Remarks: See §3.2, page 71 till 80

Hints:

Out of the moment equilibrium about the middle of the diagonal side you can find $F_{//AC}$. With the help of a force polygon you can find the other two forces

Answers:

$F_{//AC} = 9 \text{ kN} (\leftarrow)$

$F_{//AB} = 9,6 \text{ kN} (\nearrow)$

$F_{\perp AB} = 7,2 \text{ kN} (\searrow)$