzira bwo gusemurirwa mururimi ukunda nta kiguzi giturutse mumuryango uwo ariwo wose w'ubuzima wakiriye amafaranga ya Leta. Bwira abakozi b'ibitaro cyangwa ivuriro ko ukeneye umusemuzi mugihe wahawe gahunda cyangwa ugeze kubutabazi.



**Kuboneka.** Reba aho utanga serivisi aherereye, amasaha abonekaho kugirango uvurwe, n'igihe ushobora gutegereza guhabwa serivisi. Ushobora kandi kubaza niba uwaguhaye serivisi azaboneka mugihe by'ihutirwa.



**Umuti.** Ushobora kubaza niba uwaguhaye serivisi afite imico nk'iyawe cyangwa yakoranye n'abantu bashya mbere. Ushobora kandi kubaza niba bafite uburambe bwo gufasha mubyijyanye n'ibibazo ufite.

**Wibuke ko guhitamo uguha serivisi ari icyemezo cyawe. Ni ingenzi gushaka utanga serivisi wizeye kandi wumva utaguteye ikibazo. Niba ukeneye ubufasha bwo kubona serivisi, baza abashinzwe ubuvuzi bw'ibanze, abashinzwe ibibazo, ikigo gishinzwe gutuza, cyangwa umuterankunga kugirango agufashe.**

