

自我治療

康復中的男子对待兒時受虐影响指南



Helping Yourself Heal

A Recovering Man's Guide to Coping With the Effects of Childhood Abuse



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Treatment
www.samhsa.gov



自我治療：康復中的男子對待兒時受虐影響指南

序言

接受物質濫用治療的男子心中感受頗為複雜。多數男子被撫養長大的方式使他們難以體會、表達、理解、妥善處理、甚至去承認他們的感受。已經開始接受治療的你也許會感到放心、樂觀、為自己邁出走向康復的第一步而自豪，但有時你可能還會感到：

- 羞恥
- 焦慮
- 尷尬困窘
- 沮喪
- 憤怒
- 內疚
- 自責
- 無法與家人或朋友溝通聯係
- 瘋狂
- 麻木
- 恐懼
- 無助。

以上的一些感受對任何一位開始接受物質使用失調治療的男子來說都是很常見的，但是，如果他在兒童時期受過虐待，那麼他的這些感受可能更為強烈。在極端痛苦，難以承受的情況下，他可能會竭盡全力來避免這些感受，包括使用毒品或/和酒精。

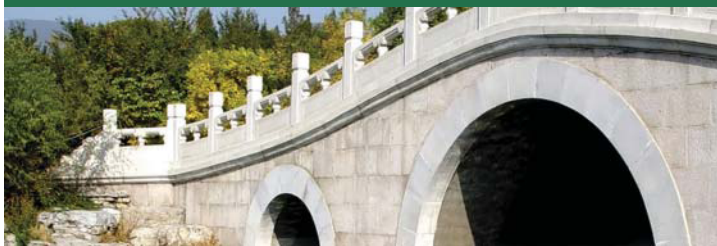
Helping Yourself Heal: A Recovering Man's Guide to Coping With the Effects of Childhood Abuse

Introduction

Men who are in treatment for substance abuse experience many different feelings. Because of the way most men were brought up, it may be difficult for them to experience, express, understand, and cope with their feelings—or even admit to having them. Now that you are in treatment, you may feel relieved, optimistic, and proud of yourself for taking the first step toward recovery. Yet, at times, you also may feel:

- Ashamed
- Anxious
- Embarrassed
- Depressed
- Angry
- Guilty
- Bad about yourself
- That you can't connect with family or friends
- That you're crazy
- Numbness or nothing at all
- Fearful
- Helpless.

Believe it or not, some of these feelings are common for any man who starts treatment for a substance use disorder, but for a man who also was abused in childhood these feelings can be even stronger. The feelings can be so painful or overwhelming that he may do many things to avoid them, including using drugs or alcohol or both.



有些接受物質濫用治療的男子雖沒有童年受虐的清晰的記憶（或沒有意識到童年被對待的方式屬於虐待），但卻有以上例舉的一些感受。有些男子極力壓抑受虐的記憶，以至於他們無法解釋為何自己有強烈的憤怒或恐懼感、在某人面前感到尷尬、作惡夢、或總感到壞事將會臨頭。有時在戒酒戒毒之後及在接受治療之中，以往因過於痛苦而被壓抑、或由於毒品或酒精而被阻隔的記憶，又會重新浮現出來。

探討、理解你試圖忘卻的兒時的痛苦記憶和經歷會有助於你的物質濫用治療，因為只有面對過去的創傷，才能專注于當前的生活。

什麼是兒童期虐待？

兒童虐待可發生于任何家庭，不倫其種族、宗教、或收入水平。

虐待有許多定義，有時可能很難斷定你兒時的經歷是否屬於虐待。由於年少，不能區分其中的差異，你那時可能以為所受的懲罰和待遇都是正常的。但請你思考以下所列的一些問題。這些問題僅涉及通常被認為是虐待的一部分經歷。你也許有其它受虐的經歷並沒有被列出來。你是否記得某個有權威之人：

Some men in treatment for substance abuse don't clearly remember being abused (or don't realize that the way they were treated as children was abusive), but they have some of the feelings mentioned here. Some men push their memories of abuse so far away that they can't explain why they have intense anger or fear, feel embarrassed around a particular person, have nightmares, or always feel as if something bad is about to happen. Sometimes, after people stop drinking or using drugs and are in treatment, memories may surface that had been too painful to think about before or that were blocked from memory by drugs or alcohol.

Working through the bad memories and experiences from childhood you've tried to forget can help you when you're in substance abuse treatment because facing old feelings can help you focus on your present life.

What Is Childhood Abuse?

Child abuse can occur in any family, regardless of its race, religion, or income level.

Abuse has many definitions, and sometimes it can be hard to know whether what you went through as a child was abuse. At the time, the way you were punished or treated may have seemed normal because you were too young to know differently. Here are some questions to think about. *These questions ask about only a few experiences that are generally considered abuse.* You may have had other experiences that are not on this list but are still considered abuse. Do you remember anyone in a position of authority:



- 對你採取極端的懲戒或懲罰？
- 很重地揍你的屁股或擊打你，在你身上留下瘀痕、傷口，或甚至打斷骨頭？
- 對你拳打腳踢？
- 行為方式讓你感到不舒服或無能為力？
- 叫你外號或辱罵你？
- 批評或嘲笑你的身體特徵，例如你的頭髮、膚色、體型、或殘疾？
- 對你說色情的話，看你脫衣或洗澡，給你看色情圖片或電影，或給你拍不適當的照片？
- 色情地觸摸你，或強迫你觸摸自己或他人？
- 強迫或誘使你觀看他人的性行為？
- 強迫或誘使你發生性行為？

假如你受到虐待，會有什麼征狀？

兒童期受虐的陰影可能伴隨你步入成年，這也許是你感到憤怒、焦慮、羞恥、沮喪、以及濫用物質的部分原因。你也許：

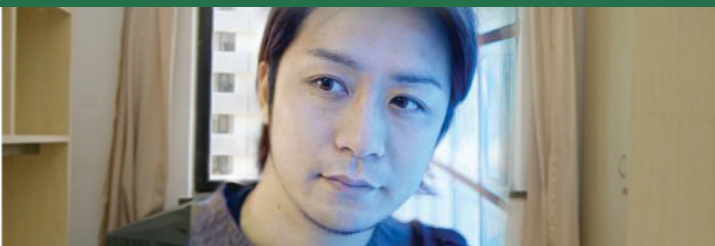
- 受虐的陰影不時浮現
- 經常做噩夢
- 對噪音、體膚接觸、或接近他人極為敏感
- 總是預感到壞事臨頭
- 容易動怒
- 對生命中的某些階段沒有任何記憶
- 虐待他人
- 感覺麻木
- 感到沮喪，甚至有自殺傾向
- 讓別人虐待或利用你。

- Using extreme discipline or punishment on you?
- Spanking or hitting you so hard that you had bruises, cuts, or broken bones?
- Beating or punching you?
- Acting in a way that made you feel uncomfortable or powerless?
- Calling you names or abusing you verbally?
- Criticizing or making fun of your physical characteristics, such as your hair, your skin color, your body type, or a disability?
- Talking to you in a sexual way, watching you undress or bathe, making you watch pornographic pictures or movies, or photographing you in inappropriate ways?
- Touching you sexually or making you touch yourself or someone else sexually?
- Forcing you to watch or talking you into watching others acting in a sexual way?
- Forcing you to have or talking you into having sex?

What Symptoms Could You Have If You Were Abused?

The effects of childhood abuse may still be with you as an adult. These effects might be part of the reason you feel angry, anxious, ashamed, or depressed and may be part of the reason you abuse substances. You may:

- Have flashbacks of the abuse
- Have frequent nightmares
- Be sensitive to noise, being touched, or being close to people
- Always expect something bad to happen
- Become angry easily



當你倍感壓力或身處引發受虐記憶的情境中時（如與你親近的人爭執，或觀看使你回憶起往事的電影或電視節目），以上例舉的症狀可能會愈發嚴重，愈發強烈。所有這些也許看似不可抗拒，但你會挺過來的。這你要明白。然而如果你想傷害自己或他人、或有自殺的念頭，請立即告訴你的物質濫用輔導員、或撥打911、或撥打全國預防自殺生命綫 1-800-273-8255。這些想法和感受需要立刻引起你的輔導員或心理衛生專家的注意。

治療期間，如何談論你兒童期受虐待的問題？

在物質濫用治療的初期階段，你應該著眼於清除你體內的毒品或酒精，理清你的思緒，學會如何建立健康的思維和行為方式。也許要等到戒了毒，戒了酒，與你的輔導員、其他接受治療者、以及其他康復中的人們交了朋友之後，你才會願意談論過去痛苦的受虐經歷。

但是，如果你的感受過於強烈和痛苦，或者使你想攻擊他人，你應當馬上處理這些問題。不管什麼時候，你都能向輔導員或其他接受治療的人們講述你的感受。無論你處於哪個康復階段，你總能得到幫助。請記住，許多曾與你有同樣感受的男子，已經渡過了這些難關，現在過著幸福、富有成果、遠離毒品的生活。

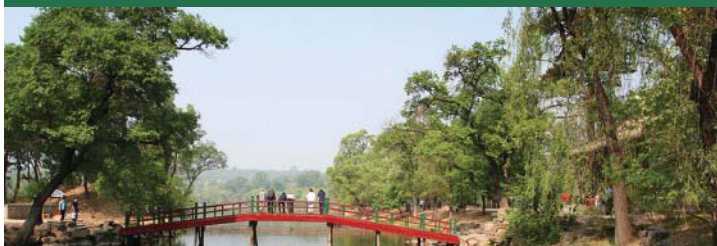
- Not remember periods of your life
- Abuse others
- Feel numb
- Feel depressed, even suicidal
- Let people abuse or take advantage of you.

These problems may get worse or become more intense when you're stressed or in situations that trigger memories of the abuse, such as when you fight with someone close to you or see a movie or television program that reminds you of a past experience. Know that you are okay—the feelings may seem overpowering, but you can get through them. *But, if you ever feel like hurting yourself or others or are thinking about suicide, tell your substance abuse counselor immediately, call 911, or call the National Suicide Prevention Lifeline at 1-800-273-8255 (TTY: 1-800-799-4889).* These thoughts and feelings need immediate attention from your counselor or a mental health professional.

How Can You Address Childhood Abuse Issues While You're in Treatment?

During the early stages of substance abuse treatment, you'll be focusing on getting the drugs or alcohol out of your system, clearing your head, and learning how to establish healthy patterns of thinking and behaving. You may want to put off addressing painful past abuse until you're comfortable being drug and alcohol free and have built relationships with your counselor, other clients, and others who are in recovery.

However, if the feelings are too overwhelming and painful or make you feel overly aggressive, you must address them right away. You can raise the issue with your counselor or other



何時與輔導員談論你的受虐問題，這完全由你決定，但重要的是，你要事先做好準備。這也許是你生平第一次向人傾吐兒時所發生的事。談論你所經歷的可能使你尷尬；談論家庭成員或與你親近之人可能使你感到內疚或不忠。在你說出了你的經歷後，你還可能害怕你的家人得知後會對你作出什麼反應。所有這些感受和恐懼都是很正常的；請與輔導員談論它們。

有時你會混同作為受虐兒童的感受和作為接受輔導的成人所擁有的選擇。兒時的你不能保護自己，但現在情況不同了。作為一個成人，你能夠談論過去並且開始康復合。

你的輔導員能如何幫助你？

一般來說，你告訴輔導員的所有一切都是保密的。在少數情況下，如果輔導員必須報告你的案例，他／她會先通知你。舉例來說，如果你告訴輔導員你打算傷害自己或他人，他／她必須按規定採取行動。另外，你也需要知道，心理健康和物質濫用輔導員通常被要求報告虐待兒童案例。如果這使你擔憂，因為你還不滿十八歲，你可以與輔導員探討他必須遵循的策略準則。如果你已成年，輔導員通常沒有義務報告你的案例，但如果施虐者仍能接近並傷害兒童，那麼輔導員還是有義務報告當局。

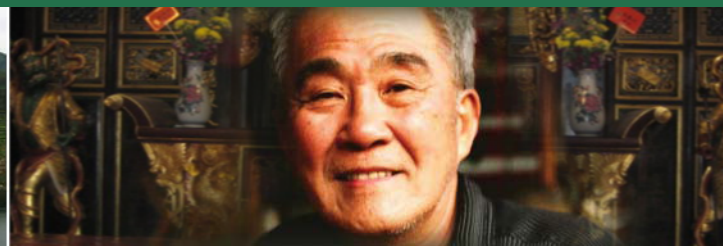
clients *whenever* you want or need to. No matter what stage of recovery you're in, help is available for you. And remember: Many other men have worked through these feelings and now lead happy, productive, substance-free lives.

It's up to you to decide when to discuss abuse with your counselor, but it is important for you to raise the subject *when you're ready*. This may be the first time you've ever told anyone about what happened to you as a child. You may feel embarrassed talking about what happened to you; you also may feel guilty or disloyal talking about a family member or another person close to you. You may fear how your family will react to you after you've talked about what happened. These feelings and fears are very normal; talk about them with your counselor.

Sometimes, it's hard to remember the difference between what you felt as a child who was abused and the choices you have as an adult in counseling. You couldn't protect yourself then, but you can now. As an adult, you *can* talk about what happened to you and you *can* begin to heal.

How Can Your Counselor Help?

In general, everything that you tell your counselor is confidential. Your counselor will inform you of the few situations in which he or she would have to break confidentiality. For example, if you were to tell your counselor that you intended to harm yourself or someone else, he or she would be required to take action. It's also important that you know that mental health and substance abuse counselors generally are required to report the abuse of children. If this concerns you and you are younger than 18, talk to your counselor about the guidelines he or she must



當你與輔導員或治療師談論你的經歷時，隨著痛苦和尷尬的記憶和感受相繼浮現，你對過去的注視越來越密切，你會發現交談變得越來越艱難。有時，這些難以承受的反應使你再度使用毒品或酗酒。輔導員能幫你明白過去受虐和今日物質濫用之間的關係、理解和對待你的感受、並且找到如亂倫匿名幸存者（SIA）之類的自助團體。如果你成長在有一人或多人物質濫用問題的家庭中，酗酒者的成年子女（ACA）及匿名互靠者（CoDA）等團體也許也會對你非常有用（見文末的“自助團體”）。

物質濫用輔導員也許能幫你介紹一位專治兒時受虐的輔導員或治療師。解決兒時受虐問題需要時間；你要與治療師建立起一種長期的關係，因為他不僅現在協助你，而且在你結束物質濫用治療之後，還將繼續為你提供服務。

結束篇

作為一個正從物質濫用中康復的男子，你已面臨巨大的挑戰。你讓人敬佩的力量使你得以生存並且做出接受物質濫用治療計劃的勇敢抉擇。你應當擁有機會獲得痊愈並且过上幸福、健康的生活。

follow. If you're an adult, your counselor generally is *not* required to report childhood abuse. The exception is when the abuser still has access to children and may harm them.

As you talk to your counselor or therapist about your experiences, you may find that your talks become more difficult when painful and embarrassing memories and feelings arise and you look more closely at the past. Sometimes, these overwhelming feelings contribute to a drug or alcohol relapse. Your counselor can help you understand the relationship between the abuse in your past and your substance use. He or she can help you understand and cope with your feelings and will help you find self-help groups, such as Survivors of Incest Anonymous. If you grew up in a family in which one or more people had substance use problems, groups like Adult Children of Alcoholics (ACA) or Co-Dependents Anonymous (CoDA) also might be very helpful to you.

Your substance abuse counselor also may help you find a counselor or therapist who specializes in working with people who have been abused as children. Addressing childhood abuse issues takes time; you'll need to develop a relationship with a therapist who can work with you now and who will continue to work with you after you've finished treatment for your substance use disorder.

A Final Note

As a man in recovery from substance use disorder, you've faced great challenges. It is a tribute to your strength that you have survived and have now made the courageous choice to enter a substance abuse treatment program. You deserve the chance to heal and to live a happy, healthy life.



你將面臨更多的挑戰，但你會有能力來處理好它們。請記住，你不是孤立無助的。請利用各種現有的資源和援助機構來幫助你達到你的康復目標。當你保持頭腦清醒時，你的選擇機會就越來越多；當你與你的輔導員或治療師建立起信任關係時，你已開始走向痊癒。而且，你在自我治愈過程中找到的勇氣，日後也許能夠幫助另一個沉陷於毒癮和痛苦之中的人。

對你自己要有耐心。治療需要時間，但這一切努力都是值得的。

聯邦資源

- SAMHSA 的健康信息網在
<http://www.samhsa.gov/shin>
1-877-SAMHSA-7 (1-877-726-4727)
- 毒品與酒精治療熱綫
1-800-662-HELP (4357)
- SAMHSA 毒品治療設施搜尋器
<http://www.findtreatment.samhsa.gov>
- 全國自殺預防生命綫
1-800-273-8255 或聽力障礙電話 1-800-799-4889 (可要求國語和粵語口譯服務)

You will face more challenges, but you will have the ability to cope with them, too. Remember: You are not alone. Use the many resources and support networks that are available to help you and to keep you moving toward your goal. As you stay sober, your options grow. As you create a trusting relationship with your counselor or therapist, you begin to heal. And the courage you find to help yourself heal might one day help another person who is lost in addiction and pain.

Be patient with yourself. Healing takes time, but it's worth it.

Federal Resources

- SAMHSA's Health Information Network
<http://www.samhsa.gov/shin>
1-877-SAMHSA-7 (1-877-726-4727)
- Drug and Alcohol Treatment Hotline
1-800-662-HELP (4357)
- SAMHSA's Substance Abuse Treatment Facility Locator
<http://www.findtreatment.samhsa.gov>
- National Suicide Prevention Lifeline
1-800-273-8255 or 1-800-799-4889 TDD
(Mandarin and Cantonese interpretation services available)



網上資源

- 兒童福利信息通道
<http://www.childwelfare.gov>

其它信息和治療資源

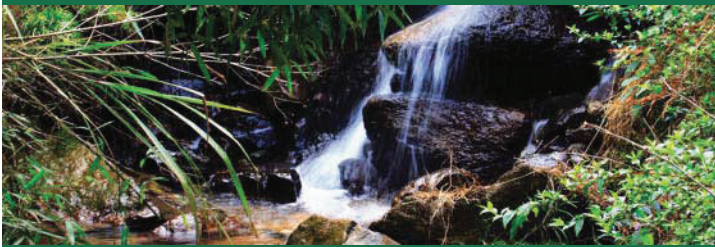
- 亞裔美國人藥物濫用規劃公司
Los Angeles, CA
<http://www.aadapinc.org>
323-293-6284 (可要求國語和粵語服務)
- 舊金山毒品/酒精治療推薦和信息
San Francisco, CA
415-362-3400 (可要求國語和粵語口譯服務)
- 教育聯合公司
New York, NY
<http://www.edalliance.org>
212-533-3570 (目前可要求粵語服務)
- 亞裔社區心理健康服務
Oakland, CA
<http://www.acmhs.org>
亞裔 ACCESS 熱綫
510-869-7200
(可要求國語和粵語服務)
- 美國亞太協會
Rosemead, CA
626-287-3475 (可要求國語和粵語服務)
- 舊金山家庭服務機構
San Francisco, CA
<http://www.fsasf.org>
415-474-7310 (可要求國語和粵語服務)

Online Resource

- Child Welfare Information Gateway
<http://www.childwelfare.gov>

Other Selected Information and Treatment Resources

- Asian American Drug Abuse Program, Inc.
Los Angeles, CA
<http://www.aadapinc.org>
323-293-6284 (Mandarin and Cantonese services available)
- San Francisco Drug/Alcohol Treatment Referrals and Information
San Francisco, CA
415-362-3400
(Mandarin and Cantonese interpretation services available)
- Educational Alliance
New York, NY
<http://www.edalliance.org>
212-533-3570 (Cantonese services available)
- Asian Community Mental Health Services
Oakland, CA
<http://www.acmhs.org>
Asian ACCESS Hotline
510-869-7200 (Mandarin and Cantonese services available)
- American Asian Pacific Ministry
Rosemead, CA
626-287-3475 (Mandarin and Cantonese services available)
- Family Service Agency of San Francisco
San Francisco, CA
<http://www.fsasf.org>
415-474-7310 (Mandarin and Cantonese services available)



自助團體

- 酗酒者的成年子女
<http://www.adultchildren.org> (英語網頁)
310-534-1815
- 匿名互靠者 (CoDA)
<http://www.codependents.org>
602-277-7991 (僅配有英語服務)
- 亂倫匿名生還者
<http://www.siawso.org> (英語網頁)
410-893-3322

Self-Help Groups

- Adult Children of Alcoholics
<http://www.adultchildren.org>
310-534-1815
- Co-Dependents Anonymous (CoDA)
<http://www.codependents.org>
602-277-7991
- Survivors of Incest Anonymous, Inc.
<http://www.siawso.org>
410-893-3322

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