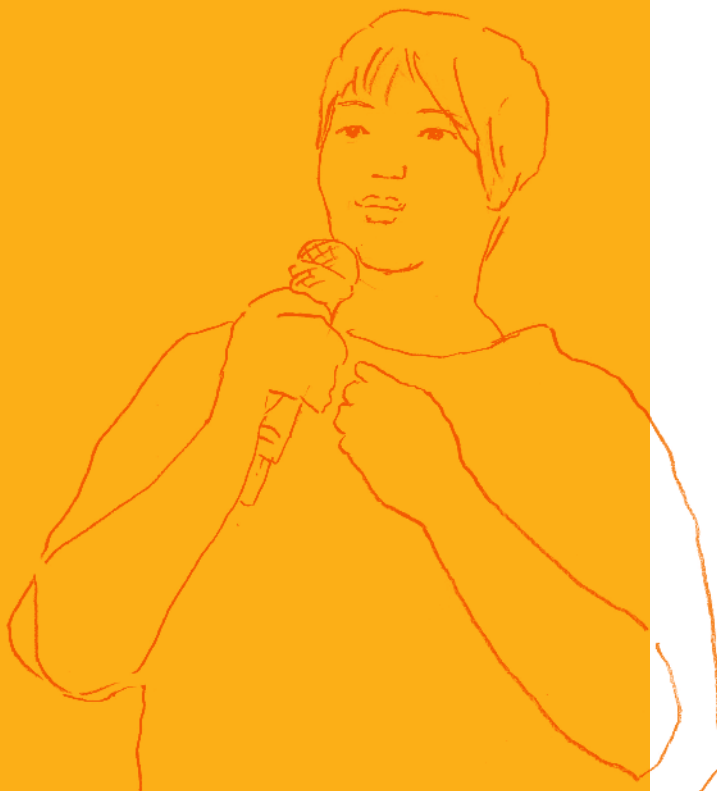


# 浮過情緒海

## Surfing Emotion Tides



阿Dick現為朋輩輔導員，蓄起短髮的她看起來很爽朗。在帶我走向採訪房間的短短路程上，每每碰上朋友，她便熱絡地打招呼，笑容擠滿了臉龐。我隨著她走進房間，門輕輕地關上。問起她的往事，她漸漸收起了笑容，緩緩細訴起她高低起伏的經歷。

### 連番打擊 逃避現實

當年十五歲、正值青春期的她在朋輩影響下開始接觸毒品。隨後的二十多年，她仍不時吸食毒品，每星期大約一至兩次，頻率說不上高。直到二零一三年的夏天，契家姐的出賣令阿Dick深陷毒海，無法自拔。阿Dick一直以來都十分信任她的契家姐，甚至將全家的保險都交託予她管理，但她卻詐騙了阿Dick全家一大筆錢，「那時候我整個人跌進了谷底，很想去死，心痛得猶如心臟被插十把刀，不停想：『為什麼最親的朋友會出賣我？』。」內疚的情緒讓阿Dick無法面對家人，而家人的不信任與怪責亦使她透不過氣，家人間的關係因此轉差，爭吵不斷。

Dick, a peer counsellor with short hair, greeted her friends and colleagues with sweet smiles. When I followed to an interview room and closed the door, her smile faded while talking about her ups and downs in the past.

### A Series of Setbacks in Life Escaping from Reality

By the time when Dick was 15 years old, she was tempted by her schoolmates and thus started taking drugs. She kept taking drugs once or twice a week in the following 2 decades. Compared with other drug abusers, her addiction problem was not that serious. The situation had not been worsened until a tragic twist happened in the summer of 2013. Her god-sister who was an insurance agent gained Dick's trust. Dick authorized her god-sister to manage the insurance accounts of her family. However, she was betrayed by her god-sister. Her god-sister cheated her family a large amount of money. "I felt like I had fallen into a deep valley. I wanted to commit suicide, and my heart was broken in pieces. I kept wondering: 'Why did my best friend betray me?'" Dick said.

朋友的出賣、親人間的關係決裂，這一場騙局狠狠地壓垮了她。早已有吸毒習慣的阿Dick於是找上了莊家，寄情於毒品，她只想摧毀自己：「那時我完全墮進了身心靈痛苦的死循環，整個人都崩潰了，每天都只想吸食毒品，逃避現實。」失去理智的她鑽進了思想的死胡同。自此，阿Dick性情大變，開朗溫順的她變得偏激，不斷自殘，只求一死。情緒不穩的她讓當時的男朋友十分難受，即使二人曾有結婚的打算，最後還是結束了四年的戀情。

## 被綁失尊嚴 決心建新生

然而，男朋友的離開未有令阿Dick清醒，事情到了她再次自殺不遂入院才有了轉機。醫生為了防止她再次自殺，將她捆綁於病床上三日三夜。在床上大小二便的生活讓她深感沒有尊嚴，同時讓她覺悟：「我問自己，為什麼我會變成這個樣子？沒有了金錢、感情和誠信，人生什麼都沒有了。那時候我已經四十歲，已經不年輕了，我沒有多少個十年可以再浪費了。」出院後，她主動尋求戒毒的協助，在醫生的推薦下接觸了心弦成長中心。

阿Dick說，中心的社工即日便接見了她，隨後與教會聯繫。在教會傳道人的介紹下，一個星期內她就入住了戒毒村進行福音戒毒。她很記得那時是二零一四年的十二月。那段時間她早、午、晚都會參與福音祈禱會，平日又會進行不同的訓練。但是，在戒毒初期，她因為吸毒的後遺症而情緒十分波動，她不時會捶桌子、大叫，甚至躲在洗手間內大哭半小時。戒毒雖難，但她堅持了下來，以半年時間戒毒，重投社會。



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讓我找回自己的價值，沒有他們就沒有今天的自己。

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The feeling of guilt kept Dick away from her family as she did not know how to face her family. The distrust and blame from the family sent her further down the spiral. She tried to cope with stress and comfort herself through drug abuse. She just wanted to destroy herself. "I was stuck in a virtuous cycle of pain. My world crumbled and the only thing I wanted to do was taking drugs." She had used drugs as an escape—an escape from pain, sadness, and ultimately, reality. After that, her character had changed from gentle and cheerful to the opposite extreme. She attempted suicide for several times by cutting her arteries, jumping off a building and taking sleeping pills. Although she had gotten a fiancé, she terminated their 4-year relationship.

## Being Tied Up Determined to Rebuild Life

She had not been awakened by a relationship breakup but a hospital experience became a turning point in her life. She attempted suicide again. Due to her experience of attempting suicide, the doctors had tied her to the bed for 3 days. Urinating and defecating on bed, which made her feel shameful, woke her up and put an end to her story of drug addiction. "I asked myself, 'Why have I become like this?' Finance, relationships, credibility, everything in my life was wrecked. I was 40 years old and no longer young. I should not waste another 10 years in my life," she said. Dick then played an active role in asking for help after being discharged from the hospital. Recommended by a doctor, she contacted Sane Centre.

The social worker of the Centre immediately met her and contacted the related church on that day. Introduced by a pastor from the church, she moved into a treatment centre within a week. She started the journey through the Trinitarian Therapy Drug Abuse Treatment and Rehabilitation Programme. She joined prayer meetings three times a day and was trained and equipped with different skills on a daily basis. However, drug abuse turned her into a temperamental person during a early phase of rehabilitation. She yelled, punched a table or had cried inside a bathroom for half an hour. It was difficult but not impossible to complete the programme, but Dick made it. After 6 months, a new born woman re-integrated into the society.



## 重投社會 困難重重

出村後，阿Dick面對了不少困難與失望——前男友有了新戀情，苦苦尋屋卻無處容身，受盡白眼，阿Dick直言有想過再次吸毒，「那時候感到十分灰心，挫敗感很大，前路茫茫不知如何是好。我有想過復吸，但想到戒毒不容易，難得成功出村，便決定繼續堅忍下去。」最後，在心弦成長中心的社工和教會的牧師朋友的鼓勵和幫助下，阿Dick找到了房間租住，然後修讀了毅進的課程，受僱為中心的朋輩輔導員。

被問到最感激的是什麼，阿Dick嘴角洋溢著笑意，說道：「很感激教會與中心一直以來的信任和幫助，讓我找回自己的價值，沒有他們就沒有今天的自己。同時，我也想感謝自己。戒毒者要調整自己的思緒、行為和情緒，過程很辛苦，因此我想感謝自己能在戒毒的道路上一直堅守。」捱過了低潮，她表示往後會繼續盡力協助其他吸毒者，以過來人的身份與他們同行。

## Returning to the Society Facing Lots of Difficulties

The treatment centre was a comfort zone for her. After stepping out of the comfort zone, she encountered loads of difficulties and challenges in relationship, residence and finding direction. "I was so hopeless that I thought of drug relapse. But it was not easy to recover from addiction, I knew I should persistently stay away from drugs." With the help of social workers of the Centre and pastor of the church, Dick successfully rented a house. Also, she was hired as a peer counsellor by the centre after enrolling in Diploma Yi Jin.

On the path to recovery, she would like to say "Thank you" to someone, "I appreciated that the church and the Centre kept helping and trusting me throughout the path. They helped me establish my value in life. I could not have done it without their help. Also, I wanted to say "Thank you" to myself. Addicts have to take great discipline to manage their own behaviour, emotion and mind, which are hard for us. I am grateful that I can persist in the path of recovery."