



# GO TLHABOLOLA BOUTLWELO-BOTLHOKO JWA GO DIRELA

*Go direla ke go tsholetsa. Re ka tsholetsa ba bangwe jaaka re leka go tlhaloganya se ba se itemogelang le go supa gore re rata go tsamaya mo go sone le bone.*

Gonne Rara wa rona wa Legodimo o batla re nna jaaka Ene, dikgwetlho tse re lebaganang le tsone mo botshelong jo di ka nna ditshono tsa go ithuta fa re ka mo ikanya le go tswela mo tseleng. Fa gongwe, go tswela mo tseleng go ka nna thata bogolo fa re ikutlwa jaaka eketse re lebagane le diteko tseo re le nosi.

Mme go ne go sa reye gore re tlaa tsamaya tsela re le nosi. Mmoloki o fitlhetse boutlwele-botlhoko jo bo a fologela kwa tlase ga dilo tsotlhe gore o ka itse ka fa a ka re thusang ka teng mo dipogisegong tsa rona le makowa (bona Alema 7:11–12; Doctrine and Covenants 122:8). O solofela mongwe le mongwe wa rona go sala sekai sa Gagwe morago le go supa boutlwele-botlhoko ka jalo. Leloko lengwe le lengwe la Kereke le golagane go “hutsafala le bao ba ba

hutsafetseng; ee, le go gomotsa bao ba ba tlhokang kgomotso” (Mosiah 18:9). Le ntswa dikgwetlho tsa rona, re a rutiwa go ralala dikwalo tse di boitshepo go leba kwa godimo le “go tsholetsa diatla tse di lepeletseng, le go [nonotsha] mangole a a reketlang” le go “tlhamalatsa ditsela tsa dikgato tsa gago, e sere kgotsa seo se se tlhotsang se faposiwe mo tseleng” (Bahebera 12:12–13; bona le gone Isaia 35:3–4; Doctrine and Covenants 81:5–6).

Jaaka re tsaya ba bangwe ka seatla, re ba letlelela go ikaega ka rona, le go tsamaya le bone, re ba thusa go tswela mo tseleng sebaka se se lekaneng ka ga Mmoloki e seng fela go ba sokolola—le nngwe la maikaelelo a konokoko a go direla—mme le gone go ba fodisa (bona Doctrine and Covenants 112:13).

## **Boutlwelo-botlhoko ke eng?**

Boutlwelo-botlhoko ke go tlhaloganyana maikutlo a motho yo mongwe, dikakanyo, le seemo go ya ka tebo ya bone go na le ya rona.<sup>1</sup>

Go nna kutlwelo-botlhoko go botlhokwa mo maitekong a rona go direla ba bangwe le go diragatsa boikaelelo jwa rona jaaka bakaulengwe le bokgaisadi ba ba direlang. Go re letlelela go ipaya mo seemong sa yo mongwe.

## **Go tsamaya mo Seemong sa yo Mongwe**

Polelo e a bolelwa ya monna wa Moitshepi wa Malatsi a bofelo yo o ditlhong yo gantsi a neng a nna mo moleng o o kwa morago wa chapele a le nosi. Fa leloko la khoramo ya bagolwane le tlhokafala ka tshoganetso, bishopo o ne a neela masego a boperesiti go gomo-tsa maloko a lelwapa la mogolwane. Bokgaisadi ba Mokgatlo wa Thuso ba tlisa dijo. Ditsala le baagisanyini ka tlhwaafalo ba lekola lelwapa mme ba re, “Re itsiseng fa go na le sengwe se re ka se dirang go thusa.”

Mme fa monna yo o ditlhong yo kgabagare a lekola lelwapa, a letsa bele ya lelati mme fa motlholagadi a araba, ntle le pelaelo a re, “Ke tlile go phepafatsa ditlhako tsa gago.” Mo sebakeng sa dioura, ditlhako tsotlhe tsa ba lelwapa di ne di le phepa e bile di phatsima mo ipaakanyetsong ya phitlho. Sontaga se se latelang lelwapa la mogolwane yo o tlhokafetseng la nna go bapa le monna yo o ditlhong kwa moleng o o kwa morago.

Fa e ne e le monna yo o neng a kgona go fitlhelela letlhoko le le neng le sa fitlhelelwa. Botlhe bone le ene ba ne ba segofadiwa ke boutlwelo-botlhoko jwa gagwe jwa go direla jo bo nang le bokao.

## **Nka Tlhabolola Jang Boutlwelo-botlhoko?**

Bangwe go lebege ba segofaditswe ka neo ya go kgona go nna kutlwelo-botlhoko. Mme ka ga bao ba ba sokolang, go na le dikgang tse di molemo. Go feta dingwaga tse 30, palo e e golang ya babatlisisi e e ithutile ka boutlwelo-botlhoko. Fa bontsi jwa bone bo fitlha fa setlhogong ka mekgwa e e farologanyeng, bontsi jwa bone ba dumalana gore boutlwelo-botlhoko ke sengwe se se ka ithutiwang.<sup>2</sup>

Re ka rapelela neo ya boutlwelo-botlhoko. Gore re ka tokafalang, go ka thusa le gone go nna le tlhaloganyano e e botoka ya ka fa boutlwelobotlhoko bo dirang ka teng. Dikgopolelo tse di latelang ka gale di amolesega jaaka dintlha tsa botlhokwa tsaboutlwelobotlhoko.<sup>3</sup> Fa tse gantsi di diragala kwantle ga rona e le ruri re lemoga gore di a diragala, go di lemoga go re fa tshono ya go bona mabaka a go tokafala.

## **1. Tlhaloganyana**

Boutlwelo-botlhoko bo tlhoka go tlhaloganyano ya seemo sa yo mongwe. Fa re tlhaloganyana diemo tsa bone botoka, go nna motlhofo go tlhaloganyana ka fa ba ikutlwang ka teng ka ga tsone le se re ka sedirang go thusa.

Go reetsa ka tlhagafalo, go botsa dipotso, le go gakololana le bone le ba bangwe ke ditiro tse di botlhokwa go tlhaloganyana seemo sa bone. Ithute thata ka ga megopolo e mo dintlheng tse di fetileng tsa Melawana ya go Direla:

- “Dilo tse Tlhano tse Bareetsi ba ba Molemo ba di Dirang,” *Liahona*, Seetebosigo 2018, 6.
- “Gakololana ka Matlhoko a Bone,” *Liahona*, Lwe. 2018, 6.
- “Akaretsa Ba Bangwe mo go Direleng—jaaka go Tlhokega,” *Liahona*, Pha. 2018, 6.

Jaaka re batla go tlhaloganyana, re tshwanetse go tsaya nako go tlhaloganyana seemo sa bone se se tlhomameng bogolo go go akanyetsa re beile mo go yo mongwe yo o nna le maitemogelo a a tshwanang. Fa gontse jalo, re ka fetwa ke sesupo mme ra ba tlogela ba ikutlwa ba sa tlhalogannngwa.

## **2. Tlhatlhanya**

Mo maitekong a rona a go tshegetsatsa kgolagano ya rona go hutsafala le bao ba ba hutsafetseng le go gomotsa bao ba ba tlhokang kgomotso, re ka rapelela Mowa o o Boitshepo go re thusa go tlhaloganyana seo se motho yo mongwe a se utlwang le ka fa re ka thusang ka teng.<sup>4</sup>

Fa re tlhaloganyana diemo tsa bangwe, mongwe le mongwe wa rona—kana go diragala ka tlwaelo kgotsa nnyaa—re ka tsena mo go tlhatlhanyeng se re ka se akanyang kgotsa go se ikutlwa mo seemong seo. Go tlhaloganyana dikakanyo tseo le maikutlo, gotlhe le kaelo ya Mowa o o Boitshepo, go ka thusa go kaela tsibogelo ya rona ya seemo sa bone.

Jaaka re fitlha mo go tlhaloganyeng diemo tsa ba bangwe le go tlhatlhanya le ka fa ba ka ikutlwang ka teng, go botlhokwa gore re seka ra ba atlhola go sa tshwanela (bona Mathaio 7:1). Go kgala ka fa mongwe a tseneng ka teng mo seemong go ka re gogela go itlhomomolosa botlhoko jo seemo se bo se dirang.

## **3. Tsiboga**

Ka fa re tsibogang ka teng go botlhokwa ka ntlha ya gore seo ke ka fa boutlwelo-botlhoko jwa rona bo supegang ka teng. Go na le ditsela tse dintsi tse re ka buisanang tlhaloganyano ya rona gotlhe mo go bueng

le mo go sa buegeng. Go botlhokwa go gakologelwa gore maikaelelo a rona ga se one a a baakanyang mathata. Gantsi maikaelelo gotlhelele ke go tsholetsa le go nonotsha ka go ba itsise gore ga ba nosi. Se se ka raya gore, “Ke itumelela go bo o mpoleletse” kgotsa “ke maswabi. Seo se tshwanetse sa bo se le botlhoko.”

Mo seemong sengwe le sengwe tsibogo ya rona e tshwanetse ya bo e le ya nnete. Mme fa go tshwanetse, go utlwa botlhoko mo go lekaneng go letlelela ba bangwe go bona bokoa jwa gago le go sa sireletsegang go ka dira tshaloganyo e e botlhokwa ya botsalano.

### Taletso go Dira

Jaaka fa o akanya ka diemo tsa bao o ba direlang, tlhatlhanya ka go nna mo seemong sa bone le se o ka bonang se ka thusa thata fa o ne o le mo ditlhakong tsa bone. Rapelela go tshaloganya ka fa ba ikutlwang ka teng mme o go sale morago. Tsibogo ya gago e ka nna motlhofo, mme e tlaa nna le bokao.

### JESO KERESETE O DIRETSE KA BOUTLWELO-BOTLHOKO

Fa Mmoloki a iponatsa go Banefi, O ne a ba ruta go fitlhelela a itse gore, mo seemong sa bone, ga ba ka ke ba tshaloganya sengwe le sengwe se a neng a tshwanetse go se ba ruta. Mme le ene o ne a itse gore ba ne ba sa batle a ba tlogela.

O ne a tsiboga ka go fetoga go ba ruta ka go atolosa efangele go ba direla mo matlhokong a bone a lobaka lono fela—go ba laletsa go tliša bao

ba ba neng ba lwala, digole, bosusu, kgotsa ba ba golafetseng. O ne a ba fodisa. Ke gone o ne a ba rapelela mme a direla bana ba bone, a tsaya nako le mongwe le mongwe wa bone ka bongwe go ba segofatsa.

Re ka ithuta eng mo sekaong sa Mmoloki sa boutlwelo-botlhoko mo go direleng Banefi?

“Melawana ya go Direla” dintlha tse di diretswa go re thusa go ithuta go tlhokomelelana—mme e seng go abelwana jaaka molaetsa ka nako ya ketelo. Jaaka re itse bao re ba direlang, Mowa o o Boitshepo o tlaa re tlhotlheletsa go itse molaetsa o ba ka o tlhokang mo go tšalaletseng tlhokomelo ya rona le bopelonomi.

### DINTLHA

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3. Bona, ka sekai, Brené Brown, *I Thought It Was Just Me (But It Isn't)* (2008); Theresa Wiseman, “A Concept Analysis of Empathy,” *Journal of Advanced Nursing* (1996), 23, 1162–67; and Ed Neukrug and others, “Creative and Novel Approaches to Empathy: a Neo-Rogerian Perspective,” *Journal of Mental Health Counseling*, 35(1) (Jan. 2013), 29–42.
4. Bona Henry B. Eyring, “Mogomotsi,” *Liahona*, Motsheganong 2015, 17–21.