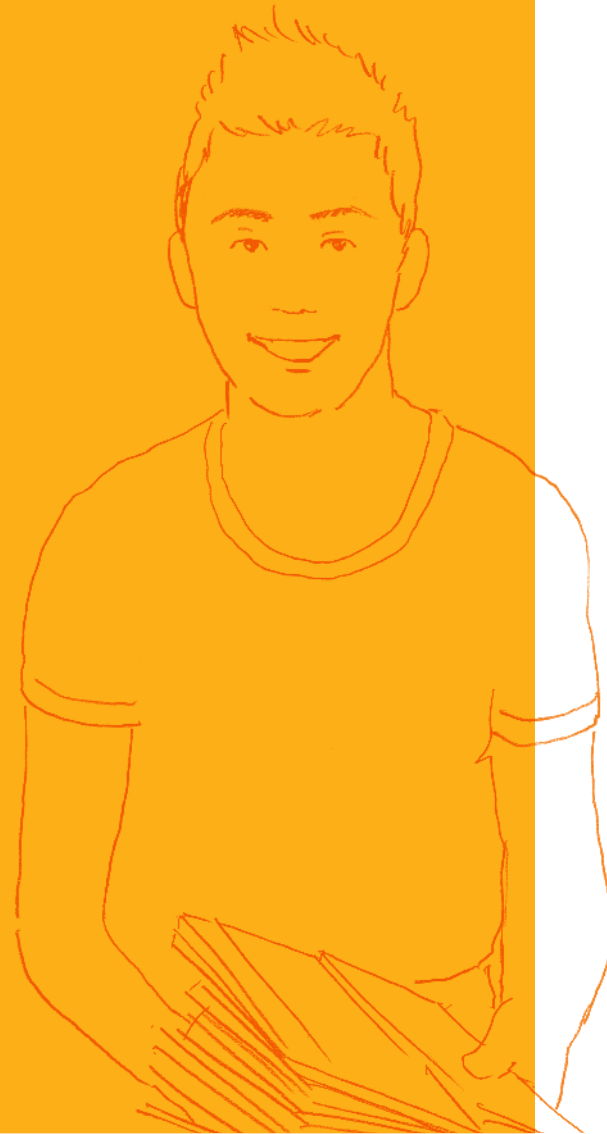


# 重生得樂

## *Regaining Happiness*



阿樂(化名)的父親有吸食海洛英的習慣,在其一歲時離世。可是,現年二十五歲的阿樂在大學時亦跟隨父親的舊路,在好奇下吸食冰毒,情況持續三至四年。

其後,因為金錢及其他考慮,阿樂決定戒毒,入住戒毒村。他現時有一份穩定的工作,可是覆吸對他仍是一項挑戰,完全克服毒品的引誘對他仍是漫漫長路。

Ah Lok (pseudonym), currently 25 years old, used to take drugs out of curiosity when he was studying at university. He had taken methamphetamine (nicknamed Ice) for about three to four years. Ah Lok's father also took drugs and passed away when he was one year old.

Later, out of the consideration for his future and money, Ah Lok was determined to have drug treatment. He went to the Treatment Centre. Currently, he has a stable job, but he is not sure if he will take drugs in the future as he enjoys the freedom arising from taking drugs.

## 多重壓力 吸毒減壓

雙性戀的阿樂在大學時透過交友應用程式認識同志網友，在好奇下嘗試冰毒，他坦言濫藥後發生性行為會較為興奮。而且，在母親嚴厲的管教模式下想爭取私人空間，以及提升讀書的專注力，他開始離不開毒品。

阿樂自幼與母親的關係較為疏離，更以火星撞地球來形容大家的關係。母親的管教方法較為嚴厲，而他較反叛，雙方在缺乏溝通下經常起衝突，小時候曾被母親鎖在家中。剛大學畢業時，面對母親的控制、親人離世、尋找工作的壓力下，他透過吸毒來減壓。可是，毒品令他與母親的關係惡化，他因而離家出走兩年，開首常約人玩樂並藉此來尋找居所，其後因有寄人籬下的感覺而厭倦。

濫藥令阿樂失去理性，他曾在沒有任何安全措施的情況下嘗試穿過棚架進入他人的居所，亦毫不理會他人的感受。現實中的多個因素令他決心戒毒，包括最重要的金錢、前途、家人及工作等。他認為吸毒令自己在財政及心理上較難達到買車等目標。

## 入戒毒村 重建身心

因為情緒不穩、居無定所等原因，他於去年底入住戒毒村。在戒毒村的四個月中，雖然感到沉悶，但他從中學會正向思考及人生教練的技巧。

剛離開戒毒村兩個月的阿樂坦言仍喜歡毒品為其帶來的私人空間，覺得濫藥可以讓他有足夠精神做自己喜歡的事，例如聽歌及了解宗教。可是，因為吸毒的負面影響大，例如會失去工作帶來的穩定收入，他對於會否再次吸毒仍有待觀察，但明白吸毒不符社會的價值觀。

*多謝你給予我家的感覺，被愛包圍下，我像多了一個哥哥。*

*Thanked for giving me a feeling of “home” and you just like my big brother.*

## Relieving Undue Pressure by Taking Drugs

Bisexual Ah Lok met a homosexual online friend by using a dating app. He tried Ice from that time out of curiosity. He said that taking drugs really created great excitement when having sex with homosexual people. Also, under the strict control by his mother, he abused drugs to create freedom of thought, as well as enhancing his concentration in studies.

Ah Lok has become estranged from his mother when he was young. He even used “Mars crashed into Earth” to describe their relationship. He was quite rebellious and his mother was quite strict in teaching him. Therefore, they seldom had communication but always have disputes. One time, he was even locked by his mother at home when he was young. When he just graduated from the university, he was under great pressure as he had to find jobs, deal with his overly-controlling mother and the passing away of his another close relative. He tried to alleviate his stress by taking drugs so the relationship between his mother and him has worsened. He even had left home for two years since then. At first, he did not miss home and found friends to give him a place to stay while playing outside. However, later, he was tired of depending others.

Ah Lok was crazy after he had taken drugs. He tried to break into a stranger’s home by climbing bamboo scaffolding without any safety measures. He also ignored others’ feeling. There were several reasons for him to quit drugs, including money, future, family and work. He thought it was hard for him to achieve the aim of buying cars or others if he continued to take drugs.

## Rebuilding One’s Physical and Mental Health in a Treatment Centre

Since he had frequent mood swings suddenly, he went to a Treatment Centre immediately last year. During the four months in the Centre, he learnt some skills such as life coaching and positive thinking.

Ah Lok who has left the Centre for 2 months admitted that he still loves drugs at the moment as it can bring him freedom of thought. He also thought that taking drugs enables him to do things he is fond of such as listening to music and understanding religion. However, he understood that taking drugs does not match the social value, as well as resulting in great impacts on him, such as losing his job which provides him with a stable income. Therefore, he will consider more and it remains to be seen whether he will take drugs again.

朋友之前因見他情況嚴重，於是介紹阿樂到心弦成長中心。他主要使用了輔導及精神健康服務，更會與社工ET一起做運動。他感謝ET給予他家的感覺，被愛包圍下像多了一個哥哥。他希望自己日後可以寫哲學書講述社會文化並奪得諾貝爾獎，亦想去旅行及工作假期。

社工ET指阿樂的母親未能接受兒子的價值觀，包括性取向，令彼此經常發生衝突，以致感受不到愛；同時阿樂亦需要母親及想被愛，但未能清楚表達。ET認為阿樂有很多挑戰，包括毒品與性的誘惑，他亦要着手處理其健康、工作及家庭的問題。幸好，因為阿樂想被關心令關係較快建立，可以與其同行，從中看到生命的另一面及能堅持下去。



Since Ah Lok’s situation was quite bad in the past, his friend referred him to the Sane Centre. Ah Lok has received counselling and mental health service. He has also done exercises with the social worker, ET. He thanked ET for giving him a feeling of “home” and he just like his big brother. He wants to write a book to talk about the current social culture and win the Nobel Prize. He also wants to travel and take a working holiday.

The social worker, ET pointed out that Ah Lok’s mother has not accepted his son’s values, such as his sexual orientation. Therefore, she has not shown her love to Ah Lok but has disputes with him. At the same time, Ah Lok needs his mother’s love and wants to be loved by her, but he cannot clearly express it. He thought Ah Lok has many challenges, including the close relationship between drugs and sex, so he needs to handle Ah Lok’s health, work and family problems. Fortunately, he can build relationship with Ah Lok quickly and accompany him on his journey and his persistence has been shown.