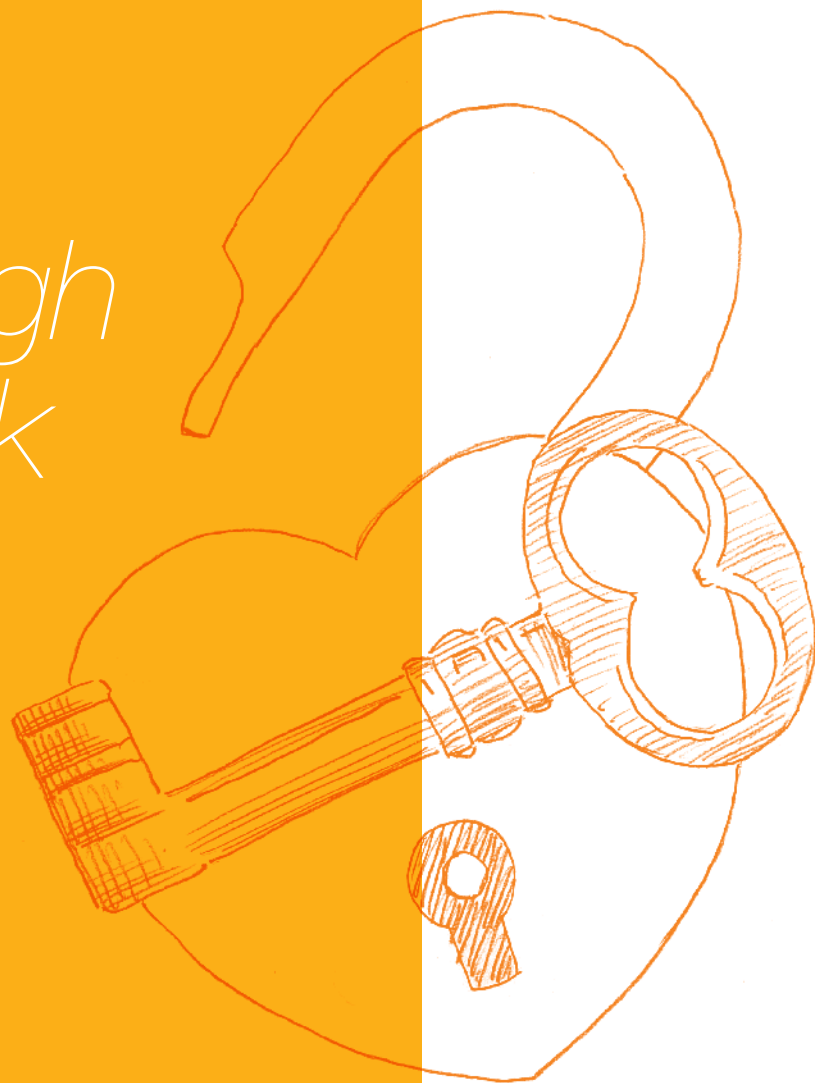


心結義解

Relieving Distress through Voluntary Work



一位美麗的太太安坐在沙發上，七十歲的她面帶笑容地說：「你好，我是玉姐。」約二零零三年，玉姐搬至紅磡新居不久，女兒便帶她接觸中心的社工。那時的她常常感到忿忿難平，諸事不順。滿腔不忿的玉姐尋找不到負面情緒的來源，於是帶著疑問到中心尋求支援，反而開展了十多年的義工之路。

"Hello, I am Auntie Yuk," said a beautiful lady sitting relaxingly on a sofa with a cheerful face. When Auntie Yuk moved to a new flat in Hung Hum in 2003, her daughter immediately arranged counselling service for her and she met a social worker in the Centre. At that time, Yuk was always outraged easily, and was dissatisfied with every aspect of her life. However, Yuk herself could not explain why she was moody all the time, until she sought for help at the Centre, where she began her over-ten-year life as a voluntary worker.



往事鬱結 築起心牆

「現在回看，或許是多年積聚下來的情緒與抑鬱。」玉姐輕輕地道出自己的故事。玉姐是養女，父親將出生三天的她帶回家，給了她一個家。或許是養女的身份，玉姐自小受盡白眼——親戚嘲笑她像乞丐模樣，姐姐怨恨她。再加上對親生父母的怒氣，玉姐對世界充滿憎恨，「我不喜歡人，所以我很冷酷，不願意幫助別人。我只喜歡動物，因為只有牠們是真誠的。」

幸運的是父母對玉姐照顧有加。婚後的玉姐財政狀況不佳，年老的母親患癌後，原本拮据的生活更是雪上加霜。玉姐每每背著母親去醫院時，要帶著一對年幼的子女，子女只好拽著玉姐的衣角跟著前往。丈夫要工作，無助的玉姐曾向姐姐求助，姐姐卻罵她：「難道我山長水遠走出來嗎？當然你照顧她啦！」

面對沉重的生活壓力，玉姐曾大力扔砧板到地上，發洩心中的不忿。說到此處，玉姐哽咽了起來：「我知道自己發脾氣對不起母親，所以跪在地上哭。我母親說，即使我不照顧她，她也不會怪我。但我拒絕，因為有她才有我，我將來的幸福、現在的子女都是她賜給我的。」如是者，玉姐一直努力照顧母親，直至十年後母親因病逝世。

A Barrier was Created Due to her Past Distress

“Looking back now, maybe the emotion and depression had been accumulated for years,” Auntie Yuk told us her story. Yuk was adopted when she had just been born for three days. Her foster father brought her home and gave her a family. Though, as an adopted daughter, Yuk had faced many despisers since her childhood. Relatives said she “looks like a beggar”, while her sister bore malice towards her. In addition to her anger at her birth parents, Auntie Yuk had intense hatred towards the world. “I didn’t like people, so I was cold-hearted and didn’t want to help others,” said Yuk, “I had interest only in animals as they were sincere.”

Fortunately, Yuk’s foster parents took care of her kindly. Auntie Yuk faced fiscal difficulties after her marriage, but the situation got worse when her ageing mum was diagnosed with cancer. Every time Auntie Yuk carried her mum to the hospital, her two kids would only grab hold of her clothes, follow her and move forward. As Yuk’s husband had to work for the family, Yuk could only ask for her sister’s help, her sister only scolded her in reply, “Don’t bother me because I have to travel for a great distance, you should take care of mum!”

Living with the tremendous pressure, Auntie Yuk once threw a chopping board to the ground to vent her anger. “I am sorry that I shouldn’t have lost my temper, so I cried heavily and knelt on the floor.” Auntie Yuk whimpered. “But she said she would not blame me even though I would no longer take care of her. I rejected her suggestion,” said Yuk, “I won’t be me without her. She brought blessings to me and my family and I don’t have future without her.” Auntie Yuk had tried her best to look after her mum until she passed away after ten years.

學會知足 解開心結

事情過去了，但心中的鬱結卻未有解開，「以前的每一句說話都深深地繞在我的心上，或許成了我心中的鬱結。」玉姐說，以往的自己很小氣，亦覺得自己是全世界最慘的人，但在中心的十多年間，發覺自己並不是世界最不幸的人，她慢慢放下了執著。

二零零四年的時候，玉姐接觸了第一個讓她敞開心扉的人——就讀小一的男孩。父母離異，男孩沒有人照顧，中心於是請玉姐幫忙接他放學。但是，男孩總是悶悶不樂，不願意理會玉姐。玉姐回憶，那時為了不讓男孩覺得自己有別於其他小朋友，於是給他背書包，帶他到商場看看玩具，又或者買麵包給他吃。最初男孩並不領情，不理會玉姐，但大半年的接觸下，他倆慢慢熟悉起來，男孩放下戒心，更與她分享學校的大小事。玉姐覺得，人冷酷、抗拒都只是暫時性的，只要自己走出一步，就可以感動對方，自己亦不再冷酷待人。

最讓玉姐難忘的是一位義工姐妹出現情緒問題的事件。一天，與玉姐情同姐妹的義工突然致電給玉姐，要求斷絕來往。深感不妥的玉姐擔心姐妹出事。焦急的她連忙回到中心通知朋友。玉姐說，那時社工就如以往般立即安撫她，與她溝通了解情況，並且立即跟進事情。警覺性高的社工亦隨即上門尋找那位義工，並發現她的情緒出了問題，於是陪伴她求醫。玉姐感謝社工期間一直與她溝通，告訴她姐妹的情況。而最令玉姐開心的是，姐妹半年後康復，二人繼續過往一起當義工、彼此扶持的日子。

玉姐當了義工多年，但她說，義工不是幫助別人，而是幫助自己。目睹過不少悲劇，玉姐對比下發現自己身處於幸福之中。慢慢地，玉姐拋下過去負面的想法，放下那些繞在心上的說話，學懂知足，「我有一位結婚四十五年的丈夫而從不吵架，有一對各有成就的子女，其實已經很幸福。」

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Human’s coldness is only temporary, once we take the first step to care about others, coldness in our mind will also be altered.*

Learning to be Contented Relieved her Distress

As time passed, Auntie Yuk still had unhealed rift in her mind. “Every single word in the past had been pinned on my heart which caused me distress,” said Yuk. Yuk recalled how stingy she was, and always thought that she was the most miserable person in the world. Luckily, after joining the Centre for over ten years, Yuk eventually put down her obsession.

Auntie Yuk met the first person who could open her heart in 2004. He was a child studying in primary one. As the boy’s parents had divorced and left him alone, the Centre arrange Auntie Yuk to take him back home after lessons. However, the boy was still depressed and refused to talk with Yuk. In order to let the boy live as other children do, Yuk helped him carry his school bag, showed him toys in shopping malls, and bought him bread as snacks. Although the boy still insisted on his coldness at first, the two got closer after half a year. The boy finally put down his defence, and started to share his school life with Auntie Yuk. This experience has inspired Yuk that human’s coldness is only temporary, once we take the first step to care about others, coldness in our mind will also be altered.

The time when a sister-like partner in the volunteer team who faced some troubles impressed Auntie Yuk the most. Yuk recalled that her close partner suddenly called her one day, and said she would break off their relationship. Feeling abnormal and worried, Yuk immediately went back to the Centre and told other friends the situation. At that time, social workers comforted her as usual, said Yuk, and followed up immediately after getting the whole picture of the situation. Social workers with high alertness went to that voluntary worker’s home promptly and sought for medical help with her when they found that she faced some emotional problems. Auntie Yuk felt thankful that social workers kept in touch with her, and kept updating her friend’s condition at that time. The most cheerful news is that the sister has recovered after half a year, and they now support each other while continuing her work as volunteers.

With years of experience as a volunteer worker, Auntie Yuk believes that volunteer work is not helping others, but oneself. Witnessing different tragedies in the past, Auntie Yuk realised how lucky she has been. Yuk eventually let go all the rift in her mind, replacing them with life satisfaction. “I have a husband being with me for 45 years who has never argued with me, and I also have a pair of children with their own achievement. How fortunate I am,” said Auntie Yuk.