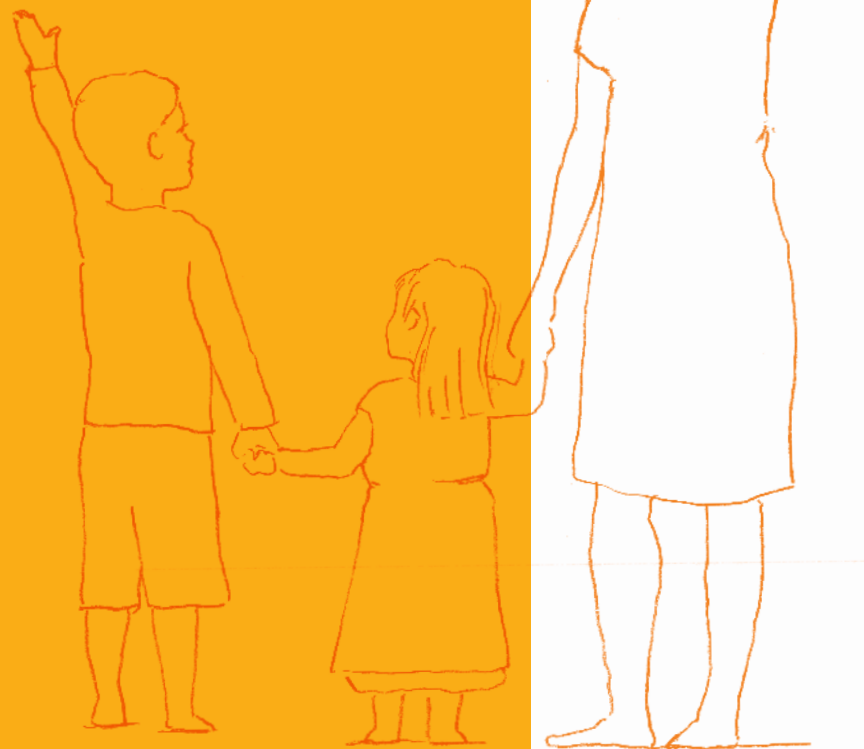


# 香江新故事

## A New Hong Kong Story



「星期六、日你不上班，我怎麼辦啊？」阿清（化名）曾經十分缺乏安全感，無論發生什麼事情，第一時間就先找社工，當社工週末放假，她唯有將寫有不同求助熱線的卡片帶在身上，以備不時之需。如今，她笑著說：「我的生命才剛開始，我想試不同的東西。」

“What should I do when you are not staying at the Centre during weekends?” asked Ching (nickname), who was once very insecure and immediately asked for social workers’ help when she faced any problems. Whenever the social workers had their holidays during weekends, Ching would bring along a paper listed with different hotlines with her in case of needs. However, this woman has changed. “My life has just begun now, I want to try different things,” said Ching.

## 轉變一浪接一浪

內地成長的阿清二十歲時與港人丈夫結婚生子後，移民來港。抵埗後，阿清發現香港和內地是兩個世界，「原來我來香港是還債的。」阿清回憶，那時不時有人上門要求丈夫還債，婆婆又質疑阿清嫁來香港是為了身份證，阿清一下子被種種現實壓垮，過著混亂而無助的生活。那時候，阿清開始尋求社工支援。

二十八歲的時候，阿清再次懷孕。生活艱苦，尚未將阿清打入谷底，直到阿清發現丈夫有外遇。她無法進食，無法說話，倒頭癱軟在床上幾天。直到有朋友追問她的情況時，她才懂得哭，哭成淚人。情緒影響身體，甚至影響腹中胎兒，醫生檢查胎兒時發現胎兒的體重毫無增長。阿清只好立即入院，不久便生了次女。自此夫妻二人關係轉差，搬至紅磡後幾年便離婚。

## 放下重擔 學會自愛

生活的壓力讓阿清尤其變得敏感和暴躁，她容易發怒，甚至會打罵子女。當時，阿清將思緒都集中於兒子身上，「來了香港之後我什麼都沒有，我只有兒子，過著與兒子相依為命的生活。」阿清尤其擔心兒子步丈夫後塵，於是給兒子設下了很多嚴格的要求，「連麥當勞也不可以吃；能補習的、能學的，全部都給他」。後來，兒子或許壓力過大，他封閉自我，對任何事都不瞅不睬，甚至開始認為阿清很差，不時打罵阿清。在社工的陪伴下，阿清嘗試處理自己的情緒。她學會接納不完美——兒子不溫習，以前的阿清會吵，但現在的阿清會告訴兒子身體要緊，最重要有足夠的休息。阿清依據兒子的需要關心兒子，給他安靜的環境。再加上中心轉介的治療，二人關係改善不少，兒子更試過七點多起床教阿清做運動。阿清說：「漫長的等待原來是值得的，耐性真的很重要。」

*生命是美好的、開心的，我的生命才剛剛開始，所以我想繼續學習更多東西，擴闊朋友圈，做自己想做的事。*

*Life is beautiful and joyful, so I want to learn more different things, widen my social circle, and do what I really want.*

## The Endless Wave of Changes

Ching grew up in Mainland China, and had migrated to Hong Kong with her child to reunite with her husband when she was 20. Upon arrival, Ching soon realised how different Hong Kong and Mainland China are. “I came to Hong Kong to repay my debt,” Ching recalled. There were people searching for her husband outside their apartment, and asking him to repay the debt at that time. Ching thus realised her husband got addicted to gambling. At the same time, Ching’s mother-in-law suspected that she was coming Hong Kong only for the Hong Kong ID card. Ching was suppressed by the challenging reality in Hong Kong. All of a sudden, she was in confusion and helpless. That was the time when Ching began to seek help from social workers.

Ching was pregnant again when she was 28. She was able to stay strong and strive to live regardless of her hardship, until she discovered her husband’s extramarital relationship. She could not even eat nor talk to anyone, but just hopelessly lay in bed for few days. Ching did not even cry until her friend asked her what had happened and she finally burst in tears. The issue did not only affect Ching’s emotion, but also put her baby’s health in danger. Doctor found that the baby did not grow in weight over times, and thus Ching was immediately admitted to hospital. Ching soon gave birth to her little daughter. However, the couple’s relationship had deteriorated since then, and Ching finally moved to Hung Hum upon divorce.

## Letting Go of the Burden Learning to Love Herself

Daily pressure made Ching extraordinarily sensitive and moody. She was easily irritated, or even beat her children sometimes. Ching only focused on her son at that time, “I had nothing but only my son after I had come to Hong Kong. We are depending on each other for a living,” said Ching. She was worried that her son would become a bad guy like his dad, so she was strict with his son. “He could not even have McDonald’s. Meanwhile, I sent him to wherever he could study and learn something new,” said Ching. Eventually, the tremendous pressure turned Ching’s son into an introverted person. He was not interested in anything, and even thought that Ching was really bad to him and scolded her. With the companion of social workers, Ching tried to manage her emotions and learn to accept her son’s imperfection. Ching used to scold her son if he was not studying hard, but she will respond in this way now, “just take a rest.” She takes care of him in response to what he needs, and provides him with a pleasant environment. Referred by the Centre, they underwent therapy and the relationship of the two has improved a lot. Ching’s son even woke her up and taught her to do fitness together at 7 o’clock once. “It is worth waiting even for a long period of time,” said Ching, “Patience is really important.”

阿清亦深刻記得一個又一個的體驗活動，見證自己的改變。阿清曾體驗死亡，社工將整個場景轉為喪禮，場景很逼真，社工引導參加者想像這就是自己的葬禮。阿清尤其記得自己第一時間大怒說：「這不是我！我不可以死的，我的孩子還小，我還未教好他，我還有很多責任還未完成。你竟然說我死了！」阿清說，那時候的自己還不愛自己，但隨著參加不同的活動，她開始願意面對、接受現實，坦然面對死亡：「我後來知道，我不應該為其他人而活，我是過著自己的人生啊！」阿清開始感受生命的意義，原來在於自己，將生活重擔都放下的阿清開始懂得自愛。

## 感謝尊重 開展新生

回想起過往的種種艱辛，阿清沒有流淚，但當她想起那位接待處的同事，就不禁感動落淚：「我每一次來中心都是因為一些不開心的事情，但每一次她都會對著我笑，跟我打招呼。在最不開心的時候，她給我一個擁抱，給我一杯水。老實說，如果從她的眼神我看得出她看不起我、不尊重我，我會立即走的。但她是真誠地關心我、尊重我，我很多謝她。」

現在，阿清在小組中當過來人，分享自己的故事，她希望透過自己的經歷幫助和鼓勵其他人。她對將來充滿希望，「生命是美好的、開心的，之前兒子跟我說，我的生命才剛剛開始，原來這是真的，所以我想繼續學習更多東西，擴闊朋友圈，做自己想做的事。」

Ching was impressed by every experiential activity, and witnessed her own change. She witnessed death, where social workers set up the whole room as a funeral realistically. Social workers guided the participants to imagine this as their own funeral. Ching still remembered how she got angry immediately. "This is not mine! I can't just die," said Ching at the event, "My children are still young and my responsibility to educate them has not yet to completed. How dare you say I am dead!" Ching said she still did not love herself at that time. But she eventually learnt to face and accept the reality, and bravely face death through different activities. "Later I know that, I should not live for others," said Ching, "I am living my own life." Ching then found out that the meaning of life is living for oneself and started to learn loving herself after she had finally let go the burden in her life.

## Grateful for Being Respected Starting a New Life

Recalling all her past hardship, Ching did not cry. But she could not hold her tears when she thought of the woman working at the reception of the Centre. "I came to the Centre whenever I was unhappy," said Ching. "But she smiled to me and greeted me every time. At the most frustrating time, she gave me an embrace, and a cup of water. Honestly, I would have left if I had found any contempt and disrespect. However, she did sincerely care about me and respect me, I feel really grateful to her."

Ching now shares her story as a mentor. She hopes to inspire and encourage others with her experience. "Life is beautiful and joyful," said Ching who is hopeful about her future. "My son told me that my life has just begun, and that's true," Ching continued, "so I want to learn more different things, widen my social circle and do what I really want."

