

# 傷痛 Suffering

與女性在囚人士會面的時候，她們經常淚流滿面，感到生無可戀。她們的手腕和手臂上都帶着顯而易見的血痕、傷疤和烙印。每道傷痕都是她們親手用不同的利器或煙頭造成，令人非常痛心。

細問之下，我們發現很多女性在囚人士都面對人際關係問題：她們一方面需要親密的關係、需要與人連繫，另一方面卻因為種種原因，經常與伴侶發生衝突，甚至被信任的人出賣、被親人虐待或毒打，令她們往往在渴望被愛和害怕被拒絕之間徘徊和掙扎。

這些痛苦的經歷令她們自我形象低落，對人缺乏信任，覺得自己不值得被愛。加上她們自我控制能力較弱，很容易出現情緒失控，以致她們普遍患上抑鬱症、焦慮症等情緒病。

女性在囚人士不單背負著沉重的過去，更要面對在囚期間的各種壓力，例如與子女分開的傷痛、因未能照顧子女和家人而產生的無助感、應付審訊和適應在囚生活的困擾等等。這些壓力令她們身心俱疲，更可能加劇了她們本身的情緒問題。

這章節展示女性在囚人士面對的情緒問題、創傷和生活壓力。她們透過圖畫表達內心所承受的傷害、困難、痛苦和絕望。

她們的淚水交織著傷痕，顯示出她們對被愛、被接納和平穩生活的渴求。

Female persons-in-custody (PICs) frequently break down in tears and feel hopeless when they are interviewed in psychological sessions. It is heartbreaking to see their scars and burn marks, which are self-inflicted on their bodies by using sharp objects or cigarettes.

With encouragement to speak up, many female PICs share their relationship problems. On the one hand, they yearn for intimate relationships and connection with others; on the other hand, they get into frequent rows with their partners for various reasons. Some of them have been betrayed by their trusted ones, or abused by their family members. They are pulled by the longing for love on one side and the fear of abandonment on the other constantly.

Troubled by their painful past, they tend to possess a low self-image, have little faith in others, and believe that they do not deserve to be loved. Along with their inadequate self-control, they are prone to emotional outbursts. Many of them have been diagnosed with mental illnesses such as depression and anxiety.

In addition to the burden of past unpleasant experiences, these women also face various stresses during incarceration. For instance, a sense of helplessness often surfaces as they are away from home and cannot look after their children and families. They also have to withstand the pressure of attending trials and receiving sentences. Not only do these stresses leave them physically and emotionally drained, but also worsen their mental problems.

In this chapter, female PICs reveal their emotional problems, traumas and strains. The drawings depict their suffering, difficulties, pain and despair.

Their tears and scars are crying out for love, acceptance and a stable simple life.



## 蘊藏

圖中的心臟被鎖鏈封鎖，旁邊的荊棘刺傷心臟，中間的玫瑰吸收了鮮血，艷麗綻放。心臟代表我，我受到外在因素刺激而受傷，所以用鎖鏈封閉自己。玫瑰似乎在為我帶來一點安慰，但其實它只是為了利益而存在：花靠吸啜我的鮮血長大，花朵越大顏色越鮮豔，表示我的血被吸啜得越多。玫瑰代表我對人際關係的看法，人們只會看見美好的一面，忽略背後的真相。

### 臨床心理學家的話：

她在複雜的背景中成長，很年輕便已接觸黑社會和毒品。在她的圈子中，不少人因利益關係而親近她。表面上她有很多朋友，但她卻經歷過被利用和出賣，甚至因而入獄。她覺得人與人相交有很多目的，朋友並不可信，漸漸變得過度自我保護。她難以與人建立深入關係，對人有所防範，也容易與人發生衝突。





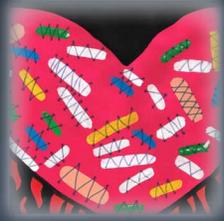
# 困

失眠的煎熬有如長期被困在微波爐內——高溫、高速旋轉，精神壓力極大，腦子不停地轉動思想……我長期不能放鬆自己，變得鬱鬱寡歡。如能找到失眠的根源，便能開啟微波爐的門。



臨床心理學家的話：

她進入院所後一直長期失眠，難以適應院所的工作，加上家人思想傳統保守，令她擔心出獄後的進修和工作計劃不獲支持。每天晚上，縱使她感到極度疲累，仍會在床上反覆思量離開院所後的生活，愈想愈擔心，以致不能入睡。失眠令她的精神大受影響，日間更難集中工作。日復一日，情況愈見嚴重。



# 傷痕累累 的心

一個充滿傷痕和滴著血的心，代表著人生中很多不愉快的事：親人離世、跟伴侶分開、失眠……

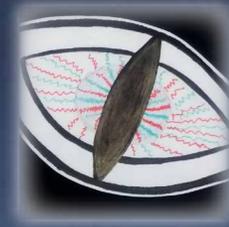
## 臨床心理學家的話：

她是一位年輕媽媽。她進入院所時腹大便便，服刑期間誕下兒子。在獄中，她先要面對照顧兒子的壓力，後來又要面對親人的離世。她情緒低落、脾氣暴躁和失眠，於是主動尋求心理治療。在接受治療期間，她再有一位好朋友離世，男友又另結新歡，她備受打擊，情緒再度低落，失眠的情況持續。看來要治癒這顆傷痕累累的心，還需要一段時間。



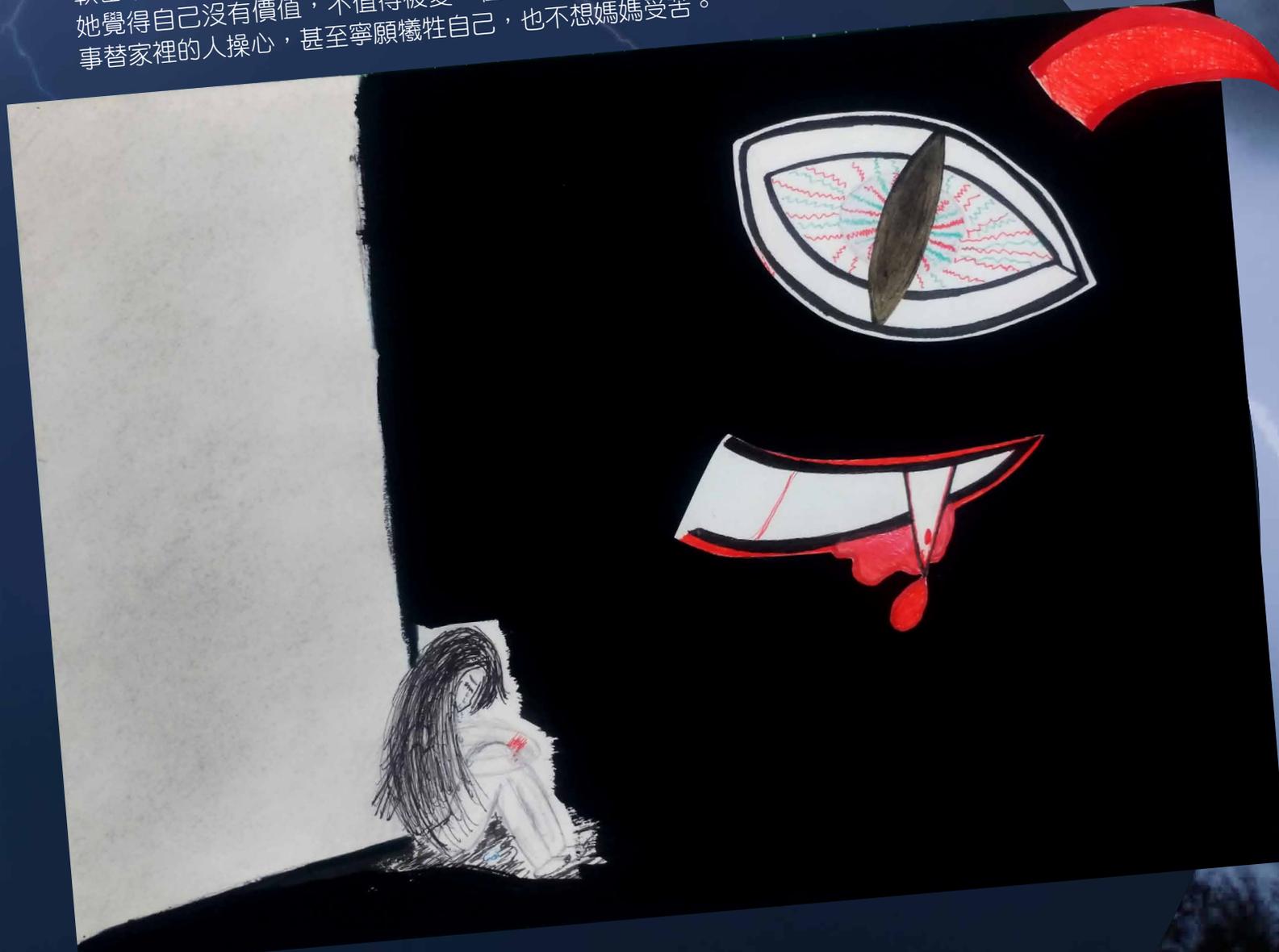
臨床心理學家的話：

她在院所中被診斷患上抑鬱症和暴食症。小時候，她已經歷過種種被遺棄的滋味：媽媽經常晚上「去蒲」，無論她哭得多哀傷，媽媽都不會心軟留下來。她又曾被媽媽的友人趕出家門，在陌生的街道上冒雨流連。她覺得自己沒有價值，不值得被愛，但她卻很愛家人，像個小大人，事事替家裡的人操心，甚至寧願犧牲自己，也不想媽媽受苦。



# 被遺棄的我

一個孤單的小女孩，沒有人關心和照顧她，只有魔鬼在看，叫她放棄生命、放棄希望、放棄一切。沒有人知道真相：她渴望被愛、感受到溫暖和保護。然而，她只覺得被遺棄，孑然一身，連自己也不知道該如何愛自己。也許她認為自己不夠好，不值得被愛吧！





# 無助的心

我是家中排行最小的，有幾個哥哥和姐姐，從小到大他們都很疼愛我。如果我做錯了事，他們會生氣、罵我和怪責我，但我知道我在他們心中依然是一個小妹妹，他們依然愛我。現在我服刑中，最傷心難過的就是他們。當我知道姐姐在外面遇到困難時，我會極為心痛，好像有人用刀子插我的心一樣。雖然家人從來沒有要求我付出任何東西，但我是家中的一份子，我是多麼希望能對我的家有所貢獻啊，那怕只是一丁點也好。但現在我連在他們身邊支持他們也做不到。



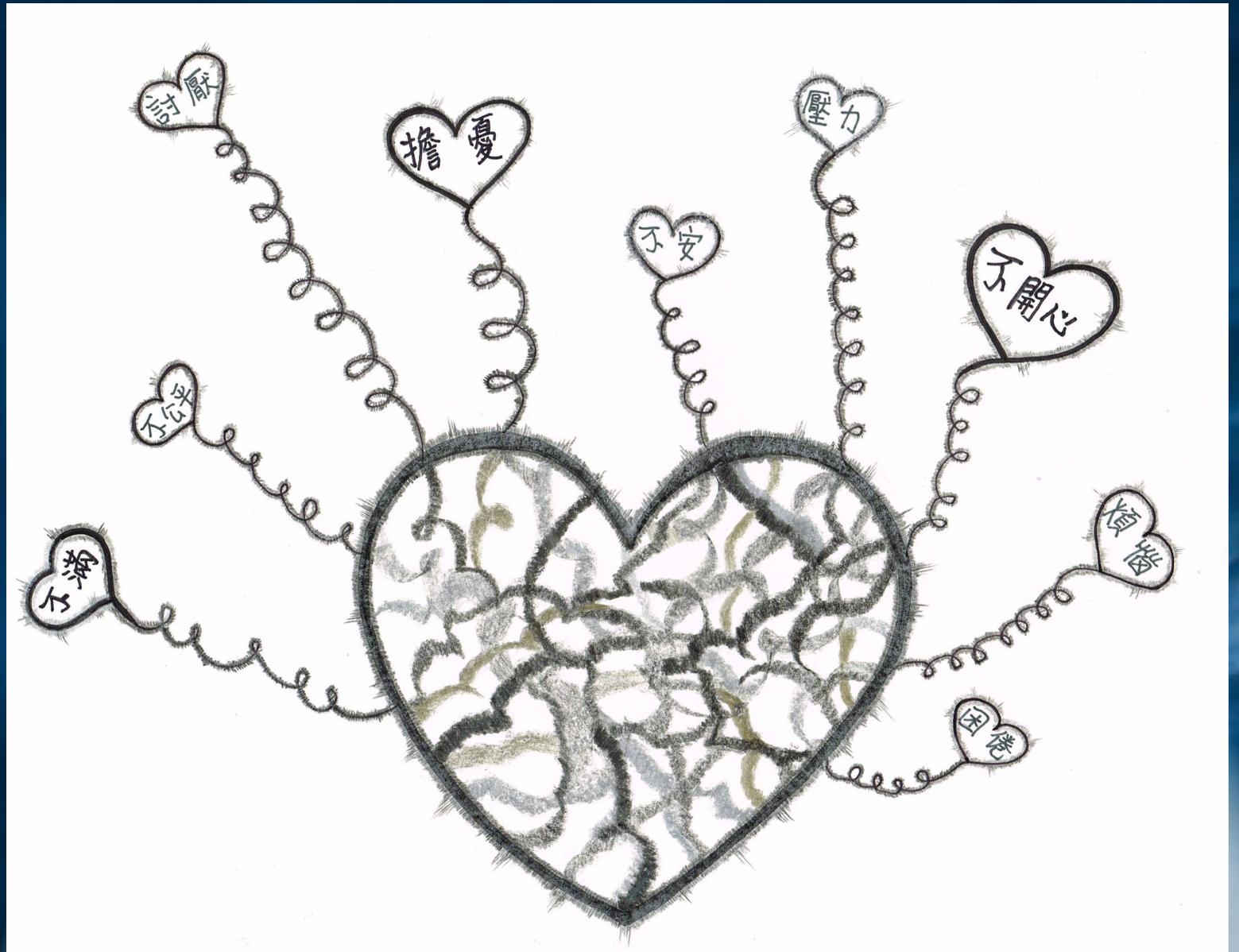
臨床心理學家的話：

她自幼便是家中的寵兒，生活較為放任自我，喜歡做什麼便做什麼，很少與家人溝通，不會理會旁人的感受。中學畢業後，她會隨時拋下工作，興之所至時會跟朋友吸食毒品。有一次她由內地回港，答應幫朋友攜帶行李，結果被告販運毒品，判監超過二十年。在囚期間家人為她操心，令她十分內疚和自責，後悔自己當日的行為和決定影響自己的前途和關心她的人。她很想為家人做一些事，但當她做不到而令家人失望時，她加倍自責，並曾有自殘的想法。



# 心累

我想表達自己心裡滿載的問題。它們令人疲累不堪，但又不能不加以正視，因為它們影響著我該如何去走未來的路。



臨床心理學家的話：

由於伴侶吸毒，她很自然地受到影響，轉眼間便已經浮沉毒海十多年。與她面談期間，察覺她既聰慧又孝順，而且很想為疼愛自己的父親重新做人。可是，一隻巨大的魔鬼在她心裡不斷控訴和搖動她，令她懼怕相信自己或別人，怕自己會把持不住，重投毒海。她也害怕自己即使改過，旁人仍會報以冷眼和嘲笑。她渴望有人能夠明白自己，有人在她疲累的時候扶持和引導她，也很盼望自己可以戰勝心魔，不再重蹈舊路，以行動來回報父親的愛。



# 內心世界

我的內心世界非常混亂，很黑暗……  
我經歷的風風雨雨太多，令我對這個世界  
失去信心，  
亦對自己失去信心！！  
我的內心很痛苦！！



臨床心理學家的話：

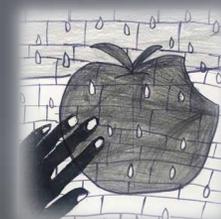
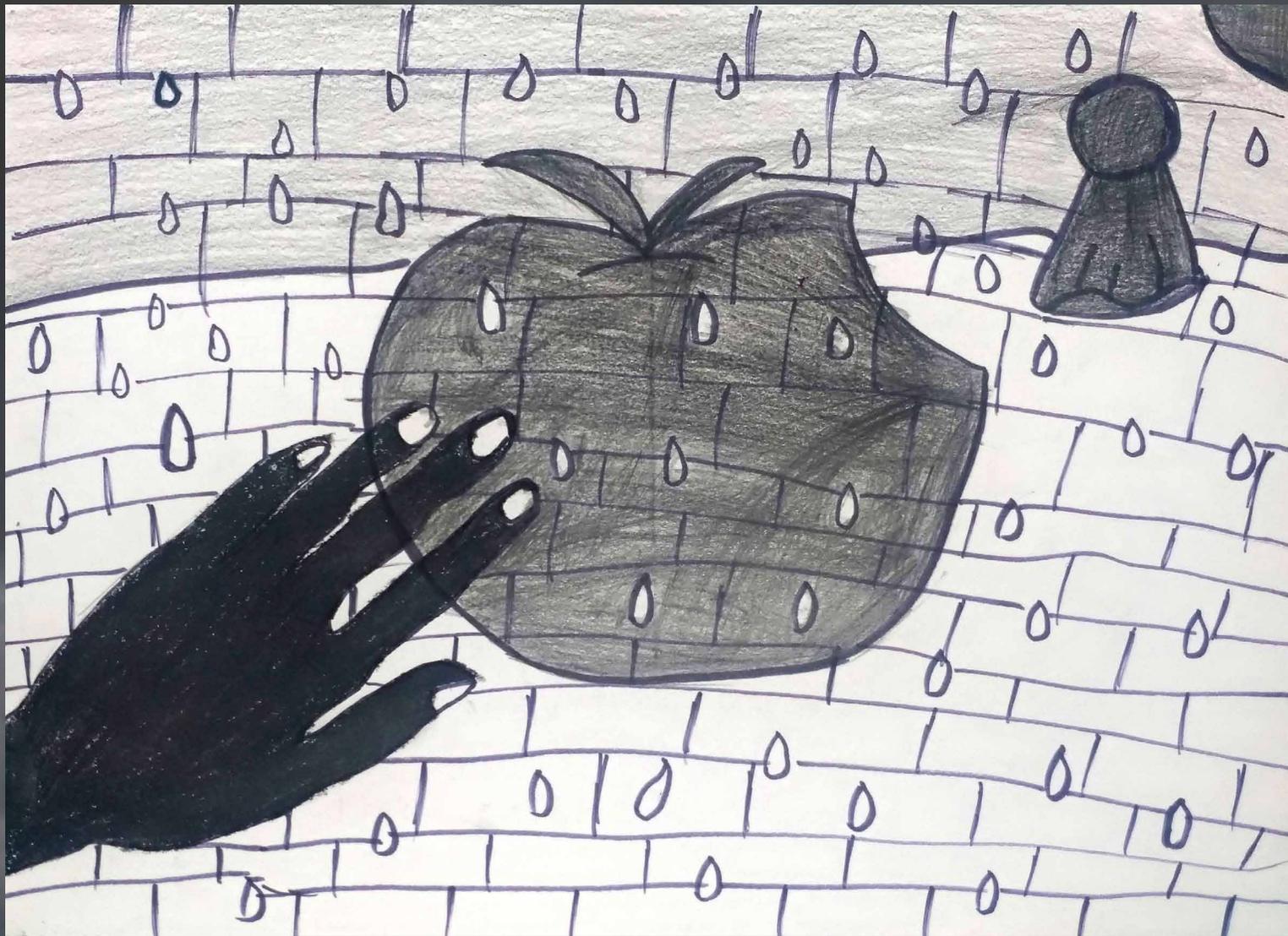
她在國內長大，用痛苦去形容她的成長絕不為過。幼年時，她的爸爸與後母不斷虐待她和哥哥。她說有一次爸爸用鐵棍打她，打至鐵棍也彎曲了。少年時期的她已經要負責照顧後母的六個孩子，為全家十多人做飯、洗衣服、接送上學，因此，她沒有機會交朋友，也沒有機會讀書。有一次老師家訪，想打聽她為什麼不上學，爸爸竟然以刀指嚇趕走老師。爸爸整天都在家裡吸毒。十四歲左右她為了養家已要到工廠上班。但世途險惡，她兩次被人禁錮，險些被賣落火坑，幸好能夠逃脫。面對生活中的種種痛苦，她開始吸毒去麻醉自己，最終走上販毒的路。她的心在淌血，但她勇敢地打開了心扉，等待著心靈治癒的一天。

臨床心理學家的話：

她曾經是父母心目中的寶貝，但自從父母離異並各自重組家庭後，她便跟隨媽媽生活。她的內心很渴望得到愛，但她卻愈來愈不敢親近父母，甚至最終選擇不再回家。

入獄後，她最思念的就是日夜盼望親近的父母，還有年紀老邁的媽媽。她後悔自己沒有早一點抓住這份愛，反而因一時的貪念而違法被捕。她在獄中垂淚後悔，觸摸不到家人的痛苦非筆墨可以形容。

現在的她只渴望回家！



## 觸不到的痛

一口蘋果換來一時的甜蜜，卻導致與家人長久的分離。渴望抓緊家人的衣角，卻只可遠望而不能觸摸。無時無刻的想念、回家的漫長等待、黑夜中傷逝的淚水，充滿了受傷的心靈。



# 滿途荊棘

我出生時好像一張白紙，隨著時日過去，我想出了各種主意，希望藉以吸引別人注意。可惜我往往用上極端的方法去達到目的。這些方法就像一條又一條的荊棘，既刺傷了別人，也傷害了自己，還令家人誤會我，結果讓我走了很多冤枉的路。



臨床心理學家的話：

她很希望得到愛，可惜童年時長期在日間託管所度過，記憶中只有被父母打罵和被遺棄的感覺。父母離異後，母親精神崩潰，令她更加覺得「永遠不會得到父母的愛」。她開始逃學、離家出走，為了麻醉自己而吸毒、販毒……



# 心中的魔鬼旋風

我的內心存在很多矛盾和顧慮。每當有一絲希望冒起，魔鬼就會出現，像旋風一樣迅速地把它捲走。建設需要很長的時間，但摧毀一切可以只需瞬間。



臨床心理學家的話：

因為家庭暴力，以及家人的不諒解，使她走上濫藥的路，最終來到懲教院所。然而問題並沒有解決，家中的狀況依舊，教她憂心忡忡。一些新萌生的正面想法和計劃往往半途夭折，她心中泛著一份無力感。她無法為自己的將來找到明確的出路。

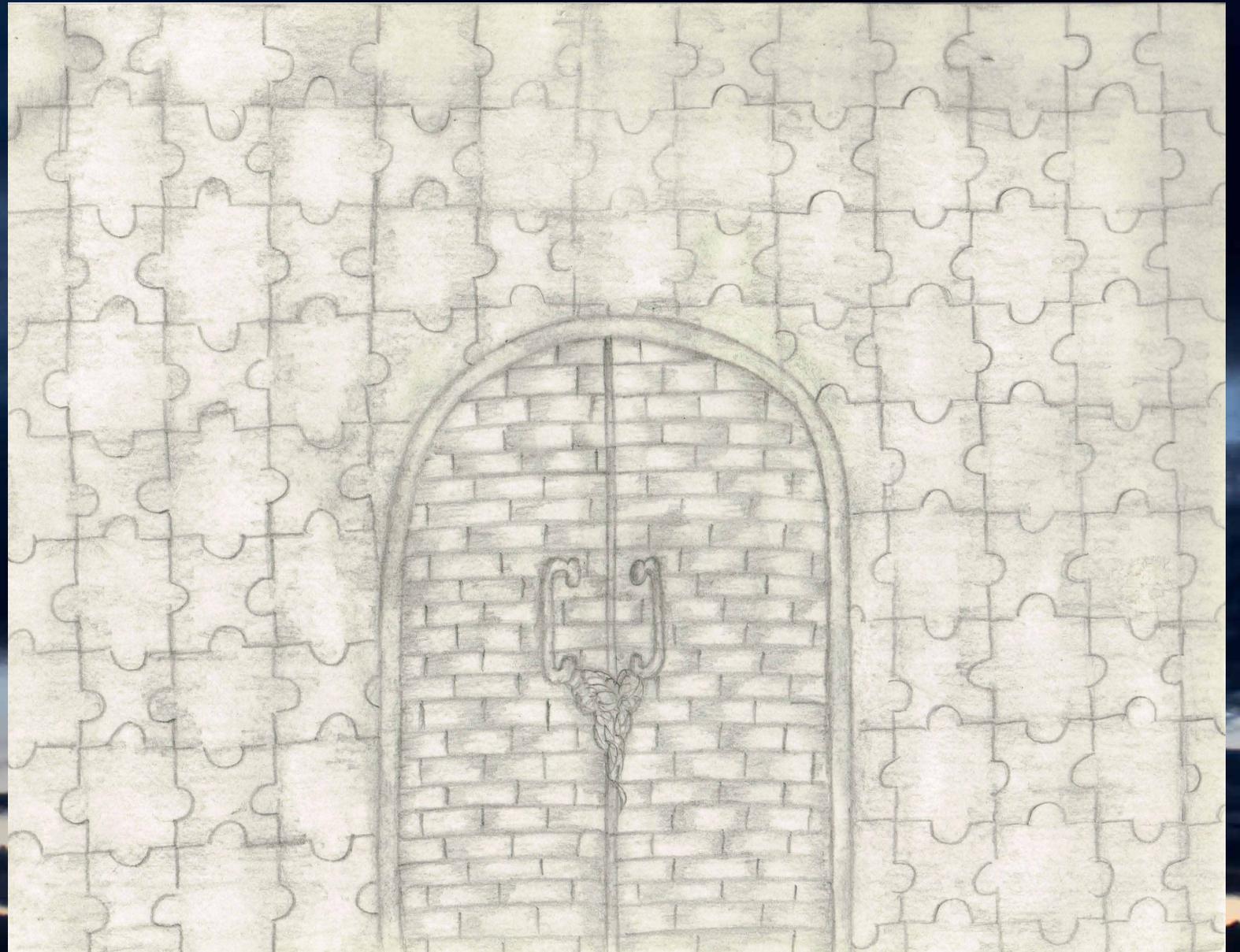


# 封閉之門

封閉之門就像我的內心。我常常把心關起來，收起自己的難過和不安，不想被人知道，亦拒絕任何幫助進入。我不相信人，怕受傷害，心裡想：門不打開，就不會失去一切或受到任何傷害。

臨床心理學家的話：

她自小在家中遭兄長施虐，向父母投訴卻換來責難和更猛烈的傷害，所以她學會啞忍。兄長的脾性愈見乖張、暴力和失控，加上家人對他的偏袒和鄰舍的嘲諷，使她更覺羞恥和無助，不敢相信有任何人可以幫助她。於是她決定選擇逃避，鎖上心扉，躲進毒品的世界。



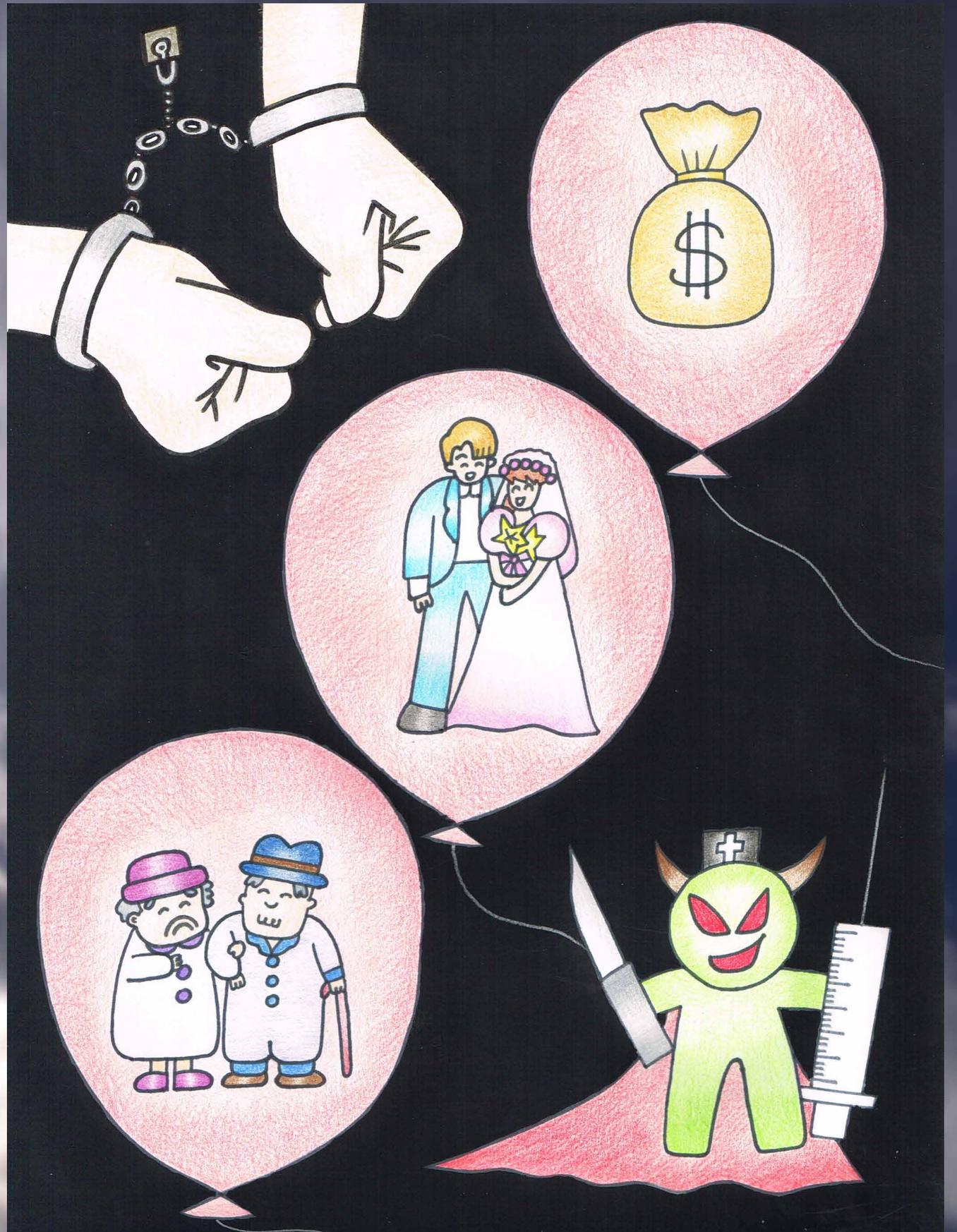


# 迫不得已

被捕了。金錢、伴侶、父母，不但一切都像汽球般飛走，自身還要飽受病魔折磨。我在囚禁中該怎麼辦？

## 臨床心理學家的話：

雖然她今年才二十八歲，但已是第三十次入獄。她自幼便與毒品為伍，在她的眼中，只有「玩到盡、食到High」，人生才稱得上不平凡。這次入獄後，丈夫離她而去，父母和兄弟姐妹已不再前來探訪，令她驚覺幸福的人生本來就在面前，卻被自己一手毀掉。近日她被確診患上癌症，這對她猶如晴天霹靂。冷靜下來後，她形容自己終於徹底地「甦醒」了，她相信面對這些巨變雖然痛苦，但將會正面地扭轉她的人生。





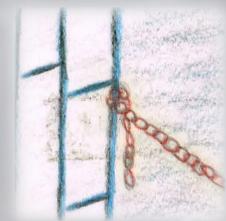
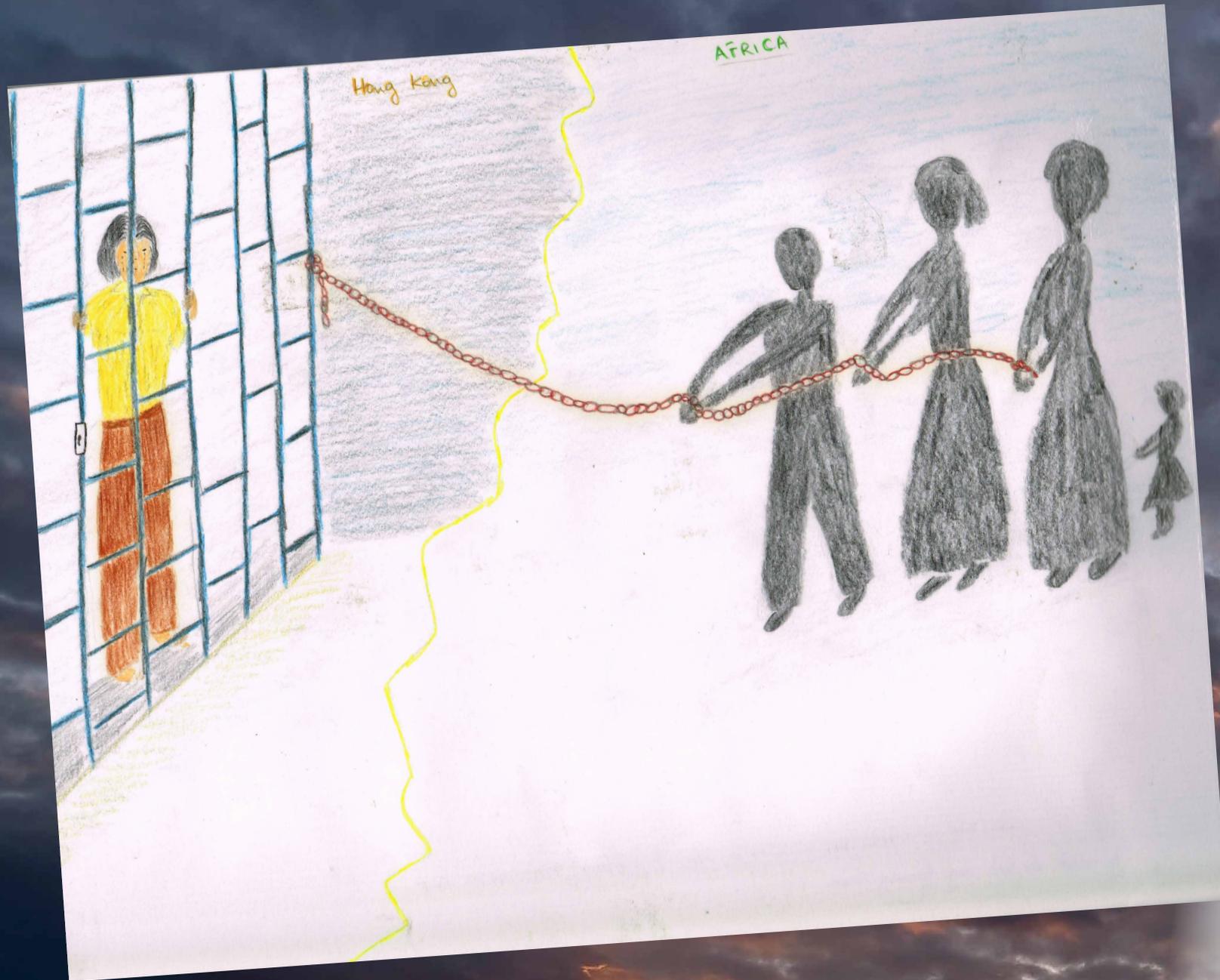
# 心痛

我家有八隻貓，其中五隻是我看著牠們出世的。大概有八至九年時間，我每天都在家照顧和陪伴牠們，直到我開始服刑。現在已經過了三年，家中的貓只剩下六隻。牠們之中每當有一隻去世，我的心就碎一次。每次我都怪責自己：為什麼我不能在貓兒離開的時候陪伴在側呢？我曾經承諾過牠們，我會照顧牠們一生一世，所以我很內疚，所有的無助感和無力感都湧上心頭。我覺得自己非常無用，連對自己至愛的貓所許下的承諾也不能兌現。我根本無資格擁有一顆完整的心。



臨床心理學家的話：

對她而言，這些貓是她家中的成員，牠們常常陪伴她，耐心聽她訴說心事。她歸家時牠們都會在門口等候，使她感到很溫暖。被判刑後，她十分想念牠們，奈何她身在懲教所，不能和寵物見面。有些貓在她服刑期間死去，她不能夠跟牠們作最後的道別，也不能透過悼念活動，例如參加牠們的葬禮等等，適當地去哀悼和處理傷痛，所以她會感到特別痛心和絕望。在可見的將來，她只能在懲教所中無奈地經歷一次又一次失去愛貓的傷痛。



## A Need to Set my Family Free

**Words from her Clinical Psychologist:**  
She was a Tanzanian whose childhood and adolescent years were sad. She learnt that her step-father was not her biological father when he attempted to rape her at her young age. Her mother was repeatedly cheated by men and gave births to several children. After her step-father abandoned them, she supported the family financially and took care of all her younger half-siblings. She worried excessively over them when she was arrested in Hong Kong. She cried at night, lost her appetite and showed syndromes of social withdrawal and irritability in prison. She expressed and gave vent to much sorrow and anxiety in her drawings.

In my family, I am the binding element, because they depend on me for their needs. When I lose my freedom, the other three family members lose their livelihood--- they have no support, no school, no better life. We all cry. We are all prisoners in different ways. Set my family free!



## Being Lost

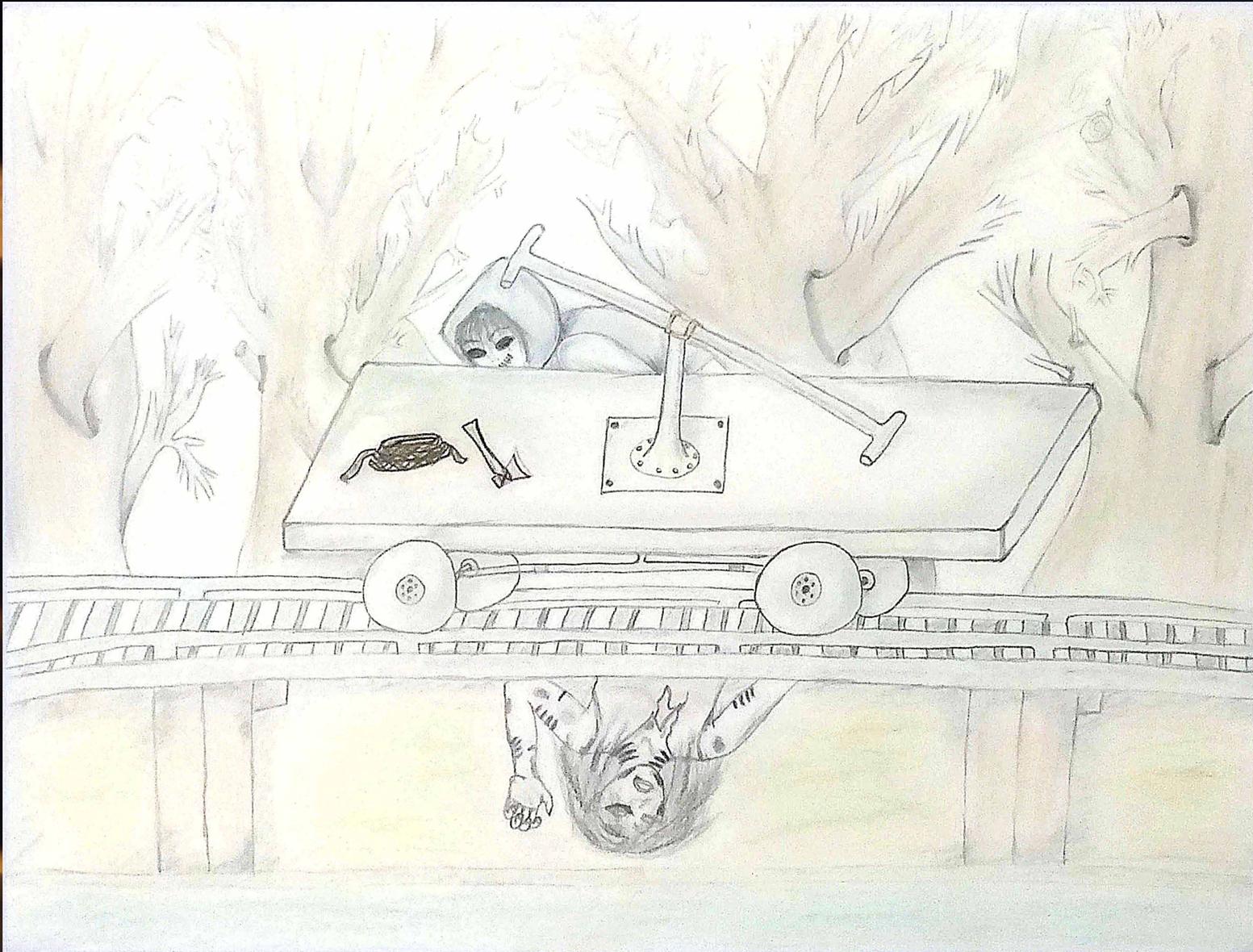
Most people put on a mask to hide from others when they enter prison. We lock our true feelings inside our hearts and pretend to be strong. We try to be someone else here, and day after day, we lose ourselves. We end up being hurt and lost. I am grateful for the help from the psychological unit. Without it, I will not be able to find my way and see the light inside me.

### **Words from her Clinical Psychologist:**

She faced difficulties in adjusting to penal life at the beginning. She could not trust others and she did not know how to express herself. She found herself hiding in the dark, feeling lonely and lost. But she had a strong desire for friendship.

The dilemma to go for friendship or to risk betrayal was commonly faced by female PICs. To protect themselves, the women tend to put on different personas from who they are. However, their needs to be understood and cared for suffer, and that in turn spells trouble for their sense of identity and self-esteem.





# My Dreams

The greatest pain one can feel is the pain in your subconscious. Every night I dream of places I've never been to or seen, and of people I've never met. There is always death in some ways. Watching people die in your dreams is the worst thing ever. There is nothing you can do but watch and wait till you finally wake up.

## Words from her Clinical Psychologist:

She was always the provider, the protector, the strong one for her family and her partner. Now that she was incarcerated and could not solve their problems, she was disappointed with herself. She felt anxious. She felt helpless. She was angry at herself. She struggled with her negative emotions and got irritated easily. She was exhausted.

She had always been there for others for so long that she forgot to look out for herself. She had taken up burdens and carried them all these times. She did not know she was important then. She now came to realize that she too deserved love and happiness. Her family needed to learn to deal with their own problems.

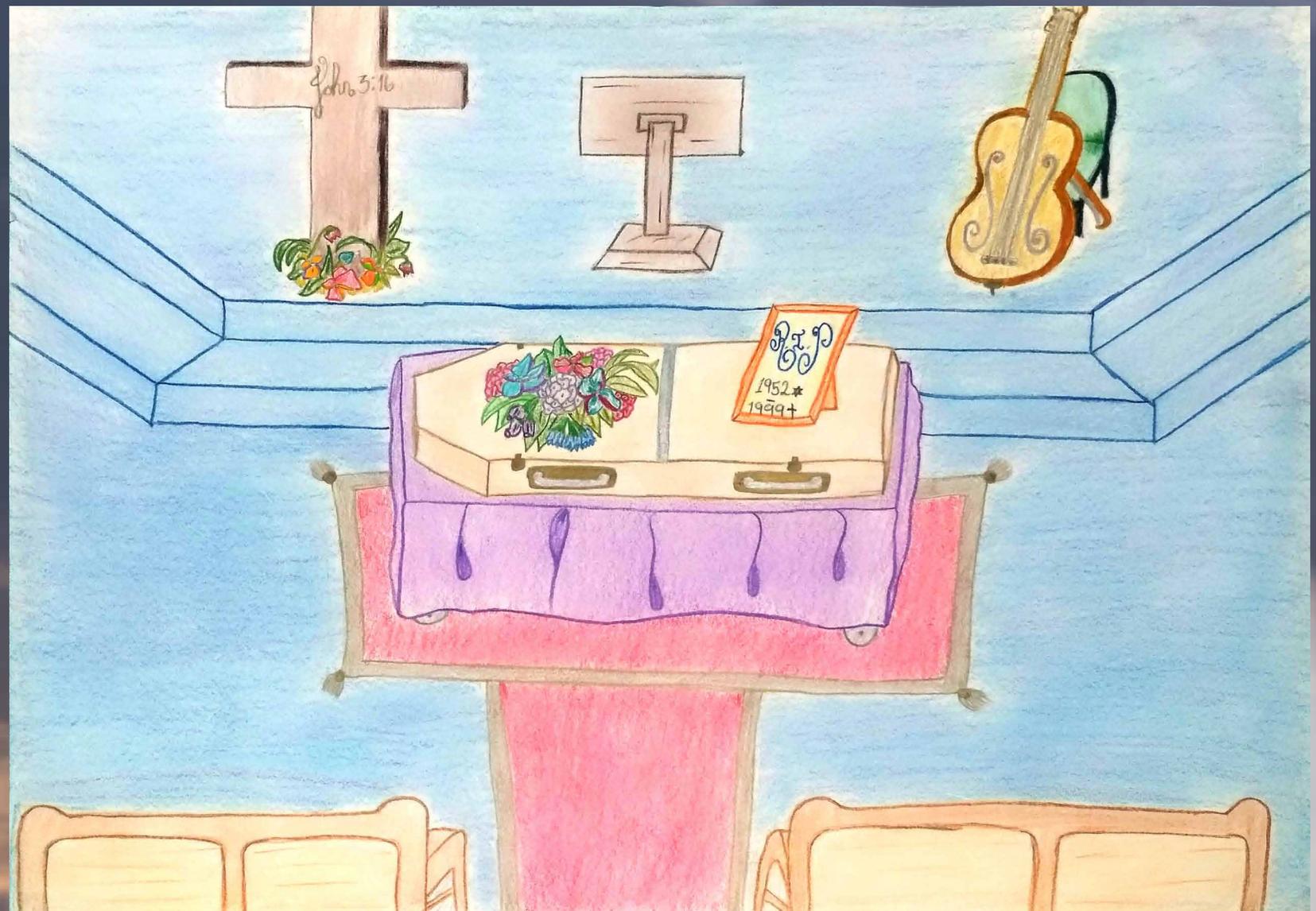


# Beginning of an End

The first real pain I felt was when I said goodbye to my father that day. I realized that everything in my life would change. It was his end but my beginning. In turn, my end will be someone else's pain, and someone else's beginning.

## Words from her Clinical Psychologist:

This is an image of her father's funeral. Pain was first experienced soon after he died when she was 10 years old. It deepened along the way. The world had become so different. She had to call a new man to be her "father" who molested her and abused her mother violently. Her mother became an alcoholic. She had to quit school to take care of her brother and work for a living. She tried to kill herself at the age of 14 and 16. Then she met her love, but was beaten up repeatedly and almost got strangled to death. She was forced to do drug trafficking, or her family would get hurt. Being in prison might be a nightmare for others, but for her, it was a blessing as she could leave these painful experiences behind and start anew.



# Every Storm has an End

When a storm occurred in my life, every last feeling of hope withered. It was so dark that there seemed to have no life at all.

But, during such dark times, we need just to wait, because every storm has an end!

## Words from her Clinical Psychologist:

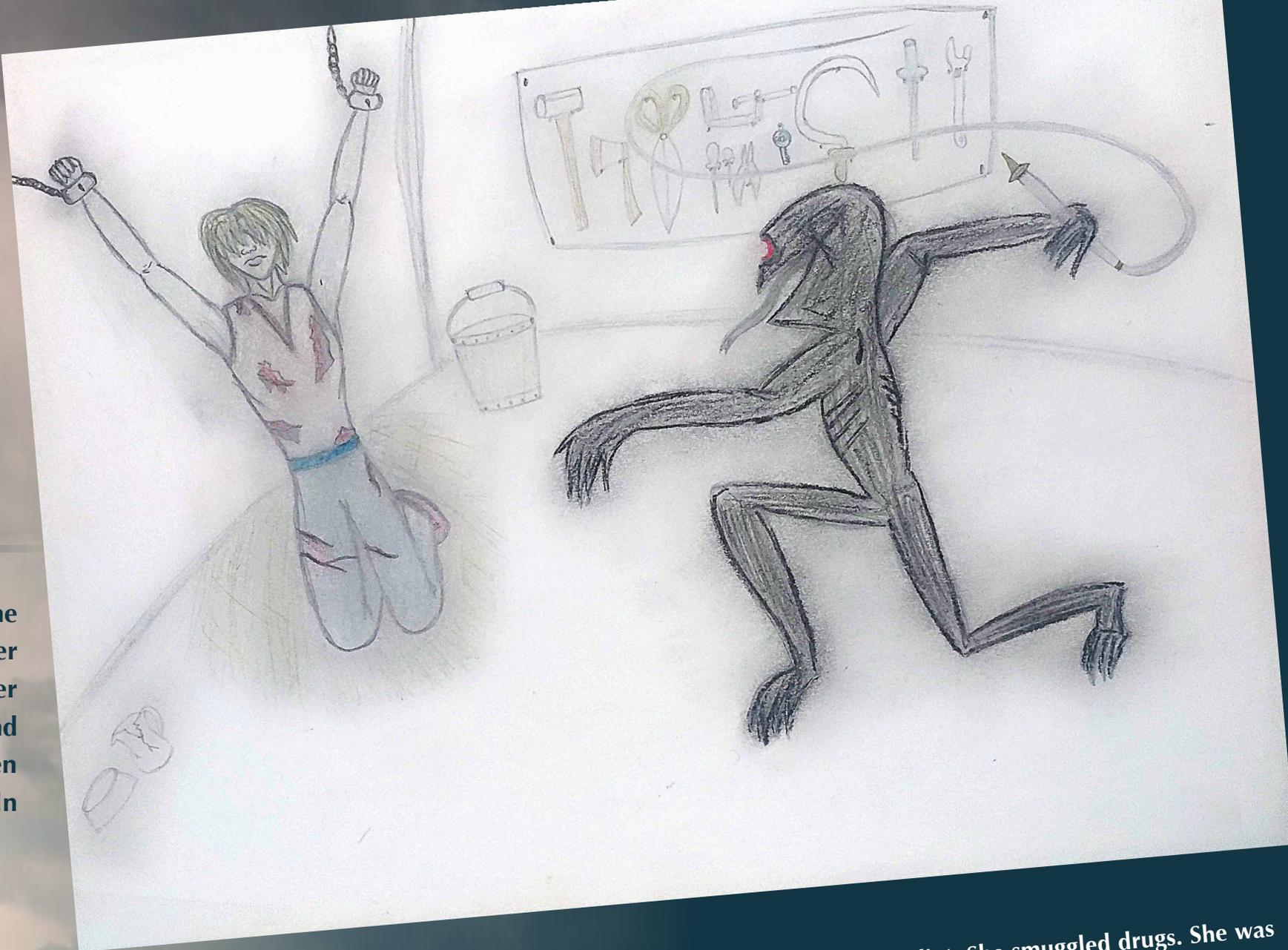
When she drew this picture, she was in the midst of a heavy storm. She has been under various stressors since her incarceration, including a long sentence of 30 years, the complex appeal process, physical illness and separation from her close ones. Although she believed that the sun would always be there behind the clouds and the storm would finally stop, she was overwhelmed by tiredness and hopelessness most of the time and avoided her problems by inflicting harm repeatedly to herself. With support from her family, her friends and our staff, I hope she will overcome her distress and enjoy the sunshine in the end.





# Pain and Suffering

The monster is "sin" and it is punishing the person (me). It makes the person suffer for her sins in a dark place. The monster imprisons people in their own hearts and minds. There is always a way out, even though it may be long and far away. In the meantime, life is always hard.



## **Words from her Clinical Psychologist:**

She admitted her sins. She shoplifted. She forged documents. She was an alcoholic. She was on the verge of becoming a drug addict. She smuggled drugs. She was unfaithful to her partner. She enjoyed violence. She was ashamed and she slashed herself. But then, she shoplifted to provide food for her younger brother when they were neglected. She forged documents to get money to support the family. She committed trafficking to repay debts for her partner. She was abused by her partner and she fought back and started meeting new ones. She drank and used drugs to escape from the cruel world she was in, where there were repeated sexual abuses, poverty and violence. Now, she is trying to take control of "sin" and leave its prison. She wanted to free herself from shame and guilt which had accompanied her all these years.

