

# 跨越傷逝

## *Coping with Grief*



轉讀新學校面對陌生環境，重讀中二的人際關係問題、中學畢業的迷惘，Nadia的中學生涯經歷了數個起伏，但她說：「之前都以為那些問題很大，但經歷了那件事之後，才發現全都不是問題。」她曾無助、傷痛，甚至自殘，但自己的堅強，還有身邊的陪伴，讓她慢慢走出悲慟。

Going to a new school and having to face a new environment, interpersonal issues of repeating form two, confusion after graduation... Nadia had gone through ups and downs in her secondary school life. 'I thought they (the problems) were big, but after that I found they were all no big deal,' she said. The girl was helpless and grieved, and she even tried to hurt herself. It was her own strength and the company of the important ones that helped her walk out of the dark cloud.

## 母親離世 承受悲痛

二十一歲的Nadia圓圓的雙眼泛起淚光，她深呼吸，努力地控制自己的情緒，但眼淚還是不斷流過臉頰。Nadia哭著說，罹患癌症的媽媽在她十五歲的那年突然離世。那時，母親昏迷進院，父親說只是小事，更催促他們離開。於是，Nadia如常上課，與同學開心談歡，她卻不知道醫院的那邊廂卻上演著另一個故事。

兩天後，六點剛放學的Nadia從朋友的來電得悉，Nadia的哥哥在Facebook上發文，說媽媽去世了。她匆忙致電父親，卻聽到了爸爸傳來的噩耗：「媽媽早上已經離世。」女生禁不住心痛，在人來人往的地鐵站內哭了起來。

回想起母親入住醫院期間，Nadia只跟她相處了短短數分鐘；回想起媽媽昏迷前，和媽媽吵架的自己，她不斷自責，悲從中來，「那是我媽媽，為什麼不早一點告訴我？為什麼要告訴我媽媽沒事，讓我如常上學？……我只是想跟她說再見，說聲對不起。」母親的離去，Nadia感到痛苦和哀傷，決堤的淚水陪伴了她好幾個星期。

Nadia找不到適當的人作她的傾訴對象，釋放她的傷痛。面對同學朋友的關心，Nadia深明他們的好意，但缺乏經驗的中學生實在無法給予她有力的支援。家庭裡面都有男性，但男性的粗獷始終不如女性的細膩。Nadia只好自己慢慢消化情緒，慢慢讓時間治療傷痛。

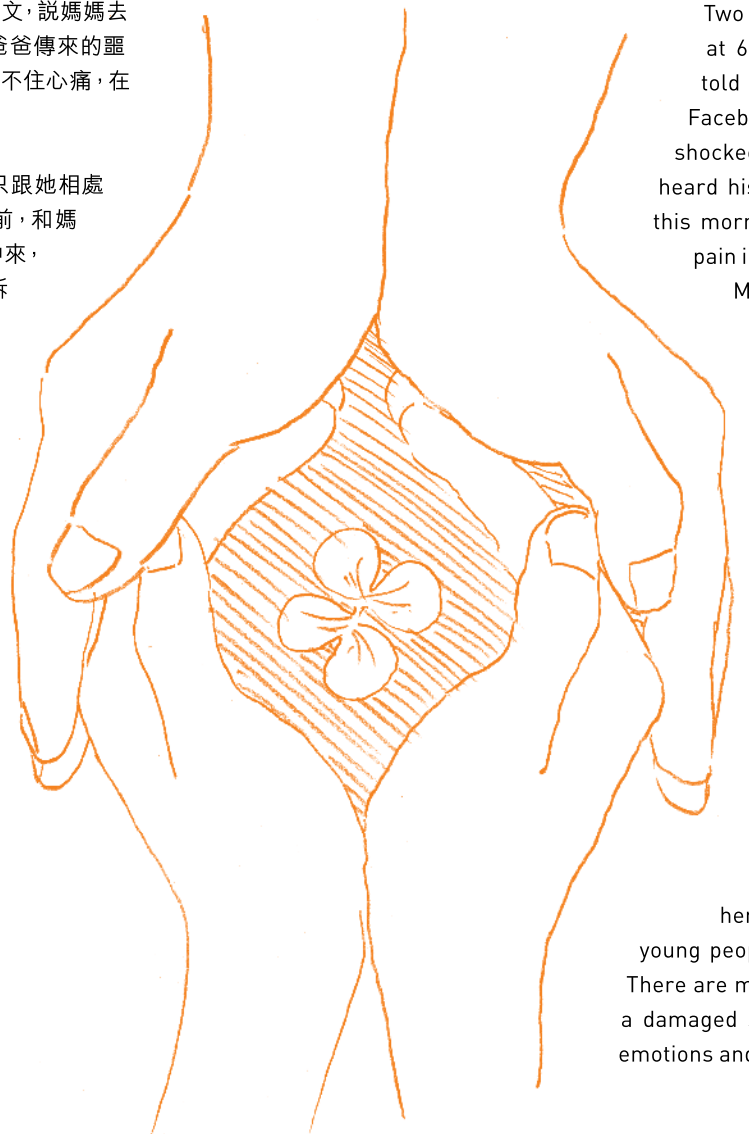
## Being Traumatized by the Death of her Beloved Mother

Tears were filling in the eyes of Nadia, the twenty-one-year-old girl; she took a deep breathe, trying to keep her emotions under control, but she failed and wept, recalling the time that her mother died of cancer when she was fifteen. Her mother was in a coma and was sent to hospital. Her father said it was nothing serious and asked everyone else to leave. So, Nadia went to school and played with her friends happily as usual, not knowing that a tragedy was happening in the hospital.

Two days later, Nadia received a call from a friend at 6pm soon after she had left school. The friend told her that he saw Nadia's elder brother's post on Facebook, saying his mother passed away. She was shocked and was in a rush to phone her father and heard his disheartening words. 'Mom has passed away this morning,' her dad muttered. She was feeling great pain in her heart, and burst out crying in a jam-packed MTR station.

Recalling the time when her mother was in the hospital, Nadia only spent several minutes with her. Remembering she was arguing with her mother just before she was sent to the hospital, guilt and pain grew in her heart. 'That was my mum. Why don't you tell me earlier? Why did you tell me mum was okay and let me go to school as if nothing had happened? I just want to say goodbye to her. And sorry...' She expressed. Nadia felt grief and deep sorrow for her mother's death and the tears had lasted for several weeks.

Nadia could not find anyone appropriate to talk to and alleviate her pain. She felt the care of her classmates and friends, but the unexperienced young people could not give her the support she needed. There are men in the family, but they are a bit too rough for a damaged soul. Nadia could only immerse herself in the emotions and let time heal the wounds.



## 社工陪伴 安心落淚

原本與Nadia接觸不多的學校社工郭姑娘得悉Nadia家中變故後，便開始每星期約Nadia見面一次，直到她中學畢業。坐在社工室的椅子上，Nadia總是在哭，而郭姑娘總是給她遞上一張又一張的紙巾。Nadia在郭姑娘面前有一種莫名的安全感：「其實那時候，她願意坐在這裡，讓我哭已經很好。」那一個小時是Nadia情緒宣洩的時間。Nadia亦感恩學校內的老師、社工會主動與她談天，甚至連醫療室的姑娘也在Nadia身體不適時給予她安慰。

Nadia勸勉其他面對困難的年輕人道：「有什麼不开心就找一個你信任而支持你的人。如果朋友缺乏經驗，未必能夠好好幫助你。那你就找一個年長一點、有經驗的人。即使陌生人也可以，因為他們不會評價你，同時你也可以聽聽自己的聲音，了解自己的想法；還有，哭吧！你會舒服一點的。」

## 成長歷程 有商有量

在Nadia不同的成長階段，郭姑娘都陪伴在她身邊，和她一起處理不同的煩惱。Nadia高中時開始慢慢放下心中的傷痛，同時亦到了抉擇的時候。時裝設計還是教書？Nadia苦苦困於其中，無法選擇出路，於是不時和郭姑娘商量，「其實我有什麼都會跟她說，就如選讀課程我也跟她談。以前我都找媽媽討論這些問題，現在Miss Kwok某程度上代替了媽媽的角色。」

接納、了解，是郭姑娘給Nadia的感覺，而這正正是信任的來源，「多年來，我跟她說了那麼多心事。她看著我從前鬱鬱寡歡，到現在較為開朗，她知道我的改變、我的成長，我想沒什麼人了解我，除了她。」

採訪完結前，Nadia對郭姑娘笑說：「對了，我最近結交了男朋友，有很多煩惱要跟你談啊！」

有什麼不开心就找一個你信任而支持你的人。.....因為他們不會評價你，同時你也可以聽聽自己的聲音，了解自己的想法。

Go for someone you trust and support you. ....because they would not judge you, and at the same time you can listen to yourself and understand your own thoughts.

## Able to Cry in Company with the Social Worker

Nadia knew Miss Kwok, the social worker at school before the tragedy happened. They met once a week since then until Nadia graduated. Sitting on a chair in a consultation room, Nadia was always crying, and Kwok always passed her tissue, one after another. She felt secured with Kwok. 'I felt better even most of the time she only sat next to me and looked at me crying,' Nadia said. That one hour of consultation time was time for releasing emotions. She was grateful that the teachers and social workers took the initiative to chat with her; even the staff member in the medical room was trying to comfort her.

'Go for someone you trust and support you. If your friends are not experienced enough to help, you should find someone older and more experienced. Even people you did not know may do, because they would not judge you, and at the same time you can listen to yourself and understand your own thoughts. Let's cry and you will feel better,' Nadia gave advice to other young people who are encountering difficulties.

## Exchanging Views Throughout a Journey of Life

At different stages of growth, Kwok accompanied Nadia and helped her to deal with all sorts of troubles. Nadia began to get rid of the pain when she graduated to senior form, which was also the time to choose the programme of study after high school: fashion design or teaching? Nadia was frustrated and could not decide by herself, so she went to Kwok. 'I basically tell her everything, including what I want to study. I used to talk about these with my mum and now I somehow see Miss Kwok as a substitute for my dead mother,' she said.

Acceptance and sympathy are what Nadia has felt about Kwok, and those traits are what the trust based on. 'For all these years, I have shared all my ups and downs with her. She is always there to witness how I have got better emotionally. She knows about my changes and my growth. I think nobody understands me, but her.'

Before the interview ended, Nadia said to Kwok, with a smile on her face, 'oh by the way, I have a boyfriend recently and I have lots of troubles. Let's talk about them!'