

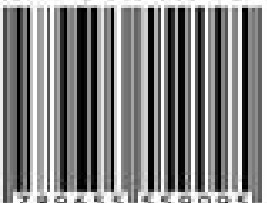
# A GUIDE TO RECOVERY FOR SURVIVORS OF TORTURE

DR. DIDDY MYMIN KAHN  
SR. AZEZET HABTEZGHI KIDANE

ሓገዝ ካብ ስዕቤን ተመክሮ  
ስቅያት ንምሕዋይ።

ዶ/ር ዲዲን ማይሚን ካህን  
እናቱ ዓዘዘት ህብተዝጊ ኪዳነን

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 **UNHCR**  
The UN Refugee Agency

**KUCHINATE ኩቸነተ**

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**Dr. Diddy Mymin Kahn and Sr. Azezet Habtezhghi Kidane**

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Translation to Tigrinya: Mebrhatu Baraki and Kebedom Mengistu

ናብ ትግርኛ ኣብ ምትርጓም: መብራህቱ በራኺን ክበዶም መንግስቱን

Illustrations by Karen Brockman

መብርሂን መረዳኢታትን ብካረን ብሮክማን

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እዚ መጽሓፍ እዚ ብገንዘባዊ ሓገዝ ውድብ ሕቡራት ሃገራት ላዕላዊ ኮሚሽነር ስደተኛታት (UNHCR)

ተል ኣቢቤ ተመዊሉ።

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Tel Aviv Israel, 2016

ሕትመት ተል ኣቢቤ 2016

## DEDICATION

*This handbook is dedicated to the memory of those asylum seekers who tragically lost their lives, and also to those who survived the torture in the Sinai desert.*

## ወፈያ

እዚ መጽሓፍ ዚ መዘከርታ ነቶም ሓተቲ ዑቕባ ብዝገርም ኩነታት ሂወቶም ንዝሰኣኑን እንከላይ ነቶም ኣብ ሲና ውጻእ መዓት ናይቲ ግፍዒ ዝኾኑን ከ ውዕል ዝተወፈየ እዩ።

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## FOREWORD

During the period 2009 to 2012, more than 41,000 persons crossed the border between Egypt and Israel illegally with the support of smugglers. Many of them passed through the Sinai where they were held in captivity until relatives were able to pay ransom to the smugglers. During their captivity period, many were exposed to various forms of torture and abuse, beatings, continuous shackling, cuffing and blindfolding for the entire captivity period, as well as sexual assaults, including repeated rape. It is estimated that some 7,000 individuals were exposed to different levels of atrocities in Sinai. In addition, many of them escaped persecution in their countries of origin, Eritrea and Sudan, where they were exposed to harassment, mistreatment, torture and arrests.

These events have certainly impacted the mental health and psychosocial wellbeing of many asylum-seekers like you. Psychological symptoms include loss of self-esteem, depression, hopelessness, anxiety, frustration, despair, flashbacks, nightmares, guilt, fatigue, sleep and eating disorders, medically unexplained physical complaints, or also withdrawal from domestic and social activities, aggression or interpersonal difficulties. Further, the day-to-day struggle in meeting basic needs and uncertainty are additional stress factors, leading to increased family tensions and violence.

UNHCR does recognize that mental health treatment is a big challenge and requires a longer healing process, and it is most difficult for men and women alike to come to terms with what happened in the past, to shed off the scars. This “Guide to Recovery for Survivors of Torture” should assist you on this path.

I would like to thank Dr. Diddy Mymin Kahn and Sister Aziza Kidane who used their years-long experience and work with torture survivors to create this Guide, as well as Mebrahtu Baraki and Kebedom Mengistu for their translation into Tigrinya.

*Walpurga Englbrecht*

*Representative – UNHCR Israel*

## መቼድም

ኣብ ዓመተ 2009 ክሳብ 2013 ኣስታት 41 ሺሕ ዝኾኑ ሰባት ብዘይ ሕጋዊ ኣገባብ ብሓገዝ ኣጋዓዝቲ ደቂ ሰባት ተሓጊዞም ንዶብ ግብጺ ሰጊሮን ናብ እስራኤል ኣትዮም። ብዙሓት ካብኣቶም ከኣ ከም ትሕጃ ክሳብ ኣዝማዶምን ኣዕርክቶም ነቲ ዝተሓተተ ገንዘብ ዝኸፍልሎም ኣብ ትሕቲ ደላሎ ኣገዓዝቲ ደቂ ሰባት ንብዙሕ እዋን ዝተቐመጡ እዮም። ኣብ ግዜ ቅርስነኦም፣ መብዛሕትኦም ንዝተፈላለዩ ዓመጽን ስቅያትን ተቓሊዖም፣ ተሃሪሞም፣ ብቐጻሊ ብሓጺን ተቐርቂሮም፣ ብዘይድልዮቶም ምስ መተኣስርቶም ንጸታዊ ርክብ ተገዲዶምን ንምሉእ ናይ ቅርስና ግዜኦም ዓይኖም ተሸፊኖምን፣ ጸታዊ ኣድልዎን ተደጋጋሚ ጸታዊ ዓመጽ ወይ ምግባስ እዩ ኔሩ። ኣስታት 7000 ዝተፈላለዩ ጭውያት ኣብ ሲና ንዝተፈላለዩ ደረጃታት ግፍዒ ተቓሊዖም ዮም። ብተወሳኺ ብዙሓት ካብኣቶም ካብ ግፍዕን ጭቆናን ሃዲሞም ካብ መበቆል ሃገሮም፣ ኤርትራን ሱዳንን፣ ኣብኡ ንኣድልዎ፣ ግፍዒ፣ ዓመጽን ማእሰርትን ተቓሊዖም ዝነበሩ እዮም።

እዞም ኣጋጣሚታት ኣብ ኣእምሮን ማሕበረ ስነኣእምሮ ናይ ከማካ ዝዓመሰሉ ጽልዋ የሕዲሮም ዮም። ስነ ኣእምራዊ ምልክታት ከም ዘኣንፍቶ ምጉዳል ርእሰ ተኣማንነት፣ ጸቕጢ፣ ተስፋ ምቕራጽ፣ ምንጽርጸር፣ ራዕዲ፣ ምትካዝ፣ ምብህራር፣ ሓዘን፣ ድኻም፣ ናይ ድቃስ ምቕዋስን ዘይስሩዕ ኣመጋግባን፣ ብሕክምና ዘይተገልጸ ኣካልዊ መረዳኢታታ፣ ወይ ድማ ካብ ዘቤታውን ማሕበራውን ንጥፈታት ምውጽእ፣ ምግርጫውን ውሽጣዊ ጸገማትን የጠቓልል። ካብኡ ሓሊፉ፣ መሰረታውያን ነገራት ንምርካብ ካብ መዓልቲ ናብ መዓልቲ ዝግበር ቃልሲ ስሩዕ ዘይምኻኖም ተወሳኺ ረቓሒታት ንጸቕጢ እዮም፣ ወጥርን እግርግርን ኣብ ስድራቤታት ክዓቢ ድማ ይመርሑ።

ላዕለዋይ ተጸዋዒ ሰደተኛታት ኣብ ውድብ ሕቡራት ሃገራት ፍወሳ ጥዕና ኣእምሮ ከቢድ ብድሆ ምኻኑ ነዊሕ ናይ ምድሓን መስርሕ ከምዘድልን ኣለልዩን፣ እቲ ዝኸፈኦ ጸገም ከኣ ንደቂ ተባዕትዮን ኣንስትዮን ኣብ ዝሓለፈ ዘጋተሞም ጸገም ኣብ ሓደ ኣምጺእኻ ምቕርራብ፣ ንስምብራቶም ንምርጋፍን እዩ። እዚ "መምርሒ ንምንጻህ ምጻእ መዓት ናይ ዓመጽ" በዚ መንገዲ ክሕግዝ ይኽእል እዩ።

ንዶክቶር ዲድይ ምይሚን ካህንን ንእናቴ ዓዘዘት ህብተዝጊ ኪዳነን ንናይ ዓመታት ተመኰረኣን ብምጥቃመንን ምስ ውጻእ መዓት ናይቲ ዓመጽ ምስረሐንን ነዚ መወከሲ ብምፍጣርን፣ ከምኡውን መብራህቱ በራኺን ከበዶም መንግስቱን ናብ ትግርኛ ብምትጓም ዝተሓጋዝተና ከምስግን ይደሊ።

ዋልፑርጋ ኣንግልብረቶት

ወኪል ላዕለዋይ ተጸዋዒ ሰደተኛታት ኣብ ውድብ ሕቡራት ሃገራት ኣብ እስራኤል

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*“Give thanks to the LORD, for he is good; his love endures forever.”*

Psalm 107:1

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Most of all thank you to all the men and women survivors of torture who have shared their lives with us.



## ምስጋና

"እግዚአብሔር ሰናይ እዩ፣ ምሕረቱ ኸኣ ንዘለአለም ይኑበር እዩ እም፣ አመስግንዎ"

መዝሙረ ዳዊት 107:1

ኣብ እስራኤል ንዝርከብ ውድብ ሕቡራት ሃገራት ላዕላዊ ኮሚሽነር ስደተኛታት (UNHCR) ኣብዚ ስራሕ እዚ

ብፍላይ ክኣ ንበርጊ ኣንገልብረኹት፣ ኤሊዛቤት ስቱልን እንዋ ካሳ ንዝገበራልና ሓገዝ፣ መተባብሩን ምኽርን ልዑል ምስጋና ነቕራብ።

ኣብ ጀኒቫ ስዊዘርላንድ ኣብ ውድብ ሕቡራት ሃገራት ላዕላዊ ኮሚሽነር ስደተኛታት (UNHCR) ላዕላዊ በዓል መዚ ናይ ስነ ኣእምሮ ጥዕና ንፒይተር ቮንተሾግል ነዚ መጽሓፍ እዚ ብኣትኩሮ ብምንባብ ንዚሃቡና ዕዞዝ ምኽሪ ኣዚና ነመስግን።

ነዚ መጽሓፍ እዚ ክብ ቋንቋ እንግሊዝ ናብ ትግርኛ ኣብ ምትርጓምን ኮምኡ ድማ ባህላዊ መልክዑን መልእኽቲ ንይቲ መጀመሪያ መጽሓፍ ኣብ ምዕቃብ ንዚገበርዎ ኣበርክቶ ንመብራህቱ በራኺን ንክበዶም መንግስቱን ኮምኡ ድማ ንፍስሃዩ ተስፋጊዮርጊስ ኣብ ኬምብሪጅ ዓዲ እንግሊዝ ተቐማጣይ ነዚ መጽሓፍ ኣብ መንባብን ሓሳብን ዝለገሱልና ንኹሎም ነመስግን።

ንካረን ብሮክማን ነቲ ዕዞዝ ዝኮነ መብርሂን መረዳእታትን ንሚካል ስክራይበር ብልዑል ተገዳስነት ነዚ መጽሓፍ ኣብ ምስንዳእ ዝገበሩልና ሓገዝ ነመስግን።

ንኹለን ኣብ ኩቸኔተ ዝሳተፉ ኣፍሪቃውያን ደቂ ኣንስትዮ ስደተኛታት ብሓባር ንዝሃባና ምኽሪን ምትብባዓን ኣዚና ነመስግን።

ንደናግል ኮምቦኒ ዚገበራልና ልዑል ሓገዝ ልዑል ምስጋና ነቕርብ። ንቤተሰብ ካህን ልዑል ምስጋና ስለቲ ልዑል ሐልዮቶምን ምትብባዓዎን።

ልዕሊ ኩሉ ኸኣ ነቶም ኩሎም ግዳይ ናይዚ ዘስካሕክሕ ማህሰይቲ ሰጊሮም ነቲ ታሪኽ ሕይወቶም ዘካፈሉና ልዑል ምስጋና ነቕርብ።

*I am not what happened to me.  
I am what I choose to become.*

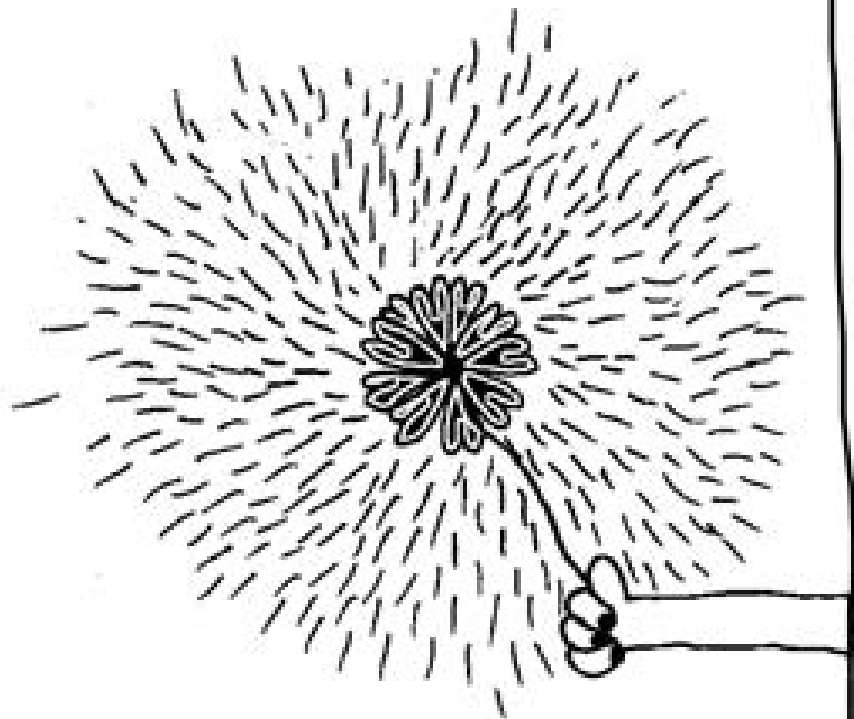
*Carl Jung*

**አነ ከምቲ ዘጋጠመኒ ዘይኮንኩ ሲ፡  
ከምቲ ክኮኖ ዝደሊ ኢየ ።**

**ካርል ጆንግ**

**ንምንታይ ነዛ መጽሐፍ ነንብባ**

**Why read this book**



## **WHY READ THIS BOOK?**

We have met many very courageous men and women who are survivors of torture. We know that while you are suffering the effects of your experience, you may not be able to pause to help yourself. This book has been written for you because we know that many people who are suffering the effects of torture are just surviving, trying to earn money and make a living. Life is hard and most people do not have time to go and get help for themselves. With time some people are able to heal and some people are left with effects that disturb them and stop them getting on with their lives. We are hoping that this book can help you, in some way, to help yourself. Many people do not want to read a book about torture and trauma because they do not want to think about the difficulties that they have been through. But the reality is that we cannot always control our minds and our thoughts as far as our trauma memory goes. Trauma can visit our memories and dreams, influencing us in ways that may be painful and uncomfortable. This booklet has been written to help you understand your reactions. We believe that understanding how the mind and body work when they have been through experiences such as yours, can give you power, make you feel stronger and help you to begin to heal. Also we hope that you will understand that the distress that you feel makes sense and is a normal reaction to the very abnormal atrocities you experienced. We have included some ideas, which may be of help to you in your healing journey. We are not implying that just reading a book will help you get over your terrible experiences, but we hope that we can be part of your healing journey.

## **ንምንታይ ነዛ መጽሓፍ ነንብባ**

ብጣዕሚ ብዙሓት ሰብኡትን አንስትን ካብ ዘሕለፍዎ ሰቓይት ዝደሓኑ ረጂብና አለና። በቲ ዘሕለፍዎ ተሞክሮ እናተሳቀኹም ንዝሓለፍኩም ክትሕግዙ አይትክእሉን ትኾኑ። እዛ መጽሓፍ እዚኣ ንዓኹም እያ ተጻሒፋ፡ምክንያቱ ብዙሓት ሰባት በቲ ዘሕለፍዎ ሳዕቤናት ሰቓይት ዝሳቐዩ አብ ናብራ ተጻሚዶም ይርከቡ። ናብራ ከቢድ እዩ፣ ብዙሓት ሰባት ናብ በዓል ሞያ ከይዶም ነብሶም ክሕግዙ ግዜ ዮብሎምን ምስ ግዜ ገለ ሰባት ክድሕኑ ኪኢሎም እዮም ገለ ሰባት ድማ ገና ካብቲ ሳዕቤናት ዝፈጠሮ ምርባሽ ሂወቶም ክመርሑ አይከኣሉን። እዛ መጽሓፍ ብገለ ክፋላ ሓጋዚት ክትከውን ተስፋ ንገብር ።

እዛ መጽሓፍ ዝጸሓፍናዮ ጸቕጥን ሕሱም ተመክሮን አብ ሂወትኩም ብኸመይ ከምዝጸልወኩም ንክትርድእዎ ንክትሕግዝ እዩ። ከም እምነትና ንምንታይ እዚ ዝስመዓኩም ዘሎ ስምዒት እንተተረዲኡኩም ሓያላት ንክትኮኑ ይሕግዘኩም። ብትወሳኺ ድማ እቲ ዝስመዓኩም ዘሎ ስምዒት አብ ዘይንቡር ኩነታት ዚስመዓኩም ንቡር ኩነታት ምዃኑ ንክትርድእዎ ይሕግዘኩም ። አጃኹም አይኪትጽለሉን ኢኹም ።

ብዙሓት ሰባት ብዛዕባ ሰቓይት ዝምልከት መጽሓፍ ከምብቡ አይደልዩን እዮም ምክንያቱ ብዛዕባ እቲ ዘለዎም ክሓስቡ አይደልዩን እዮም። እቲ ሓቂ ግን ኩሉ ግዜ ተዘክሮታትና ክሳብ ዝሃለወ እኣምሮናን ሓሳባትናን ኪንቆጸጸርን አይንክእልን ኢና። ሕሉፍና ነቲ አብ ተዘክሮታታናን ሕልምናን ዘሎ ቃንዛን ዘይምቐእነትን ከዘኻኸረና ይኸእል እዩ። አብዚ መጽሓፍ ሩፍታ ዝህቡኻ ሓደሓደ ሜላታት ኪትመሃሩ ኢኹም ።

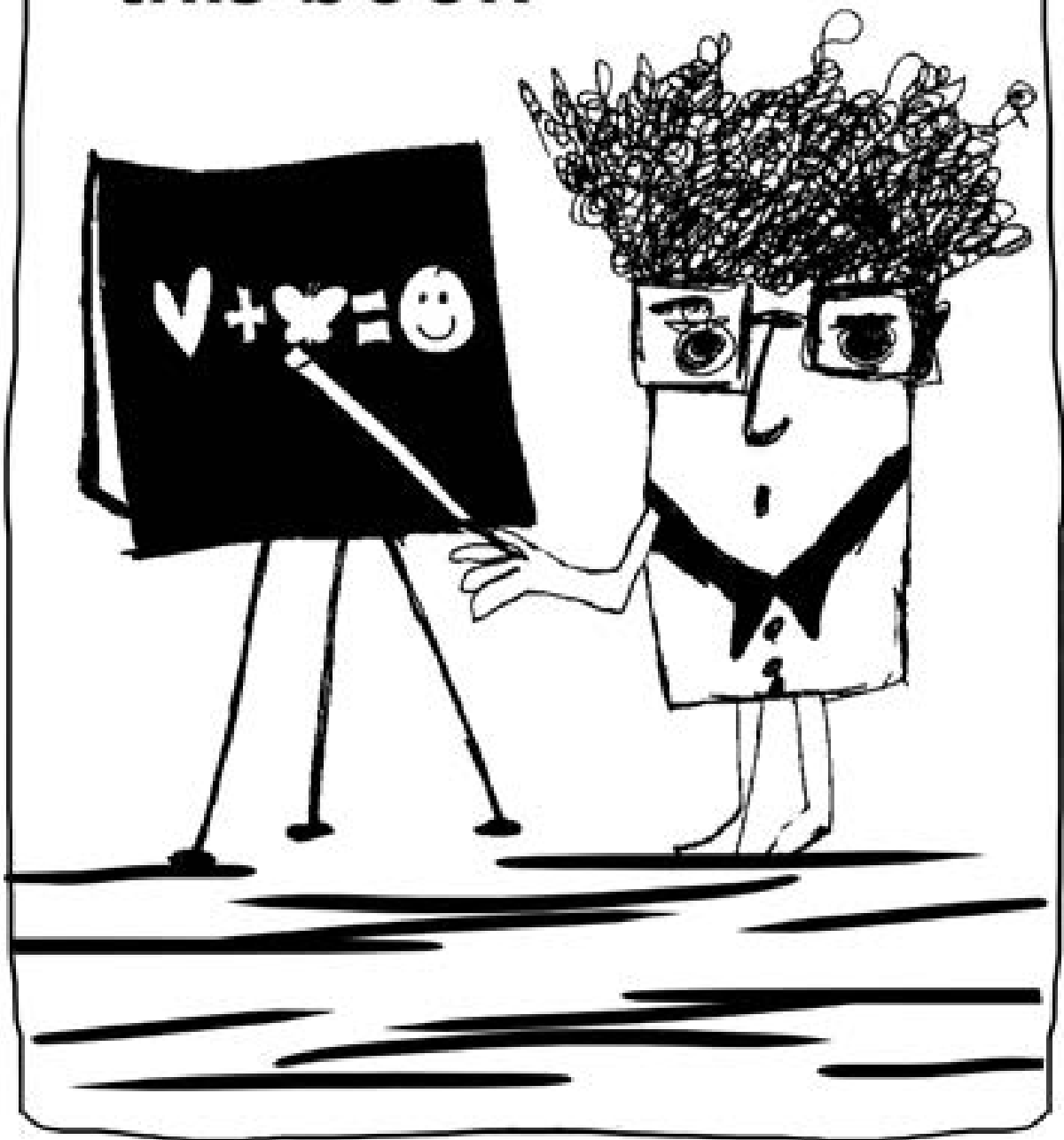
እዛ መጽሓፍ ንናትኩም ግብረመልሲ ንክትርድእዎ ክትሕግዝ ዝተጻሕፈት እያ። ነእምሮናን አካላትናን ከመይ ከምዝሰርሕ ምርድኡ ከምዚ ናትኩም ተዘክሮ ዘሕለፉ ሓጋዚት ከምዝኾኑት ንአማን። ሓይሊ ከህበኩም ይኸእል፡ ብርታዕ ከምዝስመዓኩምን ክትፍወሱን ይሕግዘኩም። ብትወሳኺውን ነቲ ዝስመዓኩም ጸቕጢ ምክንያታዊ ከምዝኾነ ከምዝርዳእኩምን ንቡር ግብረመልሲ ነቲ ዘይንቡር ኩነታት ዘሕለፍኩም ኩነታት ዘሕለፍኩም ከምዝኾነ ክርዳእኩም ተስፋ ንገብር። ነቲ ናይ ምሕዋይ ጉዑዞኹም ዝኸእል ገለ ስትራተጂታት የእቲና አለና። መጽሓፍ ምንባብ ጥራሕ ካብቲ ዘሕለፍኩም አሽጋሪ ተመኩሮ የገላግለኩም ማለት አይኮነን። አካል ናይቲ ጉዕዞ ምፍዋስ ኪንከውን ተስፋ ንገብር።

**NOTES** መተሐሳሰቢያ

[illegible]

ነዚ መጽሐፍ ከምዶ ጌርኻ ተንብቦ

How to read  
this book



## **HOW TO READ THIS BOOK**

Everyone is affected by torture differently. This book covers a lot of possible difficulties that a survivor may experience, and all of these difficulties are divided into short self-contained chapters. If you do not want to read the whole book, you can just choose a chapter that is relevant to you now. The chapters are short and so easy to read. All of the chapters explain why you may be experiencing what you are experiencing, and then some ideas are suggested that may be helpful to you, and may give you some relief. We advise that you try out the exercises in the book and practice them.



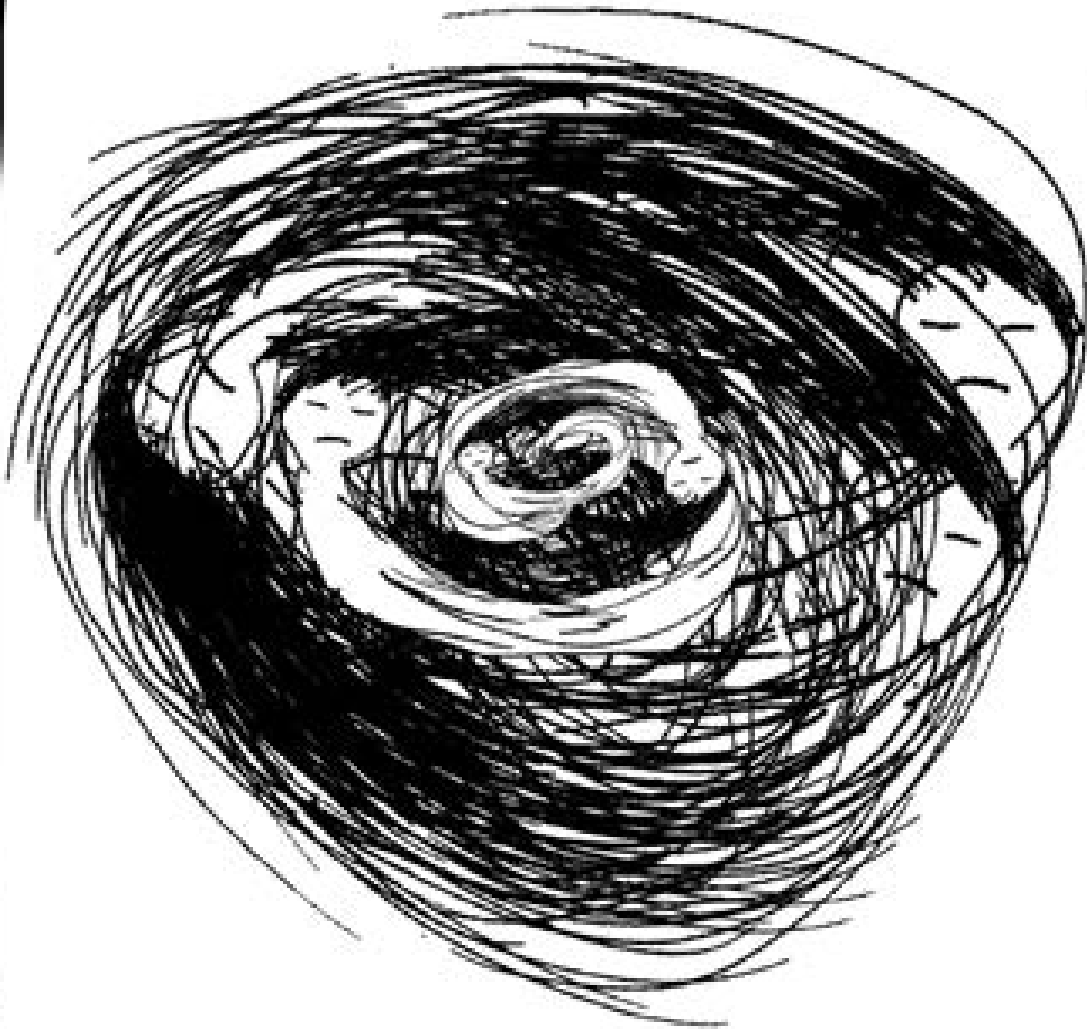
## ነዚ መጽሐፍ ከምይ ጌርካ ተንብቦ

ነፍሲ ወከፍ ብዝተፈላለየ ግፍዒ ተጸልዩ ኢዩ። እዚ መጽሐፍ ዚ ነቶም ውጻእ መዓት ኣብ ግምት ብምእታው ዝተፈላለዩ ተኸእሎ ጸገማትን ይሸፍን፤ ንኹሎም ቶም ጸገማት ከኣ ናብ ነፍሱ ዝከኣለ ዓንቀጽ ይመቐሎም። ነዚ መጽሐፍ ብምልኡ ከተንብቦ ዘይትደሊ እንተኾንካ፤ ምስኩነታትካ ዝመሳሰል ሓደ ምዕራፍ መሪጽካ ከተንብብ ትኸእል። እቶም ምዕራፋት ሓጽርትንን ከተንብቦም ቀለልትን እዮም። ኩሎም ቶም ምዕራፋት መግለጺ ይህቡ ኢዮም ስለዚ ዩ ከኣ ስለምንታይ ተመኩርካን(ተፍቲንካ) እንታይ ተመኩርካን ክትርዳእ ትኸእል ኢኻ፤ ካልእ ውን ገለ ኣገባባት ንዓኻ ሓገዝትን ዕረፍቲ ዝ ህቡን ከመላኽቱ ይኸእሉ እዮም። ንሕና ንመኸሮ ነዞም ኣብዚ መጽሐፍ ዘለዉ ክትለማመደሎምን ክትፍትኖምን እዩ።

[illegible]

ግፍሩ እንታይ ኢዩ

WHAT IS TORTURE



## WHAT IS TORTURE

Torture has been described by many as “hell on earth” and is an experience that no one should have to encounter in their lives. Everyone is affected differently by their experiences depending on the circumstances. However there are some common effects that survivors of torture report as a result of their experiences of physical and mental suffering.

Initially survivors report a sense of relief at having been freed from the hands of the abusers. Some experience shock and denial. This can be followed by a deepening awareness of loss and overwhelming feelings of hopelessness, fear and sadness. Many survivors of torture suffer in silence because of cultural taboos, and feelings of shame about what they went through. People also develop a fear and distrust of people and therefore withdraw from the community and become socially isolated. Survivors often feel that their beliefs about the world have been shattered, with thoughts such as “the world is not a safe place” and “nobody can be trusted”. All these feelings may start immediately, or they may appear later on, when the survivors are not only busy with daily struggles for physical survival. Sometimes these feelings come and go at different times and stages of life. The struggle for survival is made harder by being an asylum seeker where there are significant barriers to accessing basic human rights such as health and employment, and hostile racist attitudes in the country. Some torture survivors are imprisoned on arrival in the host country with no access to assistance at all. Torture affects not only individuals but also the families and communities in which they live.

While many people find different ways to cope and survive, some people have difficulty moving on with their lives. You can help yourself to find constructive ways of managing to overcome the long-term consequences of torture as you begin to regain and rebuild your life.

It is hoped that this book will help you to gain some stability as you work towards reclaiming your life.

## ግፍዒ እንታይ ኢዩ

ግፍዒ ብብዙሓት ሰባት ከም' ሲኣል ኣብ ምድሪ ኢዩ ዝግለጽ፡ እዚ ድማ ንዝኾነ ሰብ ኣብ ሂወቱ ከጋጥሞ ዘይብሉ ኢዩ። ዝኾነ ይኸን ሰብ ኣብ ተምኩረኡ ንኹነታት ብዝምልከት ተጻልዩ ክኸውን ይኸእል፡ እንተኾነ ግን ካብ ከቢድ ግፍዒ ዝደሓኑ ሰባት ገለ ኣእምሯውን ኣካላውን ሳዕቤናት የስዕበሎም።

ካብ ግፍዒ ዝደሓኑ መጀመርያ ዘመሓላልፍዎ ነገር፡ ካብ ኢድ ኣጋፋዕቲ ነጻ ምውጻእም እዩ። ገለ ሰባት ድማ ፍርሃን ኣሉነትን ይዕብልሎም ነዚ ስምዒት ዚ ተኸቲሎም ዓሚቕ ናይ ጥፍኣትን ኣናዋጽን፣ ተስፋ ምቕራጽን፣ ፍርሕን፣ ሓዘንን ይስዕቡ። ግዳያት ግፍዒ ዝኾኑ ብዙሓት ሰባት ብስንኪ ባህላዊ ንውርታት ስቅያት ኣብ በይኖም ተሓጺሩ ይተርፍ፡ ብስንኪ ቲ ዝሓለፍዎ ድማ ሕፍረት ይስምዖም። ገሊኦም ድማ ፍርሕን ኣብ ሰብ ዘይምትእምማንን የማዕብሉ፡ በዚ ኣቢሎም ድማ ካብ ሕብረተሰብ ይንጸሉ። ግዳያት መብዛሕትኡ ግዜ ኣብ ዓለም ዝነበርም እምነት ከም ዝዓነወን ማለት፡ ዓለም ውሕስቲ ቦታ ኣይኮነትን፡ 'ዝኣምኖ' ሰብ ውን የለን። እዚ ስምዒታት እዚ ወይ ብቐጥታ ወይ ድማ ምስ ግዜ ዝገሃድ ኢዩ እዚ ድማ ግዳያት ካብ ንምንባር ዝግበር መዓልታዊ ሃልኪ ናጻ ምስ ዝኾኑ ኢዩ።

ንምንባር ዝግበር ሃልኪ ብፍላይ ንስደተኛ ክብድ ዝበለ'ዩ። እቲ ዘኸብዶ ድማ ዝተፈላለዩ ዕንቅፋታት ከም መሰረታዊ ሰብኣዊ መሰላት ኣብ ጥዕናን፣ ስራሕን ተጻባኢ ዝኾነ ዓሌትነት ሃገርን ኢዩ። ገለ ካብቶም ብሂወት ዝወጹ ግዳያት ሓገዝ ጠቕሊሎም ኣብ ዘይረኽቡሉ እሱርቤት ይእሰሩ። ጭቕና ንውልቀሰባት ጥራይ ዘይኮነ እንከላይ ንስድራቤታትን ነቶም ምስኦም ዝነብሩ ሕብረተሰብ ይጽሉ።

ገለ ሰባት ዝተፈላለዩ መንገድታት ብምፍጣር ንሽግራቶም ክቆጻጸርዎ እንከልዉ እቶም ዝተረፉ ግን ሂወቶም ንምቕጻል የጸግሞም። ዝተፈላለዩን ሃናጽን ዝኾነ መንገድታት ብምንዳይ ናይ ነዊሕ ግዜ ሳዕቤን ዘኸተለልካ ግፍዒ ኣወሃሂድካ እትቆጽጸረሉ ህሞት ፈጢርካ ንሂወትካ እትረኽበሉን እጣንጽሉን ምዕራፍ ምፍጣር።

ነዚ መጽሓፍ ምስ ነብሰኻ ንምትዕራቕ ገለ ጥጡሕነት ክፈጥረልካ ኢዩ።

[illegible]

# ነብሰ ተገዳስነት

## Self Care



## **SELF CARE**

- \* Self care is the first step that you can take toward helping yourself.
- \* Self care means looking after yourself in a healthy way and includes taking care of your emotional, physical, and spiritual health.
- \* Self care requires taking a compassionate and caring attitude toward yourself.
- \* Self care requires that you act in a way that ensures that you can function as best as possible, while facing the challenges of your past and present difficulties
- \* Learning to practice self care can reduce stress and ensure your short term and long term health
- \* Each person's self care plan is different and unique to them.

## **CHALLENGES TO SELF CARE**

Self care can be very challenging for survivors of torture because your abuser may have made you feel unworthy of Self care by treating you in a degrading, inhuman and disrespectful manner. Additionally because of what you have experienced you may not be able to sleep well, you may not feel like eating healthily and you may not feel like you have the energy to care for yourself. As an asylum seeker you may work in physically demanding and multiple jobs, or you may not have a job at all, you may live in overcrowded, difficult conditions and you may feel that you do not have the means to eat healthily.

**Self care requires the intention to do the best that you can, given the circumstances. Self care means that you respect yourself, take care of yourself and that you are compassionate towards yourself. Self care requires that you treat yourself as the precious human being that you are.**



## **ነብሰ ተገዳስነት**

- \* ነብሰ ተገዳስነት ኢታ ቀዳመይቲ ነብስኻ ንምሕጋዝ ትውሰድ ስጉምቲ እያ።
- \* ነብሰ ተገዳስነት ማለት ንነብስኻ ብስምዒታውን፣ አካልወን፣ መንፈሳውን መንገድታት ንነብስኻ ምኹሰኳስ ማለት እዩ።
- \* ነብሰ ተገዳስነት ተደናጋጽን ግዱስን ብዝኾነ መንገዲ ይግበር።
- \* ነፍሰ ተገዳስነት በቲ ዘጋጥመካ ሕሉፍ ይኹን ህሉው ብድሆታት ከይተዓናቐፍካ ብዝበለጽን ዝተኻእለን መንገዲ ምጥቃም የድሊ።
- \* ትምህርቲ ነብሰ ተገዳስነት ጽቕጢ ሃንጎል የጉድል፣ ኣብ ነዊሕን ሓጺርን ጥዕናኻ ውሑስ ይገብር።
- \* መደብ ነብሰ ተገዳስነት ካብ ሰብ ናብ ሰብ ይፈላለ።

## **ብድሓታት ነብሰ ተገዳስነት**

ነብሰ ተገዳስነት እቲ ዝኸበደ ክኸውን ይኽእል ብፍላይ ነቶም ግዳይ ግፍዒ ዝኾኑ ዘጓትት ምኽንያቱ እቲ ዝገፍዕ ንዓኻ ከም ሓደ ዋጋ ዘይብሉ ከስምዕ ወይ ዘምስል ኔሩ። ከም ዘይሰብ ከም ክብሪ ዘይብልካ ጌርካ ስለ ዘሳቕየካ። ብተወስኺ እቲ ንሰኻ ዘሕለፍካዮ ሕማቕ ተመኩሮ ጽቡቕ ንኺይትድቅስ ከምቲ ዝግባእ መግቢ ንኺይትበልዕ ከም ሓይሊ ወይውን ክእለት ከም ዘይብልካ ኣብ ነብሰ ተገዳስነት ጽቕጠት ክገብረልካ ይኽእል እዩ። ከም ስደተኛ ኣብቲ ግልበት ክሓትት ዝኽእል ስራሕ ጥራሕ ወይ ውን ብዘይ ስራሕ ትኸውን፡ ኣብ ሰብ ዝበዘሐ ስፍራ ወይ ድማ ኩነታት ከምቲ ዝግባእ አመጋግባ ዝገበርካ ይመስለካ።

ነብሰ ተገዳስነት ዝጠልቦ ቲ ዝኽእሎ ንምግባር ተበግሶ ምህላው፣ ነብስኻ ምኽባር፣ ነብስኻ ምእላይ፣ ነብስኻ ምፍቃር፣ ነብሰ ተገዳስነት፣ ቀዳማይ ረቓሒ ናቱ ንነብስኻ ከም ሓደ ካብ ደቂ ሰብ ዝኸበረ ጌርካ ምርኣይ ኢዩ።

## **MY SELF CARE PLAN:**

1. Set your intention to care for yourself better and make a commitment to do this.
2. What are some of the self care practices that you currently do? Note that some of these practices may be good for your well-being and others may not be so good. *For example drinking excessively may not be healthy but doing physical exercise is healthy for you.*
3. What do you need to do in order to care for your self better? Note this down for yourself.
4. How could you better take care of your spiritual well being?  
*For example: attend a church or a mosque, pray or meditate, walk in nature, make a list of things that you are grateful for.*
5. How could you better take care of your physical well-being?  
*For example: eat well, exercise, get enough sleep, dance, stretch your body etc.*
6. How could you better take care of your emotional well being?  
*For example: don't isolate yourself, talk to a trusted person, access available health care services*
7. What are some of the obstacles or barriers you anticipate may stop you in achieving your goals?
8. Write down some solutions for overcoming these barriers.
9. Create a self care plan.
10. Implement your plan. You may want to start by marking off one thing that you will try, starting tomorrow. Review this list regularly and try and add further goals on a weekly basis.
11. Share your plan with a person you trust
12. Congratulate yourself for taking care of yourself!

**The following section offers some ideas for practicing to take care of yourself when you feel particularly challenged.**

## መደብ ነብስ ተገዳስነት

1. ናትካ ህንጡይነት ንነብስኻ ክትግደስ ንዝበለጽ ዕቤት፡ ነዚ ንምግባር ድማ ተበግሶ ምውሳድ።
2. ንነብስ ተገዳስነት እንታይ ዓይነት ንጥፊታት ትገብር፤ ገል ካብቲ ትገብር ንጥፊታት ንጥዕናኻ ብጽቡቕ ዝጽሉ ክኸውን ከሎ፡ ገለ ድማ ብንጽሩ ንጥዕናኻ ብጽቡቕ ከምቲ ዝድለ ዘይጸሉ ይኸውን (ን ኣብነት ብዙሕ ምስታይ ንጥዕናኻ ጽቡቕ ከይኸውን ይኸእል እዩ ብንጽሩ ግን ምውስዋስ ኣካላት ንጥዕናኻ ጽቡቕ እዩ።)
3. ንነብስኻ ተገዳስነት ኩን ንምግባር እንታይ ትጠልብ፤ እቲ ትጠልቦ ኣብ ጽሑፍ ኣስፍሮ።
4. መንፈስዊ ሂወትካ ብኸምይ ተዕቢ፤  
ን ኣብነት ናብ ቤት ክርስትያን ወይ ናብ መስጊድ ብምኻድ ምጽላይ መይ ንእትደልዮ ብምስትንታን ተዛኒኻ ብተፈጥሮ ብምዝንጋዕ ንኹሎም ትፈትዎም ብተኸተል ምጽሓፍ።
5. ንኣካላትካ ብኸመይ ትሓንጽ፤ ን ኣብነት ጽቡቕ ብምምጋብ፤ ምንቅስቃስ፤ ዕረፍቲ ግቡእ ድቃስ፤ ብምስዕሳዕ ወይ ምዝናይ ወዘተረፈ።
6. ስምዒትካ ብኸመይ መንገዲ ትሓሉ፤ ን ኣብነት ክትነግሮም ዝግበኣካ ነብስኻ ካብ ካልኣት ብዘይ ምንጽል፤ ሓሳባትካ ንእሙን ሰብ ትብሎ ምዕላል፤ ግቡእ ናይ ጥዕና መርመራ ምግባር።
7. ናብ ዓወትካ ንኸትበጽሕ ወይ ኩን ንኸይትገብር ዝዕንቅጹኻ ነገራት እንታይ እዮም።
8. ነዞም ዕንቅፋት መፍትሒ ዝኾኑ ኢልካ ትኣምነሎም ጸሓፎም።
9. መደብ ምውጻእ ንነብስ ተገዳስነት ንምትግባር ይሕግዝ።
10. ነቲ ዘውጻካዮ ኣብ ተግባር ኣውዕሎ፤ ድልየትካ ንምግባር ኣብ መስርሕ ክቀያየር ይኸእል እዮ ኣብ ጽባሕ ውን። ንኹሉ ዝገበርካዮ ኣብ ምትግባር ብግቡእ ገምግም፡ ኣብ ነብሲ ወከፍ ክውሰኹ ዘለዎም ባእታት ደምር።
11. ምስ ንስኻ ተኣምኖ ሰብ ሓሳብ ተኸፈል።
12. ንነብስካ ሰለ ምግዳስካ ንነብስካ ሞጉሳ።

እዞም ዝስዕቡ ዝወሃቡኻ ውሱናት ሓሳብት ኣብ ገለ እዋን ብድሆታት ኣብ ዝገጥሙካ ባዕልኽ ንመላመዲታት ክትጥቀመሎም ክትክእል ዝቐረቡ እዮም።

## **GROUNDING**

People who have experienced trauma in their lives can suffer from situations where they feel overwhelming emotional pain, often as a result of the memories of the traumatic event. At these times people often feel unable to function for periods of time. There are a number of grounding skills that can help you to feel better immediately, despite the pain that you may be experiencing.

### **SIMPLE GROUNDING**

Each one of these skills requires practice; the more you practice, the more automatically you can use these skills when you need them. You can use them anywhere.

1. Sit on a chair
2. Relax your body
3. Close your eyes and breathe deeply
4. Connect to your body
5. Feel the contact of your feet on the ground
6. Feel the contact of your body on the chair
7. Feel your back against the chair
8. What sensations can you feel in your body?
9. Take deep breathes
10. Slowly open your eyes
11. Look around, take in the details
12. What colours do you see?
13. What shapes do you see?
14. What can you smell?
15. What can you hear?
16. Tell yourself that you are safe now, you are here now.

## **ኣብቲ ዘለኻዮ እዋን ንክትነብር ዘኽእሉኻ**

ናይ ሕማቕ ተዝክሮ ዘለዎም ሰባት ከም ውጽኢት ዘሕለፍዎ ተዘክሮታት ናይቲ ክፍእ ግዜ ብስምዒታዊ ቃንዛ ክወሓጡ ይኽእሉ እዮም። ኣብ ዘለኻ እዋን ምንባር (grounding) ኮይኑ ንሓደ ሰብ ኣብቲ ሕሉፍ ዘይኮነ ኣብቲ ዘሎ እዋን ከመይ ጌሩ ነብሱ ተቐታጺሩ ብውሑስ ስምዒት ንክነብር ዝሕግዝ ቴክኒክ/ሜላ እዩ። ኣብ ዘለኻዮ እዋን ንክትነብር ዝሕግዙ ብዙሓት ሜላታት ኣለዉ። ዋላኳ ብሰንኪ ሕሉፍ ሂወትካ ብዙሕ ትሳቕ ኣንተኾንካ፤ እዞም ቴክኒካት ንመዓልታዊ ሂወትካ ክትመርሖ ይሕግዙኻ።

## **መሰረታዊ ግራውንዲንግ**

ነብሲወከፍ እዞም ቴክኒካት ክንለማመዶም ኣለና። ዝያዳ ኣብዝተለማመድናዮም ግዜ፣ ክንጥቀመሎም ኣብ እንደልየሉ ግዜ ንእለቱን ብቐሊሉን ኣብ ኣእምሮና ይመጹና። ኣብ ዚኾነ ቦታ ኪንጥቀመሎም ንኽእል።

1. ኣብ ሴድያ/ወንበር ኮፍ በል
2. ነብሲኻ ኣዛኒ
3. ዓይንኻ ዓሚትካ ዓሚቑ ኣስተንፍስ
4. ነብስኻ ይሰማዓካ
5. እግርኻ ኣብ መረት ረገጹ ከምዘሎ ይሰማዓካ
6. ነብስኻ ኣብ ሴድያ ከምዘሎ ይሰማዕካ
7. ሕቕኻ ኣብ ሴድያ ተጸጊዑ ከምዘሎ ይሰማዓካ
8. ኣብ ነብስኻ ኣንታይ ዓይነት ስምዒት ይስምዓካ ኣሎ ?
9. ብዑምቀት ኣስተንፍስ
10. ቀስ ኢልካ ዓይንኻ ክፈት
11. ኣብ ከባቢኻ ኣንታይ ከምዘሎ ጠምት
12. እንታይ ዓይነት ሕብሪ ርኢኻ?
13. እንታይ ዓይነት ቅርጺ ርኢኻ?
14. እንታይ ይሸትተካ ኣሎ?
15. እንታይ ትሰምዕ ኣለኻ?
16. ደሓን ከምዘለኻ ንነብሲኻ ንገር

## **SAFE PLACE**

Repeat steps 1-9 above

1. Imagine a safe place
2. A safe place can be anyone, anything, or anywhere and it does not have to be a real place.
3. Imagine this safe place in as much detail as you can.
4. What can you see in this image?
5. What can you hear in this image?
6. What can you smell in this image?
7. How does it feel?
8. Accompany the image of this safe place with words.
9. A word or sentence or song or prayer.
10. Whatever you associate with safety.
11. Imagine the safe place, together with the words and the relaxed feeling in your body.
12. Allow yourself time to let this feeling of safety take over your being.

## **SENSORY GROUNDING**

When you are in need of grounding you usually feel overwhelmed by unwanted thoughts, images and senses. It is useful to use all your senses in order to become grounded in the here and now in order to feel more stable.

**VISUAL** – Open your eyes and look at what you see around you. Describe to yourself what you see in great detail in order to ground yourself in time and space. You can put a picture in your wallet that soothes you and grounds you. Perhaps a picture of a loved family member or a place that you associate with safety would be helpful. Look at the details in the picture.

## **ውሑስ ቦታ**

ካብ 1-9 ኣብ ላዕሊ ተጠቂሶም ዘለዉ ድገሞም ። ቀጺልካ ነዚኦም ዝስዕቡ ተለማመድ ።

1. ኣብ ውሑስ ቦታ ከምዘለኻ ኣብ ኣእምሮኻ ቅረጽ
2. እቲ ውሑስ ቦታ ዝኾነ ነገር ወይ ቦታ ኪኸውን ይኽእል እዩ ። ቅድሚ ሕጂ ዝረኣኻዮ ወይ ዝነበረ ኪኸውን ይኽእል እዩ ።
3. እቲ ውሑስ ቦታ ብዝተኻለለካ መጠን ብደቂቕን ዝርዝራውን ገርካ ቅረጽ
4. ኣብቲ ዝቐረጽካ ስእሊ እንታይ ትርኢ ኣለኻ?
5. ኣብቲ ዝቐረጽካ ስእሊ እንታይ ትሰምዕ ኣለኻ?
6. ኣብቲ ዝቐረጽካ ስእሊ እንታይ ትሸትት ኣለኻ?
7. ከመይ ይሰምዓካ ኣሎ?
8. እቲ ውሑስ ኢልካ ዝቐረጽካ ስእሊ ብቐላት፡ብሓሳብ
9. ብደርፊ/መዝሙር ወይ ጸሎት ገርካኪ ኣሰንዮ
10. እቲ ውሑስ ኢልካ ዝቐረጽካ ስእሊ
11. እቲ ውሑስ ኢልካ ዝቐረጽካ ምስቶም ቃላት ፡ መዝሙር ..... ወዘተ ብኣንሳብ ጌርካ ቅረጽም ። ናይ ምዝናይ ስምዒት ኣብ ነብስኻ ይሰምዓካ
12. እዚ ውሑስ ዝኾነ ስምዒት ንክስማዓካ ንነብስኻ ግዜ ሃባ

## **ህዋሳዊ ግራውንዲንግ**

ኣብቲ ዘለኻ እዋን ንክትነብር ኪትደሊ ከለኻ መብዛሕቱ ግዜ ብዘየድልዩ ሓሳባት፡ስእልታት ከማኡውን ስማዒታት ትወሓጥ። ስምዒታዊ ርግኣት ንክትረኪብ እዞም ኣብ ላዕሊ ተጠቂሶም ዘለዉ ኣገባባት ምጥቃም ኣገዳሲ እዩ ።

**ርእየታዊ** - ዓይንኻ ከፊትካ ንከባቢኻ ጠምት ። ኣብቲ እዋንቲ ትነብር ከምዘለኻ ንምርግጋጽ ኣብ ከባቢኻ እንታይ ትርኢ ከምዘለኻ ብዚርዚር ንነብስኻ ግለጻላ ። ኣብ ውሑስ ቦታ ከምዘለኻ ከስመዓካ ዘኽእል ዝመረጽካዮ ስእሊ ኣብ ፖርቶፎልዮኻ ቀረባ ሓዝ ። እቲ ስእሊ ናይ እተፍቅሮ ቤተሰብካ ወይ ምስ ውሑስ ነገር ተታሳሰሮ ቦታ ኪኸውን ይኽእል እዩ ። ኣብቲ ስእሊ ብዚርዚር ተመልከት ።

**AUDITORY**– It is useful to have a phrase or prayer that will ground you in the present and soothe you. For example: “I am okay”, “I am safe”, “In God I trust” etc. You can also listen to a song or a prayer that is powerful for you.

**SMELL** – Smell is a very powerful in self-soothing and grounding. Smell has a direct link to the place in the brain where traumatic memories are stored. You can choose a scent, which is linked for you with the present, which connects you to a feeling of healing and health. You can put this on your arm or you can put it on a piece of cloth that you keep in your pocket. Breathe in deeply when you need to use it. If you do not have a scent then you can practice breathing in deeply and finding good smells around you.

**TOUCH** – It can be helpful to place a small object in your pocket to touch. It should be an object that you link with healing or safety. For example, it can be a child’s toy, a piece of cloth, a cross etc. Additionally it is helpful to ground through touch by “brushing” yourself with sweeping movements on your arms and legs, place your hands across your opposite shoulder and tap your back gently. Take ice and hold it in your hand, let it melt and feel the cold.

**Tell yourself that you are okay. That you are here and not “there”, that you are safe, that you will be okay.**



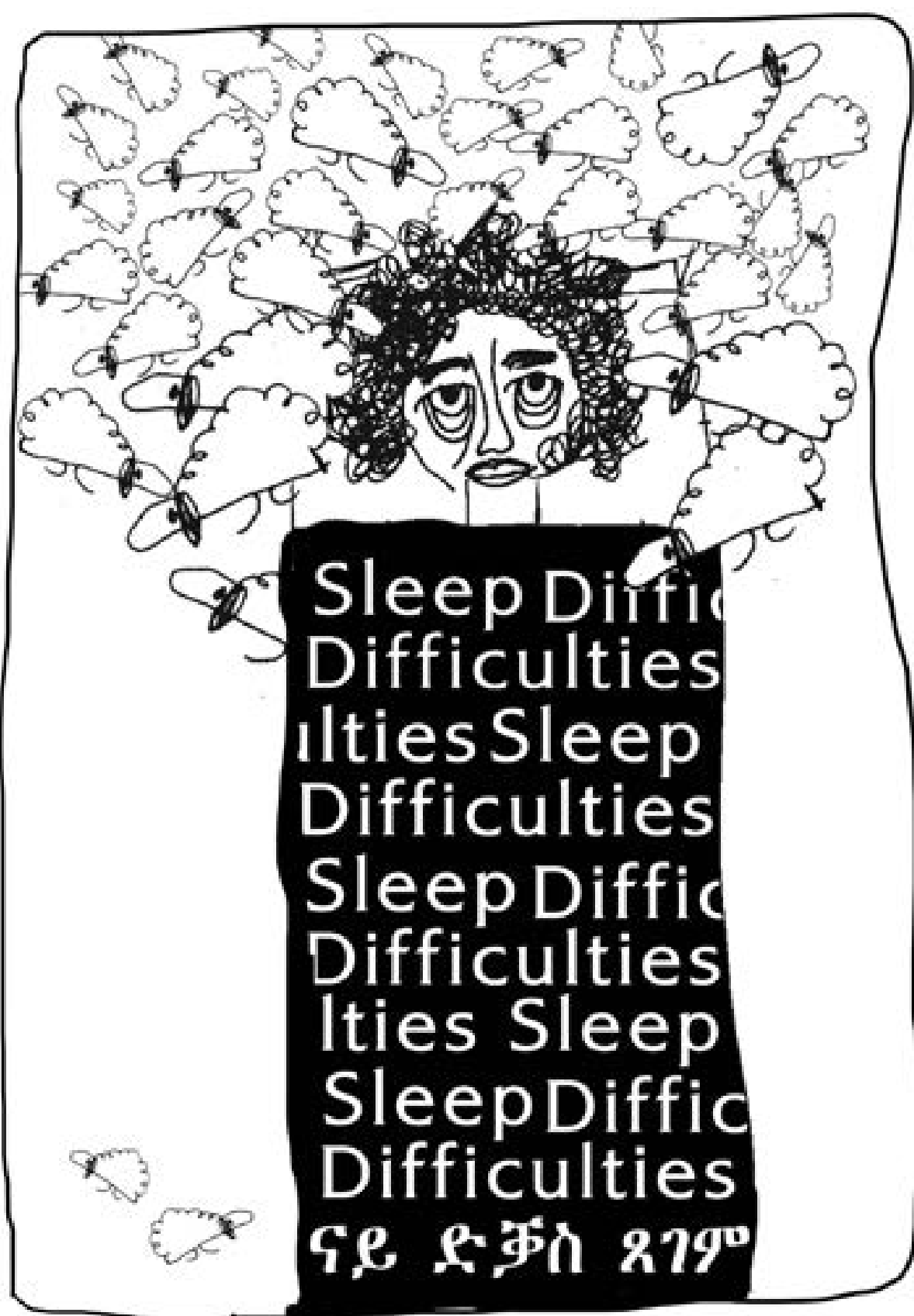
ዝስማዕ ቃላት – ክትሃድእን ኣብዚ እዋንዚ ትነብር ከምዘለኻ ኪስምዓካ ምእንቲ ጸሎት ወይ ዘረጋጋኡኻ ሓረጋት ኪትጥቀም ሓጋዚ እዩ ። ንኣብነት ጽቡቕዩ ዘለኹ ፥ ተመስገን ፥ ኣብ እግዛብሄር ይኣምን.....ወዘተ ። ጸሎት ወይ መዝሙር ይሕግዘኒ እዩ ኢልካ ትኣምን እንተኾንካ ድማ ምዝውታሩ ጽቡቕ እዩ ።

ምሽታት – ምሽታት ምስ ነብስ ምርግጋእ ወይ ግራውንዲንግ ብቐጥታ ከራኽበና ዝኽእል ዝበርትዐ መስመር እዩ ። ጨና ምስቲ ሕማቕ ተመክሮ ዝኽሪ ተኸዚኑ ዘሎ ክፋል ሓንጎልና ብቐጥታ ርኪብ ኣለዎ ። ኣብቲ ዘለኻዮ ከሕውየኒ ኣዩ ኢልካ ዝሓሰብካ ኩነታት ምረጽ። ኣብ ንእስ ዝበለ ጨርቂ ገርካ ኣብ ጁባኻ ሓዝ/ዚ ። ምስትንፋስ ኣብዘድልዩካ/ኪ ግዜ ንውሽጢ ኣዕሚቀኣ/ኪ ኣስተንፍስ/ሲ ። ሲናርዮ እንተዘይብልካ ኣዕምቀኣ ኣስተንፍስ ፤ ኣብ ከባቢኻ ዘሎ ሽታ ኣለልዩ ።

ምትንካፍ - ንሸተይ ነገር ክፍውሰኒ እዩ ወይ ውሕስነት ክስመዓኒ ይኽእል እዩ ኢልካ ተትኣሳስሮ ነገር ምሓዝ ኣገዳሲ እዩ ። ናብነት ናይ ቆልዓ ባንቡላ ፥ ናኡሽተይ ጨርቂ ፥ መስቀል ..... ወዘተ። ኣብዚ ሕጂ እዋን ትነብር ከምዘለኻ ንምርግጋጽ ነብስኻ ምድህሳስ ሓጋዚ እዩ ። ብኢድካ ጌርካ ሕቐኻ ፤ መንኮብካ ፥ ኣእጋርካ ..... ወዘተ ። ኣፍኩስካ ዳህስስ ። በረድ ኣብ ኢድካ ሒዝካ ኪሳብ ዚመኪኽ ሓዞ ፤ እቲ ዛሕሊ ከኣ ይስምዓካ።

ንነብስኻ ደሓን ከምዘለኻ ንገራ ። ኣብ ዘይንቡር ኩነታት ንቡር ግብረመልሲ ተርኢ ከምዘለኻ። ኣብዚ እዋንዚን ቦታን ትነብር ከምዘለኻ ። ኣብ ካልእ ግዜን ቦታን ትነብር ከምዘየለኻ። ሕጂ ድማ ውሑስን ደሓንን ከምዘለኻ ንነብስኻ ደጊምካ ንገራ ።

[illegible]



## **SLEEP DIFFICULTIES**

People who have been tortured very often experience sleep difficulties, which can be very upsetting and very difficult to deal with. Survivors can have difficulty falling asleep or difficulty because they wake up in the night due to nightmares. Often people can not fall asleep as they are very frightened and constantly feel that they need to be on guard, ready to protect themselves. For example, an Eritrean asylum seeker explained how he used to get beaten with a stick every time he fell asleep at the torture camps in the Sinai. He has difficulty sleeping now because while being tortured he learnt that he needs to stay awake in order to protect himself. Now that he is safe, he is still unable to go to sleep as tiredness reminds him of being beaten and needing to stay awake. Before bed now, he is anxious and unable to go to sleep.

Nightmares are often a sign that the brain tries to process traumatic events through re-experiencing the events in dreams. Nightmares are extremely frightening and disrupt a night's sleep. Sufferers wake up upset, often anxious, fearful and unable to go back to sleep. Sufferers of nightmares are often frightened to go to sleep because they do not want to experience nightmares. A lack of sleep is extremely disruptive to normal functioning and can lead to depression and anxiety.

Treating sleep difficulties in people who have been traumatized is a challenge, and you may want to try out a few of our suggestions until you find a way to get a better night's sleep.

- \* Try and stay awake during the day, even if you are tired as this may ensure a better night's sleep.
- \* Caffeine, nicotine, and alcohol too close to bedtime may disturb your ability to fall asleep, as these are stimulants. While alcohol is well known to speed the onset of sleep, it can also cause disruptive sleep and can also cause anxiety, which disturbs sleep.

## ናይ ድቃስ ጸገም

ብሕሱም ተመክሮ ሂወት ኣጋጣሚ ዝሓለፉ ሰባት መብዛሕቱ ግዜ ናይ ድቃስ ጸገም የጋጥሞም ። እዚ ኣዝዩ ጸቕጢ ዘለዎን ንኸትጸወሮ ኣዝዩ ከቢድ ክኸውን ይኽእል እዩ ። ጸገም ናይ ድቃስ ወይ ጸገም ናይ ምብህራር ብሰንኪ ዘሰምብድ ሕልሚ ኣብ መንጎ ድቃስ ከጋጥም ይኽእል እዩ ። እዞም ጸገም ምስ ካልኣት ጸገማት ክትኣሳስሩ ይኽእሉ እዮም ። ንኣብነት ጸገም ምርሳዕን ኣቓልቦኻ ዘይምትኳርን ። ናብ ጸቕጥን ተስፋ ምቕራጽን ከስዕበልና ይኽእል እዩ ።

መብዛሕቱ ግዜ ሰባት ድቃስ ይኣብዮም ፣ እንተደኣ ብጣዕሚ ፈሪሖምን ቀጻሊ ውሕስና ናይ ሂወቶም ዘይስምዖም እንተኾይኑ ወይ ቀጻሊ ነብሶም ኪከላኸሉ ከምዘለዎም ዝስምዖም ኣንተኾይኑ ። ንኣብነት ንኣደ ኤርትራዊ ሓታቲ ዑቕባ ከምዝገለጸ ኩሉ ጊዜ ምስ ደቕስ ኣብቲ ናይ ሲናይ መዓስከር መሳቕዩ ብበትሪ ዝሃርምዎ ዘለዉ ኮይኑ ይስምዖ ። ኣብዚ ሕጂ እዋን ናይ ድቃስ ጸገም ኣለዎ ፣ ንኸድቅስ ይፈሪሕ ፣ ኪድቅስ ኣይክእልን ምኽንያቱ ንነብሱ ክከላኸል ስለዝደሊ ።

ብለይቲ ምብህራር ዝበዝሐ እዋን ምልክት ኣእምሮካ ንናይ ሕሉፍ ዓመጽን በድልን ፍጻመታት ደጊሙ ነቲ ፍጻመታት ብሕልሚ ከስላስሎ ወይ ክራኣዮ ከሎ ኢዩ።

ምብህራር ኣዝዩ ዘፍርሕን ድቃስ ለይቲ ዝኸልእን እዩ ። በዚ ጸገም ዝሳቕዩ ሓሪቕም ይበራበሩ መብዛሕቱ ግዜ ይፈርሑ ተመሊሶም ኪድቅሱ ኣይከእሉን ። ብምብህራር ዝሳቕዩ መብዛሕቱ ግዜ ተመሊሶም ኪድቅሱ ኣይደልዩን ምኽንያቱ እቲ ሕልሚ ተመሊሱ ከይመጸም ስለዚፈርሑ ። ሕጽረት ድቃስ ንንቡር ሂወትካ ኣዝዩ ክርብሽን ጸቕጥን ፍርሕን ከስዕብ ይኽእል እዩ ።

ብሕሱም ተመክሮ ሂወትዝሓለፉ ሰባት ናይ ድቃስ ጸገም ብቐሊሉ ምፍዋስ በዳሂ እዩ። ንናይ ለይቲ ድቃስ ዝሕግዘካ ዝሓሸ መንገዲ ኪሳብ ባዕልኹም ትረኪቡ ይሕግዝ እዩ ዝበልናዮ መንገዲ ከነቕርበልኩም ኢና።

- \* ኣብ ግዜቀትሪ ንኸይትድቅሱ ፈትኑ ዋላውን ድኻም እንተተሰምዓኩም፡ እዚ ኣብ ግዜ ለይቲ ጽቡቕ ንኸትድቅሱ ይሕግዘኩም።
- \* ኣብ ኣጋ ድቃስኩም ካፌን፣ኒኮቲንን ኣልኮልን ምውሳድ ንድቃስኩም ከሰናኸሎ ይኽእል እዩ ፣ ምኽንያቱ እዚኣቶም መነቓቓሕቲ ስለዝኾኑ። ኣልኮል ዘይንቡር ድቃስ ዘቀላጥፍ

- \* Physical activity during the day helps to ensure a better night's sleep
- \* Try and get out in the sunshine. Natural light helps maintain a healthy sleep-wake cycle.
- \* Have a regular relaxing bedtime routine. Some people find that having a hot shower, drinking a warm drink, trying to avoid emotionally upsetting conversations and activities before trying to go to sleep may help.
- \* The following exercise is very helpful with difficulty falling asleep:<sup>1</sup>
  1. Exhale completely through your mouth, making a whoosh sound.
  2. Close your mouth and inhale quietly through your nose to a mental count of five.
  3. Hold your breath for a count of eight.
  4. Exhale completely through your mouth, making a whoosh sound to a count of eight.
  5. This is one breath. Now inhale again and repeat the cycle three more times for a total of four breathes.

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<sup>1</sup> Weil, A (2014) , Three Breathing exercises. Downloaded on 25th February 2015.  
[https://www.youtube.com/watch?v=YRPh\\_GaiL8s](https://www.youtube.com/watch?v=YRPh_GaiL8s)

ምዃኑ ዝፍለጥ እዩ፡ ብተወሳኺውን ዝተቆራረጸን ፍርሒ ዘለዎን ንድቃስካ ዝርብሽ ኩነታትየስዕበልካ።

\* ኣብ ግዜ ቀትሪ ኣካላዊ ምንቅስቃስ ንናይ ለይቲ ድቃስ ይሕግዝ።

\* እኹል ባህርያዊ ብርሃን ከምትረኽቡ ኣረጋግጹ። ባህርያዊ ብርሃን ጥዕና ዘለዎ ናይ ድቃስን-ምንቓሕን ዑደት ሓጋዚ እዩ።

\* ስሩዕን እኹልን ናይ ድቃስ ግዜ ፍጠሩ። ገለ ሰባት ውዑይ ማይ ጌርካ ንኣካላትካ ምሕጸብ፣ ልብጥ ዝበለ መስተ ምስታይ፣ ስምዒታውን ዘሕርቅን ዝርርብን ምውጋድ ንድቃስ ሓጋዚ ኮይኖም ይረኽብዎም።

\* እዞም ዝስዕቡ ንጥፈታት ናይ ድቃስ ጸገም ዘለዎም ኣዝዮም ሕገዝቲ ኢዮም

1. ሙሉእ ብሙሉእ ካብ ውሽጢ ናብ ደገ ብኣፍካ ኣስተንፍስ፡ ኡፍፍፍፍ ዝብል ድምጺ እንዳ ገብረካ
2. ኣፍካ ዓጺካ፡ ካብ ደገ ናብ ውሽጢ ቀስ ኢልካ ብኣእምሮካ ካብ ሓደ ክሳብ ሓሙሽት(1-5) እንዳ ፈቀድካ ኣስተንፍስ።
3. ንሾመንተ ሰከንድ ወይ (ክሳብ 8 ግዜ ተቐጽር) ኣይትስተንፍስ።
4. ሙሉእ ብሙሉእ ካብ ውሽጢ ናብ ደገ ብኣፍካ ኣስተንፍስ፡ ኡፍፍፍፍ ዝብል ድምጺ እንዳ ገበርካ ንሾመንተ ሰከንድ።
5. እዚ ኣብ ላዕሊ ዘለዎ ብሙለኣን ሓደ ትንፋስ ኢዮን፡ ሕጂ ንውሽጢ ኣስተንፊስ፡ ንኣርባዕተ ግዜ ድገሞ።

[illegible]



# Flashbacks and Nightmares



ተዝክሮታትን ምብህራርን

# FLASHBACKS AND NIGHTMARES

## FLASHBACKS

- \* Flashbacks are unpleasant memories or parts of memories that suddenly come to mind. The person experiences the memory as being real at the time of the flashback, although afterwards he or she realizes this was not real but a memory.
- \* Survivors of torture are often troubled by flashbacks. They can be very upsetting and frightening, they may disturb getting on with normal everyday activities, and may cause a feeling of being out of control.
- \* Flashbacks can last for a few seconds or may be long and detailed.
- \* Flashbacks may not be a complete memory but rather a single part of a memory, which comes in the form of a physical sensation, such as a particular smell, sound or a powerful feeling of danger.
- \* Flashbacks are often triggered by something in the present, which brings back bad memories. Triggers can cause any of the senses to create a flashback. An example of a trigger is **hearing** an accent or language similar to the one that the abuser used, **smelling** an unpleasant smell that is related to the abuser such as the smell of a certain beer, having a **physical sensation** such as feeling sleepy (if the abuser did not let you sleep, or beat you to wake up), seeing a person that looks like your abuser or seeing a place that reminds you of the abuse.
- \* It is not always easy to know what has caused a flashback to begin.
- \* Flashbacks, while distressing, can sometimes fill gaps in your memory.

## ተዝክሮታትን ምብህራርን

### ተዝክሮታትን

- \* ትዝታታት ሓያል ስምዒት ናይ ተዘክሮታት ወይ ድማ ክፋል ተዘክሮታት፣ ናይ ጸቕጢ ዘለዎ ተመኩሮ፣ ከይደለናዮ ኣብ ዝኾነ ግዜ ኣብ ሓሳባትና ዝመጽእ እዩ።
- \* ውጻእ መዓት ብትዝታታት ወትሩ ይጽገሙ ፈራሓትን ረዓድትን ይኾኑ፣ ዝገብርዎ ይጠፍኡም፣ ካብ ቁጽጽር ወጻኢ ስምዒት ክስዕብ ይኽእል።
- \* ትዝታታት ንካልኢታት ክኸውን ወይ ውን ንንውሕ ዝበለን ብስሩዕን ይክእል ይኸውን።
- \* ትዝታታት ምሉእ ተዘክሮ ዘይከኸውን ይኽእል፣ ኮይኑ ግን ናይ ቛሕ ስም ተዘክሮ ብምትንኻፍ ዝመጸ፣ ከም ውሱን ጨና፣ ድምጺ ወይ ድማ ከም ሓያል ናይ ሓዲጋ ስምዒት ክኸውን ይኽእል።
- \* ትዝታታት ብኣብ ሕጂ ዝግበር ሓዲ ሓዲ ሕማቕ ነገራት ዝፍጠር ቅጽበታዊ ተዘክሮታትዩ። ቅጽበታዊ ዝኾነ ብዝኾነ ስምዒታት ትዝታታት ክፈጥሩ ይኽእሉዮም። ንኣብነት፣ ምስማዕ ሓዲጋ ወይ ውን ቲ ዓማጺ ዝዛረበ ዝነበረ ቋንቋ ዝጥቀም፣ ምስቲ ዓማጺ ዝመሳሰል ዝነበሮ ዘይጥዑም ጨና ከም ሓዲ ሓዲ ዓይነት ቢራ፣ ኣካላዊ ምትንኻፍ ከም ስምዒት ድቃስ (እቲ ዓማጺ ምድቃስ ዝከልኣካ ተኔሩ ወይ ንክትበራበር ዝሃርመካ ተኔሩ) ተመሳሳሊ ምስሊ ቲ ዝዓመጸካ ሰብ ምርኣይ ው ወይ ነቲ ዝተዓመጸካሉ ቦታ ዘዘኻኸር ምርኣይ።
- \* ኩሉ ግዜ ቅጽበታዊ ስምዒት ዘለዎም ትዝታታት ንክተለልዮም ቀሊል ኣይኮነን።
- \* ትዝታታት ዋላኳ ጸቕጢ ተለዎም፣ ገለ ሓበሬታታት ክህልዎምን ኣብ ዝኸርካ ዝተረሰዐ ክመልኡልካን ይኽእሉእዮም።

## **NIGHTMARES**

- \* Nightmares are distressing dreams that, like flashbacks may remind you of the abuse that you have experienced in some way.
- \* They may wake you up in the night and cause you to feel frightened, upset and confused.
- \* You may shout in your sleep and toss and turn uncomfortably during a nightmare.
- \* Nightmares, like flashbacks, can cause unpleasant feelings in you that remind you of the abuse.
- \* You may fear going to sleep because of the unpleasantness of the nightmares.

## **POINTS TO REMEMBER:**

- \* Flashbacks and nightmares while very unpleasant are not dangerous.
- \* They are NOT a sign that you are going mad as they are a NORMAL reaction to traumatic events.
- \* Nightmares and flashbacks are your way of trying to make sense and deal with the memory of the very distressing experiences that you went through.
- \* You can learn to gain control of nightmares and flashbacks but this may take some time and require practice. Be patient with yourself.

## **TOOLS TO HELP OVERCOME FLASHBACKS**

**The first step in trying to control flashbacks is to try and find out what started the flashback.** This may require some detective work on your part, you may need to reflect and observe yourself.

For example a woman survivor noticed that every time she went to the market, she saw a stall owner that looked like her abuser and she would experience a flashback. The stall owner was the trigger.

## **ምብህራር**

- \* ምብህራር ጸቕጢ ዘለዎም ሕልምታት እዮም፤ ከም ትዝታታት ነቲ ዓማጺ ዘለካ ተመኩሮ ብዝተፈላለየ መንገዲ ከዘካኸሩኻ ይኸእሉ እዮም።
- \* ኣብ ግዜ ለይቲ ከበራብሩኻን ፍርሕን ራዕድን ምድንጋራትን ክፈጥሩልካ ይኸእሉ እዮም።
- \* ኣብ ግዜ ምብህራር ጽቡቕ ኣይስመዓካን ኣብ ግዜ ድቃስካ ዓው ኢልካ ትዛረብ ወይ ትውጭጭ፤ ወይ ድማ ናብ ዘይሓሰብካዮ ትወድቕ።
- \* ምብህራር ከም ት ዝታ ምስ ዓመጽ ዝተኣሳሰር ቅጽበታውን ካብ ቁጽጽር ወጻእን ስምዒትን ዘይጥዑምን ክኸውን ይክእል።
- \* ብሰንኪ ስቕቕታ ናይ ምብህራር ናብ ድቃስ ክትከይድ ትፈርሕ ትኸውን።

## **ክዝከሩ ዘለዎም ነጥብታት**

- \* ትዝታታትን ምብህራርን ዋላኳ ዘይጥዑማት ተኹኑ ሓደገኛታት ኣይኮኑን።
- \* ከምዝኾነ ግብረመልሲ ናይቲ ዝተፈጸመ ደኣምበር ናብ ጽላለ ዝወስዱ ምልክታት ኣይኮኑን።
- \* ትዝታታትን ምብህራርን ከም መንገዲ ዝስመዓካን ትበሃሃሎን ምስ ጽቕጢ ዝኾነ ተመኩሮ ኣብ ተዘኩሮታት ንሰኻ ዝኸድካዮ እዩ።
- \* ትዝታታትን ምብህራርን መቆጽጸሪ ዝኸውን ትምህርቲ ክትወስድ ትኸእል፤ እዚ ግን ንውሕ ዝበለ ግዜ ክወስድን ምልምማድ ዘድልዮን እዩ። ምስ ነብስኻ ዕጉስ ኩን።

## **ትዝታታት ንምድምሳስ ዝሕግዙ ነጥብታት**

ቀዳማይ ደረጃ ምቁጽጻር ናይ ትዝታታት፤ መንስኣ ናይ ትዝታታት ምልላይን ምቁጽጻር፤ ናይ ቅጽበታዊ ግብረ መልሲ ናይ ትዝታታት እዩ። እዚ ምናልባት ዕቱብ ስራሕን ዓቕሚ ናይ ባዕላዊ ምንጽብራቕን ምዕዛብን የድልይ ይኸውን።

ንኣብነት፡ ውጻእ መዓት ደቂኣንስትዮ ከምዝሓበረኦ ኩሉ ግዜ ናብ ዕዳጋ ኣብ ትኸደሉ፤ ነቲ ዝዓመጸ ዝመስል ወናኒ ድንካን ከምዝረኣየትን ናብ ትዝታ ከምትኣቱን ትዛረብ። እቲ ወናኒ ድንካን ምኽንያት ንቅጽበታዊ ቁጠዕ ወይ ትዝታ እዩ። ብመጀመርታ እቶም ትዝታታት ኣብ ግዜ ድኻም ይክሰቱ ምህላዎም ምዕዛብን ምልላይን። ካብኡ ብምቕጻል ኩሉ ግዜ ኣዝዩ ምስ ደኸመን ናብ ድቃስ ኣብ ዝወድቀሉን፤ እቲ ዓማጺኡ ኩሉ ግዜ ንክበራበር ይሃርሞ ይነበር። በዚ ከኣ ድኻም ኣብ ዝተሰመዐ ግዜ ቅጽበታዊ ቁጠዕን ንትዝታታት ዝቃላዕ።

Recognizing the trigger is the first step to gaining control.

**The second step in trying to control flashbacks is to try and recognize the signs when the flashback is starting.** If it has started then:

1. Focus on your breathing with deep breathes into your belly and out to the count of four.
2. Tell yourself that you are in the present and not back in the trauma.
3. Tell yourself that you are safe now.
4. You may find it useful to ground yourself by focusing on something in your surroundings and describing it to your self in great detail. What can you see? What can you hear? What can you smell? You may find it useful to carry around an object such as a soft cloth or picture that you associate with healing and focus on this.
5. You can practice a phrase, a prayer or a song that can help you to recognize that you are in the here and now and this may also help to interrupt the flashback.
6. Try and refocus your attention by distracting yourself.
7. This exercise is also very useful for when you wake up after a nightmare.

## **AN EXERCISE TO COPE WITH REPETITIVE NIGHTMARES**

- \* ***Relax*** your body and mind, finding yourself some quiet time where you are alone.
- \* ***Recall a nightmare*** in as much detail as you can.
- \* ***Identify*** the most frightening part of the nightmare.
- \* ***Imagine*** that you could change the end of the nightmare to one that is not frightening and where you are in control. There are no limits to your imagination. Do whatever you need to do to change the end of the nightmare to something positive. Decide what action you would like to take to change the outcome of the nightmare.

ምልላይ ናይ ቅጽበታዊ ቁጠባ ቀዳማይ ደረጃ ንምቁጽጻር እዩ!

ካልኣይ ደረጃ ንምቁጽጻር ትዝታታት ከኣ፣ ትዝታታት ምልላይን ኣብ ምጅማር ዘለዉ ምልክታት እዩ። ትዝታታት እንተደኣ ጀሚሩ ንምቁጽጻር ፡

1. ኣብ ምስትንፋስካ ብምትኳር ብዓሚቕ ምስትንፋስን ከሳብ ኣርባዕተ ብምቕጻርን።
2. ሕጅን ኣብዝን እንበር ኣብቲ ዝነበረ ከምዘለኻ ንነብስካ ኣእምና።
3. ሕጂ ኣብ ውሑስ ቦታን ኩነታትን ከምዘለኻ ንነብስኻ የእምና።
4. ኣብ ከባቢኻ ኮነ ኢልካ ናብ ሓደ ነገር ብምትኳርን ብደቂቕ ኣብ ነብስኻ ብምስትንታንን ባዕልኻ ሓደ ጠቓሚ ዝኾነ ባይታ ክትፈጠር ትኽእል ኢኻ። እንታይ ርኢኻ፣ እንታይ ሰሚዕኻ፣ እንታይ ሸቲትኻ፣ ምናልባት ጠቓሚ ነገራት ኣብ ከባቢኻ ረኪብካ ክትከውን ትኽእል ኢኻ ከም ልስሉስ ክዳንን ኣሳእልን ምስ ምድሓንካ ዝተኣሳሰርን ኣብኡ ዘተኮረን።
5. ጸሎት ወይ ድማ ብዓቢ ድምጺ ዝወጹ ስነ ኣእምራውን መንፈሳውን ዝኾኑ ሓሳባት ብዓውታ ምውጻእ ንስኻ ኣብዝን ሕጅን ከምዘለኻ ከተለሊን ወይ ድማ ንዝርብሸካ ትዝታታት ክዘርጎን ይኽእል እዩ።
6. ኣትኩሮ ንዝገበርካሉ ባዕልኻ ንምፍራት ፈትንን ዳግማይ ትኹረት ግበረሉን።
7. እዚ መላመዲ ድሕሪ ምብህራርካ ምስ ተበራበርካ ኣዝዩ ጠቓሚ እዩ።

## **ትደጋጋሚ ንዚኾነ ምብህራር ከመይ ጌርካ ትቃለሶ**

- \* ኣካላትካን ኣእምሮኻን ኣዛኒ፣ ቦይንኻን ኣብ ጽሞናን ኣብ ዝኾንካሉ ንነብስኻ ርኽባ።
- \* ብዝተኻእለካ መጠን ነቲ ዘባህርረካ ደጊምካ ጸውዓዮ።
- \* ነቶም ዝያዳ ዘፍርሑካ ክፋላት ናይቲ ዘባህርረካ ፍለዮም።
- \* ሕሰብ ነቲ ዘባህርረካ ናብ ዘይፍርሕን ክትቆጻጸሮ ከምትኽእልን ክትቅይሮ ትኽእል ኢኻ። ንእትሓስበም ሓሳብት ዶብ የብሎምን። ዝኾነ ዓይነት ክትቅይሮ ንእትደሊ ምስራሕ እቲ ውጽኢት ምብህራር ኣወንታዊ ክኸውን እዩ። ጥራሕ ነቲ ምብህራር ክልውጥ ዝኽእል ግብረመልሲ ክትወስድ ምጂንካ ወስን።
- \* ነቲ ሕልሚ ደጊምካ ሕሰቦ፡ ብዝተኻእለካ መጠን ደጋጊምካ ኣብዚ ሕጂ እዋን ግን ከሳብ ቲ ሕልሚ ዝውዳእ በቲ ዝተለወጠ ህልው ጠባይካ ደጊምካ ሕሰቦ።

- \* ***Re-imagine the dream*** again in as much detail as possible but this time with your changed ending until the dream is over.
- \* ***Check*** whether you feel okay or even uplifted at the end of the dream. If you do not then try and find another solution until you feel okay at the end of the exercise.
- \* ***Practice*** this exercise a number of times. Be patient with yourself as it can take time and a lot of practice.

**Note** that this exercise in itself may help to stop the nightmare or may assist you in changing the nightmare to a dream. You may want to practice this before you go to bed.

### **Two examples of a changing a nightmare through reimagining:**

*Ali<sup>2</sup> would dream that he was falling off a cliff to his death. He imagined that he was just about to fall and as this happened, he grew wings like a bird and he was able to fly to wherever he wanted, feeling free and safe.*

*Tsega would have a recurrent nightmare of the abuse that she suffered on one particular occasion. She re-imagined that her entire family entered the area where she was about to be abused and the family would restrain her abuser, put him in a car and take him to the police and that she was free to go home with her family.*

**Ongoing nightmares and dreams that disturb your functioning may require professional help. Please see the section at the end of this book for “useful contacts”.**

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2 These names have been changed to protect people’s identity from being known.



\* ገምጋም ጽቡቅ ይሰማልኝ ወይ ናብ ዝኸፈኸ ደረጃ የዕረግ ኣብ መወዳእታ ናይቲ ሕልሚ ምግምጋም ኣድላዩ እዩ። ነገራት ክሳብ ዝመሓየሹ ክሳብ መወዳእታ ናይቲ ንጥፊታት ዋላውን ኣብ ዝተፈላለየ ንጥፊታት እንተዘይ ፈቲንካዮ ወይውን እንተዘይ ሰሪሕካዮ።

\* ፈተነ ኣብ ዝተፈላለዩ ኣጋጣሚታት ነዚ መላመዲ ፈትኖ። ብዙሕ ፈተነን ነዊሕ ግዜን ክወስድ ስለዝኸእን ኣብ ነፍስኻ ትዕግስቲ ይሃልኻ።

ሓበሬታ፡ እዚ መላመዲ ነቲ ምብህራር ደው ከብለልካ ወይ ድማ ናብ ሕልሚ ንክቐየር ክሕግዘካ ይኸእል እዩ። ቅድሚ ናብ ዓራት ምኻድካ ደጊምካ ክትፍት ትክእል፤

**ክልተ ኣብነታት ናይ ምብህራራ ዳግማይ ብምሕሳብ ዝተቐየራ፡**

ዓሊ<sup>1</sup>፡ ሕልሚ ምክንያት ሞቱ ካብ ገደል ብምውዳቕ መሲልዎ። ኣብ ሓሳቡ ቢቃ ብዛዕባ ምውዳቕን ከምዚ ምግጣምን ዩ፤ ከም ኣዕዋፍ መንገብን ኣብቀላሉ ናብዝደለዩ ክበርር ከምዝኸኣለን ክሳብ ናጽነቱ ዝረከብ ናጽነት ከምዝተሰመዎን ዩ።

ጸጋ ፡ ኣብ ሓደ እዋን ዘጋጠማ ጸታዊ ዓመጽ እናሻዕ እንዳመጽ ስለዘባህርራ ኣብ ት ዝታ ከላ፤ ብምልኡም ስድራቤታ መጺኡም ነቲ ዝዓመጸ ሰብ ብዘይ ጎነጽ ኣብ ማኪና የእትዮም ናብ እንዳ ፖሊስ ምስ ወሰድዎ ንሳ ናጻ ኮንይና ምስ ስድራኣ ናብ ቤታ ትኸይድ።

ዘየቋርጽ ሕልምን ምብህራርን ንሂወትካ ዝርብሹ ሞያዊ ሃገዝ ይጠልቡ እዮም። ሞያዊ ሓገዝ ምስ ዘድሊ ብኽብረትኩም ነቲ ኣብ መወዳእታ ክፋል ናይዚ መጽሓፍ ተመልከቱ ።

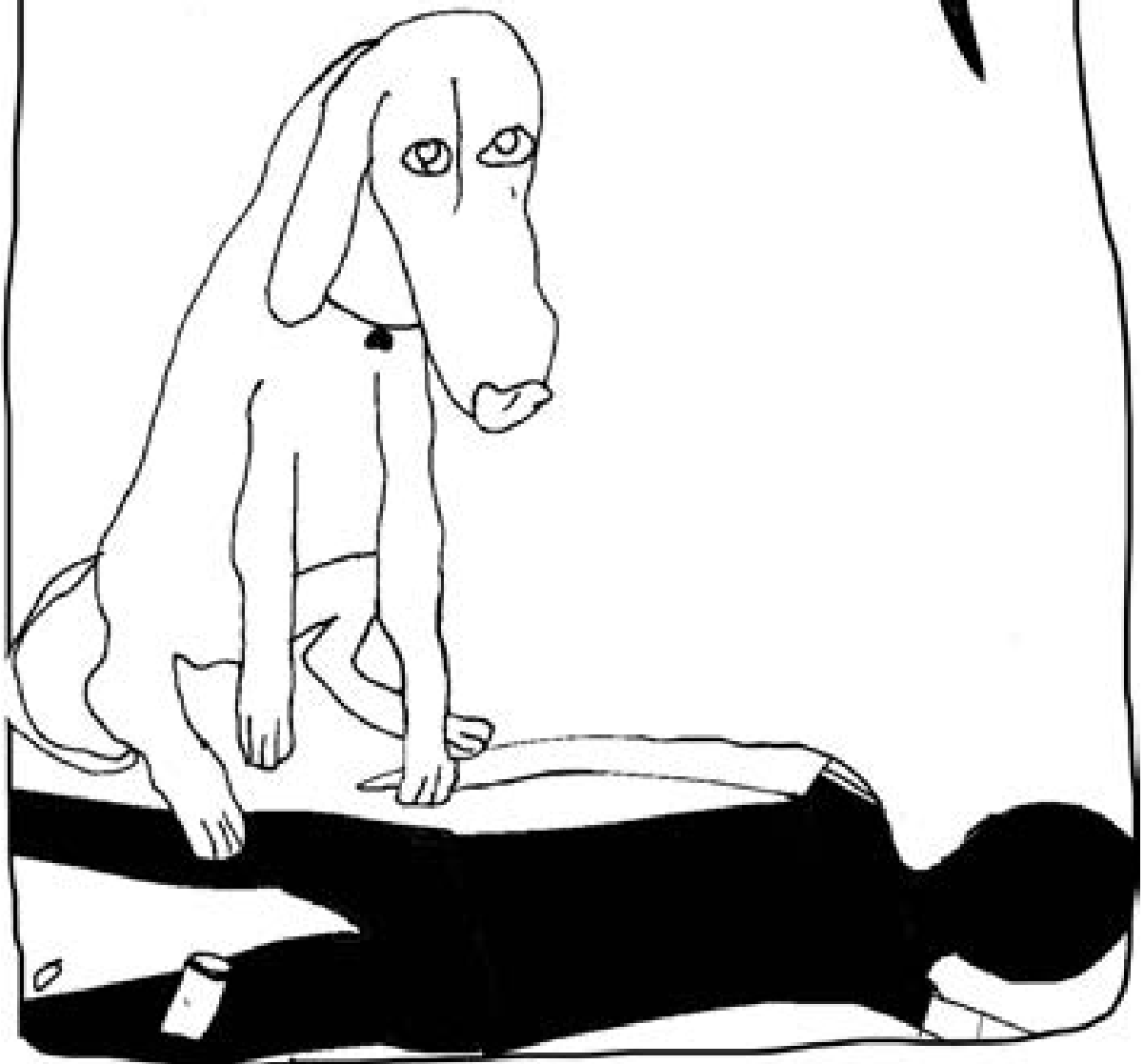
<sup>1</sup> ኣሽማት ንምዕቃብ ናዞም ተጠቂሶም ዘለው ትክክለንኛ ሽም ክምዘይኮተ ንሕብር።

**NOTES** መተሐሳሰቢያ

[illegible]

ᐱᖅᐱ.

Depression



## DEPRESSION

*“I recall all the bad things. I think about that I have nothing, then bad things come to mind; I am pensive and thinking a lot. Your mind is overloaded, it makes me a problem.”*

*“Thinking and thinking - you can spoil your mind because always thinking about the problem.”*

*Survivors from the Sinai torture camps.*

It is very common for survivors of torture to feel depressed.

Depression can affect the way you feel, the way you think, the way you behave and it can also affect you physically.

- \* **Thoughts:** People who are depressed tend to think very negatively, are self critical, hopeless about the future, can't concentrate or remember, may be unmotivated and may have suicidal thoughts. You may think thoughts such as “the world is an evil place, I will never get over my experiences”, “ I will never get a job”, “ I’m useless and worthless”. It is common to dwell on these thoughts.
- \* **Feelings:** Symptoms of depression may include feelings of sadness, guilt, shame, general irritability and anger. You may find yourself crying easily and feeling hopeless about your life and your future.
- \* **Behaviors:** You may find yourself feeling low in energy and keeping away from people and activities that you used to enjoy. It may be difficult to get going, even to do things that you have to do, such as going to work.
- \* **Physical** changes associated with depression can be difficulty sleeping or sleeping too much, changes in appetite, lack of energy, fatigue or tiredness.

## ጸቕጢ

"ንኹሉ እቲ ሕማቕ ይደጋግም። ዋጋ ከምዘይብለይ ብዛዕብኡ ይሓሰብ፤ ሕማቕ ነገር ከኣ ናብ ሓንጎሊይ ይመላለስ፤ ኣዕሚቕን ብዙሕን ይሓሰብ። ልዕሊ ዓቕን ጽዕነት ኣብ ሓንጎልይ፤ ጸገማት ፈጢሩለይ።"

"ምድጋጊም ሓሳባት፤ ደጋጊምካ ብዛዕባ እቲ ጸገም ብምሕሳብ ሓንጎልካ ከትበላሹ ትኽእል ኢኻ።"

ውጻእ መዓት ስቅያት ሲናይ።

ንውጻእ መዓት ስቅያት ሲናይ ጸቕጢ ክስመዖም ንቡር እዩ።

ጸቕጢ ኣብ ስምዒትካ፤ ኣተሓሳስባኻ፤ ጠባያካን ኣካላትካን ጸልዋ ክህልዎ ይኽእል ኢዩ።

\* **ሓሳባት፡** ኣብ ጸቕጢ ዘለዉ ሰባት ኣዝዩ ኣሉታዊ ኣተሓሳስባ ክሓስቡ ይኽእሉ እዮም፤ ነገራት ዘጽብቡ፤ ተስፋ ዘይብሉም፤ ዘይርጡባትን ዘይዝክሩን፤ ምትብባዕ ዘይብሎምን ሓሳብ ናይ ርእሰ ቅትለት ዘለዎምን ክኾኑ ይኽእሉ እዮም። ምናልባት ውን ከምዚ ክሓስቡ ይኽእሉ እዮም፤ ዓለም ናይ ኩፋላት ምድሪ እያ፤ ካብ ዘለኹዎ ጸገም ክወጽእ ኣይከእልን፤ ሰራሕ ኣይረከብን እዩ፤ ኣነ ጥቕሚ ዘይብለይን ዘይረብሕን እዩ። ከምዚ ዓይነት ኣተሓሳስባ ክህልወካ ይኽእል ኣዩ።

\* **ስምዒታት፡** ኣቶም ስምዒታውያን ምልክታት ኣብ ጽቕጢ ከም ስምዒት ናይ ጓሂ፤ በደለኛ፤ ሕፍረት፤ ሓፈሻዊ ዘስቅቑን ሕርቃንን፤ ምናልባት ነበስኻ ብስቕታ ክትበኪ ክትረኽባን ብዛዕባ ሂወትካ ተስፋ ዘይብሉ ስምዒትን፤ መጻኢኻ ዘይንጹር ክስመዓካ ይኽእል እዩ።

\* **ጠባያት፡** ምናልባት ባዕልኻ ትሑት ሓይሊ ከምዘለካ ኮይኑ ይስመዓካ ይኸውንን ካብ ሰባት ወይ ንጥፈታትካ ክትዘናጋዕ ትገብር ዝነበርካ ከተቓርጽ ትኽእል ኢኻ። ክትቅጽል ዋላ ነቶም ክትሰርሑም ትኽእል ክትሰርሕ ዋላ ናብ ሰራሕ ምኻድ ኣሸጋሪ ክኸውን ይኽእል።

\* **ኣካላዊ፡** ጸገማት ምስ ጸቕጢ ዝተኣሳሰሩ ከም ጸገማት ድቃስ ወይ ብዝሒ ድቃስ፤ ምቕይያር ሽውሃት፤ ሓይሊ ምስኣን፤ ስነ ኣእምራዊ ድኻምን ድኻምን የስዕቡ ኢዮም።

- \* The way you feel, act and think all influence each other and can make you feel more depressed. For example: A negative thought such as “I am useless” will influence your behaviour in that you may withdraw from people, this can cause you to feel sadder, the sadder you feel, perhaps the less you eat and the less you sleep, creating even more negative thinking such as “I will never get better and have a good life” and so you may withdraw more and feel worse. You can stop this vicious cycle.

## **WHAT CAN HELP YOUR DEPRESSION?**

The following are tips to help you to help yourself with your depression. However, if you feel that you are at serious risk of harming yourself you should get help immediately from a doctor. Asking for help can lift your depression.<sup>3</sup>

### **1. KINDNESS AND SELF COMPASSION**

In order to make changes you need to be very kind and compassionate to yourself. Try and treat yourself as you would someone that you dearly love and cherish. Give yourself the encouragement and understanding that you deserve.

### **2. SMALL STEPS**

Any positive small changes in the way you think or act can make small gradual changes in the way you feel. The journey to recovery is in your hands; take small steps each day, no matter how small.

### **3. GET ACTIVE**

If you are depressed you may find yourself doing less than you used to and even stopping to do the things you used to enjoy or that you have

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3 If you are seriously depressed in that it is interfering with your ability to work and socialize you may want to consider medication, which is very common in Western countries to treat depression. It does not have to be long term and can accompany other efforts you are making to help yourself.

\* ብኸመይ ይስመዓካ፤ ትገብሮን ትሐስቦን ከምዘለኻ ኩሎም ንሓድሕዶም ይጸላለውን ዝያዳ ጸቕጢ ከምዘስመዓካን ይገብሩ። ንኣብነት፡ ኣሉታዊ ሓሳብ ከም፡ 'ኣነ ጥቕሚ ዘይብለይ እየ' ንጠባያትካ ክጸልዎ ይኸእል ኣብዚ ከኣ ካብ ሰባት ክትግለል ትኸእል፤ ንኣብነት እዚ ሓራቕ ክገብረካ ይኸእል፤ ሕርቃን ኣብ ዝተሰመዓካ ከኣ ውሁድ ክትበልዕን ድቃስ ክኣብየካን ይኸእል፤ ኣዝዩ ብዙሕ ኣሉታዊ ኣተሓሳስባ ክትፈጥር ውን ትኸእል ከም 'ክሕሽኒ ኣይክእልን ጽቡቕ ሂወት ውን ኣይክህልወንን ኢዩ' ካብዚ ክወጽእ ኣይክእልን እየ ዝብል ዝኸፈኦ ስምዒት ክፈጥረልካ ይኸእል እዩ። ነዚ ዘየቐርጽ ዑደት ደው ከተብሎ ትኸእል ኢኻ።

## ንጸቕጥኻ ዝሕግዘካ እንታይ ኢዩ፤

እዞም ዝስዕቡ ነጥብታብ ብገዛእ ነብስኻ ንጸቕጥኻ ዝሕግዙ እዮም። ይኹን ደኣምበር፤ ዝስመዓካ ስምዒት ኣብ ሓደግኛ ኩነታት ንሂወትካ ዝጎድእ እንተደኣ ኣሎ፤ ብቕልጡፍ ካብ ዶክተር ሓገዝ ክትረክብ ኣለካ። ጸቕጥኻ ሓገዝ ብምሕታትካ ክልዓል ይኸእል።<sup>2</sup>

### 1. ርህራሄን ባዕላዊ ድንጋጽን፡

ለወጢ ክትገብር እንተደሊኻ ኣዚኻ ርህራሄን ንገዛእ ነብስኻ ድንጋጽን ኩን። ባዕልኻ ከም ንኣዚኻ ትፈትዎን ትሓልየሉን ሰብ ኬንካ ክትፍውስ ፈትን። ነቲ ትጽብዮ ባዕልካ ኣተባብዓዮን ተረደኣዮን።

### 2. ናእሽቱ ስጉምትታ

ዝኾነ ኣወንታዊ ንእሽቶ ልወጢ ኣብ ጉዕዞ ሓሳብካ ወይ ተግባርካ መሰረታዊ ለውጢ ኣብ ስምዒትካ ክገብር ይኸእል። እቲ ጉዕዞ ናይ ለውጢ ኣብ ኢድካ እዩ፤ ምንኣሱ ብዘየገድስ ንኡስ ደረጃ ኣብ ነፍሲ ወከፍ መዓልቲ ግበር።

### 3. ንጡፍ ኩን

ጸቕጢ እንተደኣ ኣለካ ካብቲ ቀደም ትገብሮም ዝነበርካ ንጥፈታት ክትዝሕል ነቶም ብሓጎስ እትገብሮም ነገራት ወይ ውን ክሳብ ናብ ስራሕ ምውፋር ውን ብሙሉኡ ውን ክተቐርጽ ትኸእል ኢኻ።

2 እንድሕሪ ብርቱዕ ጽቕጦት ወይ ጭንቀት ጌራልካ ሃልዩ፡ ናይ ምስራሕ ክእለትካን ምስ ሰብ ዘለካ ምቕርራብን ስለ ዘጽግመካ፡ መድሃኒት ወይ ፍወሳ ኸድልየካ ኢዩ። ማለት ኣብ ምዕራባዊ ሃገራት ዝወቱር ዝኾነ ዓይነት ኣፋዋውሳ ንጭንቀት ወይ ጽቕጢ፡ግና ኸ ግድን ኣይኮነን ንነዊሕ ኣዋን ክኸውን ፡ ማለት ምስ ካልእ ተወስክቲ ጸዕርታት ኣብ ጎድኑ እንዳ ኣምላእኻ ንነብስኻ ትሕግዝ ትክእል ኢኻ።

to do such as going to work. Although you may feel like keeping away from activities, it is best for your depression that you try to slowly get back to doing things, even if you do not enjoy them at first. This can include socializing with friends, going out for a walk or just getting out of bed and doing chores in your home.

It may be difficult for you to make decisions and to think about doing things that you should be doing. Research on assisting depressed people has shown that making a realistic schedule of activities for the next day and trying to stick to it can be very helpful.

#### **4. REMEMBER WHO YOU WERE**

Try and remember who you were before your experiences of torture and trauma. What did you enjoy? What used to help you? How did you bounce back from the small difficulties in life? Try and recall the things you used to do to survive and slowly try them. (For example: Did you find prayer helpful? Did you talk to a friend? Did you like cooking? Reading? Exercising?) If they helped you then, they may help you now.

#### **5. APPEAL TO YOUR HIGHER SELF**

How would you like to be behaving and responding to life, what advice can you give to yourself? Do you have a person in mind that you admire? This can be friend or a famous person or any person you have met in your life. Try and imagine how they would deal with the situation that you find yourself in. What would be their advice?

#### **6. OBSERVE YOUR THOUGHTS**

It is helpful to observe your thoughts without judgement. You may find that some of your thoughts are overly negative about yourself, about other people, your past or your future. You may find yourself going over and over the same thoughts in your head. The more negatively you think, the worse you feel.

Here are some suggestions of how you can take control of your thoughts and therefore reduce your depression:



ወላኳ ካብ ንጥፈታትካ ክትዝሕል ወይ'ውን ደው ክተብሎም እንተተሰምዓካ ነታ ዘሎካ ጸቕጢ ኣብ ምእላዩ ዝሓሸ ስጉምቲ ግና ኣብ መጀመርታ ወላኳ ኣይትተሓጎሰሎም ብብቁርብ ናብ ንጥፈታትካ ምምላስን ክትገብርምን ምፍታንን እዩ። ኢዚ ዛሕሊ ወይ'ውን ምቁራጽ ንጥፈታትካ ድማ ምስ ሰብ ዘይምሕዋስ ምስ ኣዕሩኽትኻ ዘይምትሕቐፍኻ ካብ ዓራት ዘይምውጻእ ኣብ ደገ ወጺኻ ዘይምንቅስቓስ የጠቓልል።

ኣብ ጸቕጢ ንዘለዉ ሰባት ኣብ ምሕጋዝ ዝተገብረ መጽናዕቲ ክምዘርእዮ ክትግበሩ ዝኸለሉ መደባት ንጥፈታት ንቐጻሊ ምዓልቲ ምውጽእን ነዞም ንጥፈታት ብትግሃት ምትግባርን ኣዝዩ ሓጋዚ እዩ።

#### 4. መን ከምዝነበርካ ምዝካር

ቅድሚ ዘጋጠመካ ግፍዕን ስቅያትን መን ከምዝነበርካ ክትዝክር ፈትን። ዘሓጎሰካ እንታይ ነሩ? እንታይ ይሕግዘካ ነሩ? ካብ ናእሽቱ ጸገማት ናይ ሂወት ከምይ ጌርካ ትወጽእ ኔርካ፤ እቶም ናይ ምንባር ትግባር መደብ ዳግማይ ጸውዓዮምን ፈትኖምን ቀስ ጌርካ ከኣ ፈትኖም። (ንኣብነት፡ ምጽላይ፡ ንዕሩኽትኻ ምዝራብ፡ ጸብሒ ምስራሕ፡ ምንባብ፡ ኣካልዊ ምንቅስቓስ ወዘተረፈ ትፈቱ እንተኔርካ፤) ኣብቲ እዋን ዝሕግዡኻ እንተኔርም ሕጂ ውን ክሕግዡኻ ኢዮም።

#### 5. ንውሽጥኻ ጽን ኢልካ ምስማዕ

ንሂወት ብኸመይ ክትቀርብን ክትምልስን ትደሊን፤ ንነብስኻ እንታይ ትመኽራ? እተድንቐ ሰብ ኣብ ሓንጎልካ ኣሎ ዶ? እዚ ዓርክኻ ወይ ህቡብ ሰብ ይኸውን ወይ ድማ ዝኾነ ሰብ ኣብ ሂወትካ ዝረከብካዮ ክኸውን ይክእል። ኣብቲ ህሞት ንስኻ ዘለኻዮ ብኸመይ ገይሮም መፍትሂ ክረክቡ ምኽሉ ኢልካ ብምሕሳብ ንነብስኻ ከምይ ከም ዝረኽብካያን ክትሓስብ ፈትን። እንታይ ክኸውን ከምዝነበሮ ምኽር፤

#### 6. ንኣተሓሳስባኻ ተዓዘቦ

ብዘይ ፍርዲ ንኣተሓሳስባኻ ክትዕዘብ ሓጋዚ ኢዩ። ገለ ካብ ኣተሓሳስባኻ ኣዝዩ ዝተጋነነ ኣሉታ ብዛዕባ ነብስኻ፣ ብዛዕባ ካልኣት ሰባት፣ ሕሉፍካ ወይ መጻኢኻ፣ ክትረክብ ትኽእል ኢኻ። ምናልባት ሓደ ዓይነት ሓሳብ ኣብ ርእሲ ርእሲ ዝተደራረቡ ሓሳባት ክህልውኻ ይኽእሉ፤ ኣዝዩ ኣሉታዊ ሓሳባት ናብ ዝኸፋኣ ስሚዒት ይመርሓካ ።

ንጸቕጥኻ ዘግድሉን ከመይጌርካ ንኣተሓሳስባኻ ከምይ ጌርካ ከምትቆጽጸሮን ገለ ሓበሬታ ክህበካ፡

- \* Focus on the here and now. Don't overly think about the past or the future. Take one day at a time, one minute at a time.
- \* Allow your thoughts and feelings to come up without judging them or reacting to them. Observe your thoughts and just accept them for now. It is helpful to focus on your breathing rather than on your thoughts.
- \* Try and encourage yourself and give yourself helpful advice such as “ I will be okay”, “ I will survive this”, “I am not to blame” etc.
- \* Focus every morning on three things that you are grateful for. Think about them and visualize them.

## **7. SUICIDAL THOUGHTS**

Some survivors of torture have suicidal thoughts at some point in their recovery. This does not mean you are going mad and it is certainly not unusual. Having thoughts about suicide is very different from acting on the thoughts. Notice your feelings and don't be afraid of them. If you do have suicidal thoughts then you can create a plan to prevent suicide, which will give you some release from your pain and keep you safe. It is best to create this plan when you are not feeling so desperate.

1. Write down all the reasons why you should live. Keep this in your wallet so that you can read it and remind yourself of it when you do feel desperate.
2. Write down a list of numbers that you should call for help when you feel at your worst. (For example: An aid organization, a doctor's clinic, and a trusted friend.)
3. Look at the coping strategies discussed above, see what you can try and do in order to help yourself.
4. Make a contract with yourself that you will not kill yourself. If you can make this contract with a trusted person then that is very helpful.

- \* አብዝን ሕጅን አተኩር። ምዛዕባ ሕሉፍን መጻእን ልዕሊ ዓቕን ኣይትሕሰብ። ኣብ ግዜ ሓደ መዓልቲ ወይ ሓደ ደቂቕ ውሰድ።
- \* ንዐአም ብዘይ ምፍራድን ምግጫውን ንሓሳባትካን ስምዒትካን ምስኦም ክሕወስ ኣፍቅደሉ። ንኣተሓሳስባኻ ተዓዘቦን ኣብዚ እዋን ከኣ ተቐበሎ። ካብ ትሓስቦ ንላዕሊ ኣብ እተተንፍሶ ዝያዳ ኣንተተኩር ሓጋዚ እዩ።
- \* ንባዕልኻ ክትተባባዕ ፈትን እንከላይ ንነብስኻ ጠቐምቲ ዝኾኑ ምኽርታት ከም 'ክሓዊ እዩ' 'ነዚ ጸገም ክሰግሮ እዩ' 'ንዝኾነ ኣይከስስን ኢዩ' ወዘተረፈ።
- \* ንግሆ ንግሆ ኣብ ሰለስተ ነገራት ንዓኻ ዓባይቲ ዝኾኑ ኣተኩር ብዛዕባኦም ሕሰብ ኣርእዮም ከኣ።

## 7. ነብስ ቅትለታዊ ሓሳብ

ውጻእ መዓት ናይቲ ዓመጽ ኣብ ገለ እዋን ናይ ጉዕዞኦም ነብስ ቅትለታዊ ሓሳብ ኣለዎም። እዚ ግን ትጽለል ኣለካ ማለት ኣይኮነን ታይ ደኣ ሃንደበት ዝኸሰት ቀጻሊ ዘይኮነ እዩ። ሓሳብ ብዛዕባ ነብስ ቅትለትን ነቲ ሓሳብ ኣብ ግብሪ ክተውዕሎን ዝተፈላለየ እዩ። ንዐአም ከይፈራሕካ ነቲ ዝነበርካዮ ተቐበሎ ወይ ግለጸ። ነብስ ቅትለታዊ ሓሳብ እንተደኣ ኔሩካ ካብኡ ነብስ ቅትለት ትከላኸለሉ መደብ ክትፈጥር ትኽእል፤ ካብ ቃንዛ ክትድሕንን ንሂወትካ ከተውሕስን ትኽእል ኢኻ። ተስፋ ምቕራጽ ስምዒት ኣብ ዝተሰመዓካ ከምዚ መደብ ክትፈጥር ኣዝዩ ብሉጽ እዩ፤

1. ንምንታይ ትነብር ከም ዘለኻ ኩሎም ምኽንያታት ጸሓፎም፤ ተስፋ ምቕራጽ ስምዒት ኣብ ዝተሰመዓካ ከተንብቦን መዘከርታ ክኾነካን እዩ።
2. ሕማቕ ስምዒት ኣብ ዝሰመዓካ ንሓገዝ ክትድውል ዝግበኣካ ናይ ተለፎናት ዝርዝር ክትጽሕፍ ኣለካ፤ (ንኣብነት፡ ሓገዝ ዝህቡ ትካላት፤ ናይ መደበር ጥዕና ሓኪም፤ ትኣምኖም ኣዕሩኽትኻ።)
3. ኣብ ላዕሊ ኣብ ቁጽሪ 4 ዝተዘርዘሩ ነገራት ንመልከትን ንፈትኖምን፤ እንታይ ከምትፍትን ከኣ ተመልከት፤ ንዓኻ ብዝሕግዘካ መንገዲ ከኣ በቢቀዳምነቱ ግበርም።
4. ንነብስኻ ንኺይተጥፍእ ምስ ነብስካ ውዑል እቶ። እዚ ውዑል ዚ ምስትኣምኖ ሰብ እንተደኣ ፈጺምካዮ ሽዑ ክሕግዘካ እዩ፤

[illegible]

ከርቃን  
Anger



## ANGER

*“As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison.”*

*Nelson Mandela*

Anger is an important emotion, as important as all other emotions. It is a healthy, common and normal response. Many revolutions may have not occurred if it were not for the anger that people felt, that motivated them to create change.

Survivors of torture may feel very angry at what has happened to them, at the perpetrator of the abuse, at others for not understanding or helping or at themselves for reacting the way they did. People may feel mild anger or alternately may feel an overwhelming intense anger that colors everything that they do and affects their relationships. If you are especially likely to get very angry as a result of your experiences, then this section can help you. While you cannot control what other people do or say to make you feel angry, you can control your own reactions and you can find healthy ways to express your anger.

In healing from anger **AIM TO:**

- \* Use the anger as a motivator to heal yourself;
- \* Control your anger rather than letting the anger overwhelm you;
- \* Express your anger constructively so that you do not take it out on the wrong people who are often the ones that love and support you;
- \* Care for yourself and avoid harming yourself or blaming yourself for what has happened to you;
- \* Use the anger to help fight for justice;
- \* Stop and think before you respond.

## ሕርቃን

"ካብ ማዕጽ ሓሊፈ ናብ በሪ ገጸይ ምስ ከድኩ ንሳ ናይ ናጽነተይ መራሒት ምኻናይ፣ ኣነ ይፈልጥ ኢየ፣ ጽልእን መረትን ንድሕሪት እንተዘይገድፍ ከሳብ ሕጂ ኣብ ማእሰርቲ ምሃለኹ።"

ነልሶን ማንዴላ

ሕርቃን ከም ካልኣት ስምዒታውያን ምንቅስቃሳት ጠቓሚ ምንቅስቃስ ክኸውን ይኽእል እዩ። ኣብ ኩሉ ዘሎ፣ ዘይጓዳእ፣ ከም ዝኾነ ግብረመልሲ ክኸውን ይኽእል እዩ። ብዙሓት ናይ ለውጢ ሃዋርያ ዝኾኑ ሰባት ሕርቃን ወይ ቁጠዐ ህዝቦም እንተዘይስመዖም ለውጢ ንምምጻእ ኣይምተተባበሩን ዋላውን ኣይምሃለውን ኔሮም።

ውጻእ መዓት ወይ ድማ ፈታኒ ሂወት ዝሓለፉ ሰባት ኣብ ልዕሊኦም ብዝወረደ በደል ሕርቃን ክስመዖም ይኽእል፣ እዚ ሕርቃን ድማ ኣብ ልዕሊ ዓመጽ ዝፈጸመ ኣካል፣ ጸገሞም ዘይተረዳኦም ወይ ሃገዝ ዘይገበርሎም ኣካል፣ ወይ ኣብ ገዛእ ነብሶም። ሕርቃን በቲ ኣብ ልዕሊኦም ዝፍጸም ዝነበረ በድል ዝገበርዎ ግብረመልሲ'ዩ።

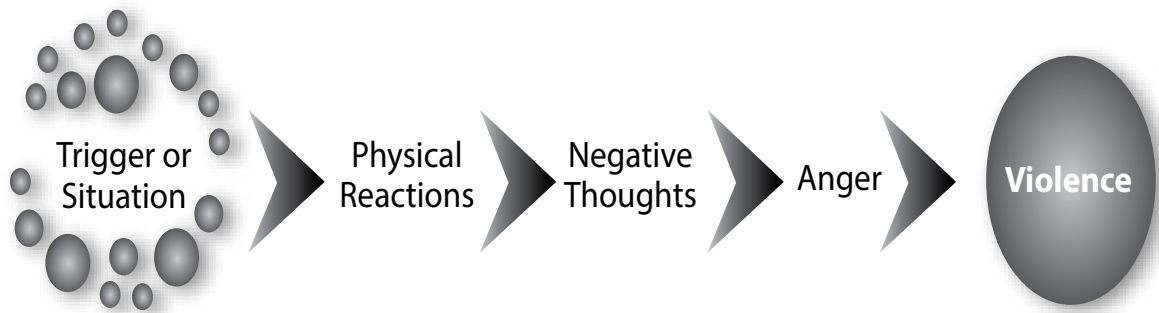
ሰባት ትሕት ዝበለ ወይ ኣብ ውሽጦም ዝቐበረ ሕርቃን ክህልዎም ይኽእል ወይ ድማ ካብ መጠን ንላዕሊ ሓይሊ ዘለዎ ነቲ ኣብ ልዕሊኦም ዝተፈጸመ ብዝተፈላለየ ንኹሉ ነገራት ዘመላኸት ወይ ጠንቂ ምፍራስ ዝምደነኦም ክኸውን ይኽእል። እንተደኣ ንስኹም ንሕርቃን ቐሉዓት ኬንኩም እንተደኣ ንሕርቃን ኣዚኻ ቅሉዕ ኬንካ ከም ውጽኢት ንጥፈታትካ ኣዕናዊ ስጉምቲን ሃንደበታዊ ግብረመልሲን ትወስድ፣ ስለዚ እዚ ዝስዕብ ክፋል ክሕግዝ ይኽእል እዩ።

ዋላ'ኳ ካልኣት ሰባት ዘሕርቑ ነገራት ጌሮምኻን ኢሎምኻን እንተኾኑ፣ ግብረመልሲኻ ክትቆጽጸር ትኽእልን ሕርቃንካ ብልዙብ መንገዲ ክትገልጽን ትኽእል ኢኻ።

ካብ ሕርቃን ፣

- \* ብዝእርእስኻ(ባዕልኻ) ንክትድሕን ሕርቃንካ ከም ንሕርቃንካ መቆጻጸሪ ሓይሊ ተጠቐመሉ
- \* ካብ ናብ ዘየድሊ ስጉምቲ ዝወስደካ ሕርቃንካ ተቐጻጸር
- \* ሕርቃንካ ብሃናጺ መልክዕ ግለጽሕርቃንካ ኣብቶም ዘፍቅሩኻን ዝሕግዙኻን ሰባት ኣብ ዘይቦትኡ ኣይተውዕሎ።
- \* ንባዕልኻ ተጠንቀቐ፣ ንነብስኻ ኣይትጉዳእ ወይ ኣባኻ ንዝወረደ ንነብስኻ ኣይትወንጅል
- \* ሕርቃንካ ፍትሒ ንምርካብ ኣብ ዝግበር ቃልሲ ተጠቐመሉ
- \* ቅድሚ ግብረመልሲ ምሃብካ እንደገና ሕሰብ።

## **BREAKING THE VICIOUS CYCLE OF ANGER**



### **BE AWARE OF YOUR PHYSICAL REACTIONS, WHICH CAN SERVE AS A WARNING SIGN THAT YOU ARE GETTING ANGRY.**

There are many ways to cope with anger so that the anger does not get out of control and make life worse for you. There are signs in your body that can serve as warnings to you that your anger is getting out of control. Anger is a normal physical response. The angrier you get, the more your body responds. Be aware of your anger warning signs and identify which ones are relevant to you.

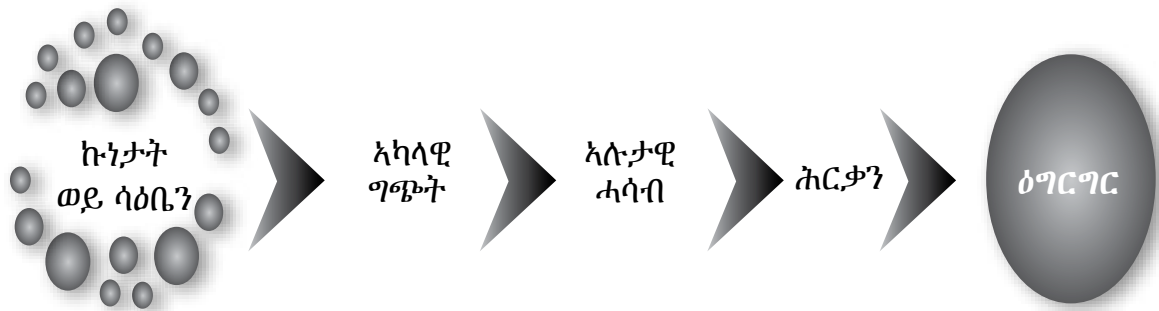
- \* Tensing your shoulders
- \* Clenching your hands or jaw
- \* Sweating and feeling hot
- \* Fast breathing
- \* Moving around restlessly
- \* Pounding heart

### **CONTROL YOUR BODILY REACTIONS**

1. Become aware of your own personal warning signs that your anger is getting out of control. This in itself can help slow down your reactions
2. Relax yourself physically. For example you can relax your shoulders



## ምስባር ሓደገኛነት ዑደት ናይ ሕርቃን፤



**ካብ አካላዊ ግጭት ተጠንቀቕ፤ ከም ምልክት መጠንቀቕታ ናብ ሕርቃን ትኣቱ ከምዘለኻ ስለዘመልክት።**

ሕርቃን ንምቁጽጻር ብዙሓት መንገድታት ኣለዉ፤ ስለዚ ከኣ ሕርቃን ካብ ቁጽጽር ወጺኢ ኣይከውንን፤ ኣሉታዊ ሰዓብየንውን ኣይህልዎን። ዋላ ብዘይመጠንቀቕታ ናብ ሕርቃን በጺሕካ ኔርካ ንበል ኣብ ኣካላትካ ግን ምልክታት ኔሮምዮም። ሕርቃን ከምዘኾነ ኣካላዊ ግብረመልሲ እዩ፤ ኣገባብ ሓይሊ ንባእሲ ወይ ድማ ንምንቅስቃስ ናይ ኣካላት ይኸውን፤ ልዑል መጠን ሕርቃንካ ንኣካላትካ ናብ ልዑል ምንቅስቃስ ይወስዶ። ስለዚ ምልክታት መጠንቀቕታ ሕርቃንን ንዓኻ ኣየናይ ጠቓሚ ምኻኑን ኣለኻ ኣብ ሕርቃንካ ጥንቁቕ ኩን።

- \* መንኮብካ ምንቅስቃስ
- \* ምጭባጥ ኣእዳው ወይ ምንጋጋ
- \* ሕማቕ ስምዒት ወይ ገጽካ በርበረ ክመስል
- \* ቅልጡፍ ምስትንፋስ
- \* ዘይቋርጽ ምዕግርጋርን ምንቅስቃስን
- \* ሓያል ትርግታ ልቢ

## ናይ ኣካላትካ ግብረመልሲ ምቁጽጻር

1. ብናይ ገዛእ ኑበስኻ መጠንቀቕታ ምልክታት ናይ ሕርቃን ንክትቆጻጸሮም ጥንቃቕ እንተደኣ፡ወሲድካ፤ እዚ ንባዕሉ ንዝፍጠር ግብረመልሲ ከህደኡ ይክእል እዩ።

by rolling them or gently massaging them, unclench your fists, breathe slowly and deeply from the abdomen. This counteracts the rising tension in your body.

3. Focusing on the physical sensations of anger often makes you feel less angry.
4. Remove yourself from the situation if you feel that you cannot control your reactions and give yourself time and space to calm down.
5. Count slowly to ten before you react in any way, if you are still not calm then start again until you feel yourself calmer and quieter.
6. Distract yourself by doing or thinking about something else.

### **OBSERVE YOUR THOUGHTS**

Relaxing your body is the first step to breaking the anger cycle. Next it is very important to become aware of your negative THOUGHTS that are helping to make you feel angrier. The way you think influences your bodily responses and influences your feelings and behavioral reactions. It is not a situation, alone which makes someone get very angry, but rather perceptions, attitudes thoughts about the situation. What makes one person very angry may not cause the same reaction in another person. You can:

1. Increase your self-awareness – get to know yourself better and learn to recognise your most unhelpful thoughts
2. Challenge these thoughts
3. Discover more helpful strategies

The way you feel influences the way you think. Relaxing your mind can help to relax your body and relaxing your body can help to relax your mind. If your mind and body are relaxed then you may feel less angry and you may be able to control your reactions.

2. አካላት ካሉበት ሰላም አዘናግቦ፡፡ ንዓብነት፡ ቀስ ጌርካ መኮብካ ብምድራዝ፤ መንኮብካ ከተዛኒ ትኸእል፤ ዕማኾ ኢድካ ብምፍታሕ፤ ካብ ከብድካ ቀስ ኣቢልካን ብዓሚቕን ብምስትንፋስ፤ እዚ ጸረ ወጥሪ ኣብ ኣካላትካ ዘሎ እዩ፡፡
3. ኣብ ኣካላዊ ስምዒታት ናይ ሕርቃን ብምትኳር ንቲ ስምዒታዊ ምንቅስቃስ ናይ ሕርቃንካ ክድምስሶ ይኸእል፡፡
4. ግብረመልስኻ ዘይትቆጽጾ እንተኮንካ ካብቲ ኩነታት ነበስኻ ኣግልል፤ ክትሃድእ ንገዛእ፡ነብስኻ ግዜን ቦታን ሃብ፡፡
5. ብዝኾነ መንገዲ ቅድሚ ግብረመልሲ ምሃብካ ቀስ ኢልካ ክሳብ ዓሰርተ ቁጽር፤ እዚ ጌርካ እንተዘይሃዲእካ ክሳብ ትሃድእን ተቛርጾን ከምእንደገና ጀምር፡፡
6. ካልእ እንዳገበርካ ወይ ብዛዕባ ካልእ እንዳሓሰብካ ባዕልኻ ንሕርቃንካ ኣወግዶ፡፡

### ኣተሓሳስባኻ ተግዘብ

ቀዳማይ ደረጃ ምስባር ዑደት ናይ ሕርቃን፤ ነበስኻ ምዝናይ፡ዩ፡፡ ካልኣይ ደረጃ ከኣ ካብ ኣሉታዊ ኣተሃሳስባ ጥንቁቕ ምኻን፡፡ እንዳሰቦ መንገዲ ናይ ኣካላትና መልሲ፤ ስሚዒትናን ጠባያዊ ግብረመልስን ይጸልወና፡ዩ፡፡ እቲ ኩነታት በይኑ ኣይኮነን ቁጠዐ ወይ ሕርቃን ከስዕበልካ ዝኸእል፤ እንታይደኣ እቲ ኣተሓሳስባኻን፤ ግምትካን ርድኢትካን ውን እዩ፡፡ ንሓደ ሰብ ብጣዕሚ ዘሕረቐ ነቲ ሓደ ዘይከሕርቐ ይኸእል እዩ፤ ምክንያት እዚ ኩነት ድማ

1. ናይ ገዛእ ነበስና ንቐሓት ምውሳኽ ብዝበለጽ ንነበስኻ ባዕልኻ ትፈልጣን ነቶም ኣዝዮም ዘይሓገዙ ኣተሓሳስባታት ንኸተለልዮም ትፍትን፡፡
2. ነዞም ኣተሓሳስባታት ምብዳህ
3. ካልኣት ሓገዝቲ መንገድታት ምንዳይ

እቶም ኣገባባት እንዳሰቦም እቶም መንገድታት ስምዒት እንጸልዎምዮም፡፡ ሓንጎልካ እንተደኣ ኣዛኒኻ ኣካላትካ ከተዛኒ ክሕግዘካ፡ዩ፡፡ ኣካላትካ እንተደኣ ኣዛኒኻውን ሓንጎልካ ከተዛኒ ክሕግዘካ፡ዩ፡፡ እንተደኣ ሓንጎልካን ኣካላትካን ተዛንዮም ሕርቃንካ ከዝሕል፡ዩ ወይ ድማ ነቲ ትሕቦ ግብረመልሲ ክትቆጽጾ ክትከእል ኢኻ፡፡

### **TRY THIS EXERCISE:**

When you are **not** angry then practice the following **four-step exercise**, imagining a time when you were angry. Practicing this can help you to control your thoughts when you feel that your anger is being triggered.

1. Think of a time when you got angry (THE SITUATION).  
*For example your boss shouts at you at work.*
2. Identify negative thoughts that trigger your anger  
*For example: “He does not respect me, he is discriminating against me, he does not understand me etc.”*

**Note:** While we all have negative thoughts, we are not always aware of them, we are not necessarily in control of them and only through observing them and identifying them can we start to control them. The following questions can help you to identify your negative thoughts and help you to understand yourself better:

- \* What was going through my mind just before I started to feel this way?
  - \* What images or memories do I have in this situation?
3. Try and get deeper into your thinking. Negative thoughts are like a downward spiral and catching your thoughts before they get extreme can have a positive effect on your behaviour and the outcome. Look at the example below of the downward spiral of negative automatic thoughts that may go through your head and note that asking yourself a question such as “what if that is true” can help you to go deeper.

### **EXAMPLES:**

*I am being treated unfairly.*

Ask yourself: “What if that is true”?

*He is discriminating against me because I am an asylum seeker.*

Ask yourself: “What if that is true”?

**ነዚ መላመዲዚ ፈትን፡**

ሕርቃን ዘይብልካ እንተኼንካ ነዞም ዝስዕቡ ኣርባዕተ መላመዲ ፈትኖም፡

ኣብ ግዜ ሕርቃንካ ሕሰብ፤

ነዚ ብምፍታን ሕርቃንካ ኣብ ኣዕናዊ ኩነት ከብጽሓካ ዝኸኣለ ኣተሓሳስባኻ ከትቐጽጸር ከኸእለካዮ።

1. ነታ ዝሓረቐካ ግዜ ሕሰብ (እቲ ኩነታት)

ኣብነት ሓላፊኻ ኣብ ሰራሕ ተዛሪቡካ።

2. ኣሉታዊ ኣተሓሳስባ ሳዕቤን ናይ ሕርቃንካ ኣለሊ።

ንኣብነት፡ 'ኣኽብሮት ኣይህበንን እዩ፣ ኣንጻረይ ምፍልላይ ይገብር፣ ኣይርደኣንን እዩ ወዘተረፈ'።

መታሓሳስቢ፡ እንተደኣ ኣሉታዊ ኣተሓሳስባ ኣለና፣ ኩሉ ግዜ ብዛዕበኡም ኣይንጥንቐቕን ኢና፣ ንክንቐጸጸርም ኣይተዳለናን፣ ጥራሕ ብምዕዛብን ብምልላይን ክንቐጸጸርም ንኸእል ዲና፣ እዞም ዝስዕቡ ሕቶታት ንኣሉታዊ ኣተሓሳስባኻን ኣጸቢቐካ ንነብስኻ ከትርዳእን ከሕጉዙኻ እዮም።

\* ቅድሚ ዚ ዝተሰማዓኒ መንገዲ ምውሳደይ ኣብ ኣእምሮይ ዝነበረ ኣተሓሳስባ እንታይ ኔሩ?

\* ኣብቲ ኩነት እንታይ ምስሊ ወይ ዝኸሪ ኣሎኒ?

3. ናብ ኣተሓሳስባኻ ኣዕሚቕካ ከትኣቱ ፈትን።ኣሉታዊ ኣተሓሳስባታት ናብ መዓሙቕ ከም ምጥሓልዩ፣ ቅድሚ ካብ ቁጽጽር ወጻኢ ምኻኖም እንተተሓሓዙም ግን ኣብ ጠባያትካን ውጺኢቶምን ኣወንታዊ ጽልዋ ክህልዎም እዩ። ኣብ ታሕቲ ዘሎ ኣብነት ተመልከት፡ ናይ ኣሉታዊ ኣተሓሳስባ ትሕተ መዓሙቕ ዝወስድ ቅጽበታዊ ሓሳባት ብርእስኻ ኣቢሉ ዝምለስ ሕቶ ንባዕልኻ ሓቲትካ መዘከርታ እትሕዘሉን ከም 'እንታይ ሓቂ እንተዝኸውን ኔሩ' ኣዕሚቕካ ከትከይድ ይሕግዘካ።

ኣብነት፡

ዘይርትዓዊ ክንክን ተጌሩለይ

ንነብስኻ ሕተት፡ 'እንታይ ሓቂ እንተዝኸውን ኔሩ?

ኣብ ርእሳይ ኣንጻርነትን ወገነትን ኣረኣፊ እለዎ ምክንያቱ ኣነ ሓታቲ ዑቕባ ስለዝኮንኩ።

ንነብስኻ ሕተት፡ 'እንታይ ሓቂ እንተዝኸውን ኔሩ?

*He thinks I am stupid and incapable because I do not speak his language properly.*

Ask yourself: “What if that is true”?

*He thinks he can treat me like dirt and disrespect me and I will stand here and not react and not do anything and just listen to what he says.*

Ask yourself: “What if that is true”?

*I have had enough of being treated badly and abused.*

Ask yourself: “What if that is true”?

*I will show him, and stick up for myself.*

*AND SO ON...*

4. Once you have begun to identify your negative angry thoughts, you can help yourself to control your angry thoughts by soothing self-talk and challenging your thoughts by asking yourself the following:
  - \* Is this so important considering everything I have to deal with?
  - \* Will this be important in 5 years time?
  - \* How would someone else react such as Mother Theresa or Nelson Mandela?
  - \* Am I reacting appropriately?
  - \* Is it really worth getting angry about it?
  - \* Is my response appropriate to the situation?
  - \* What will be the consequences of my actions?
  - \* What if I just walked away?

**Practice this exercise daily until you begin to do it automatically when you begin to feel angry.**

**Here are some ADDITIONAL ideas that can help you to relax and control your anger:**

ከምዘይክእልን ሕማችን ጌሩ እዩ ዝሓሰበኒ፤ ምክንያቱ ነቲ ቋንቋኡ ጽቡቕ ጌረ ሰለዘይዛረብ።

ንነበሰኻ ሕተት፡ 'እንታይ ሓቂ እንተዝኸውን ኔሩ?

ከም ረሳሕ፤ ክብረት ዘይብሊይ፤ ኣብዚ ኮፍ ዝብል፤ ግብረመልሲ ዘይህብ፤ ዋላ ሓደ ነገር ዘይሰርሕን ንዝበሎ ጥራሕ ዝሰምዕን ጌሩ እዩ ዝሓሰበኒ።

ንነበሰኻ ሕተት፡ 'እንታይ ሓቂ እንተዝኸውን ኔሩ?

ኣኒ ኣዝዩ ሕማች በደል ተበዲለን ተዓሚጸን እያ።

ንነበሰኻ ሕተት፡ 'እንታይ ሓቂ እንተዝኸውን ኔሩ?

ወዘተረፈ

4. ሓንሳብ ነቶም ኣሉታዊ ሓሳባት ናይ ሕርቃን ከተለልዮም ተጀሚርካ፤ ንባዕልኻ ሕርቃንካ ብገዛእ ነብሰኻ ክትቆጽጸር ግጭት ብዘህድእ መንፈስ ባዕልኻ ክትዛረብን ንባዕልኻ ሕቶታት ብምሕታት ሓሳባትካ ክትብድህን ነዞም ዝሰዕቡ ተመልከት?

- \* ምስ ኩሎም ዘለውኒ ነገራት ክበሃሃል ይጠቐመኒ ድዩ?
- \* እዚ ነገር ንሓሙሽተ ዓመት ይጸንሕ ድዩ?
- \* ገለ ሰባት ከም ናይ ነልሶን ማንደላን ማዘር ተረዛን ግብረመልሲ ክህቡ ከመይ ክኢሎም?
- \* ብቐኑዕ ዶ ይምልስ ኣለኹ?
- \* ብሓቂ ተገዲስ ድዩ ብዛዕብኡ ሓሪቐ?
- \* ዝሃብክዎ ግብረመልሲ ልክዕ ነቲ ኩነታት ዝምልከት ድዩ?
- \* ሳዓቤን ናይቲ ስጉምቲ እንታይ ክኸውን እዩ?
- \* ካብቲ ቦታ ርሒቐ ተኸይደ እንታይ ክኸውንዮ?

መዓልታዊ ነዚ መላመዲ ዚ ፈትኖ ፣ ሕርቃን ኣብ ዝተሰመዓካ፤ ብቐጽበት ነዞም ተዋሂቦምኻ ዘለዉ መላመዲታት ፈትኖም።

ሕርቃንካ ንምቁጽጸርን ንምግዳልን ዝሕግዙ ሓደስቲ ሓሳባት እዞም ዝሰዕቡ ኣለዉ፡

- \* Keep things in perspective by taking a step back from the situation.
- \* Put yourself in the other person's situation.
- \* Keep your sense of humour.
- \* Remove yourself from the situation.
- \* Distract yourself by listening to music or picturing yourself in a favorite place.
- \* Prayer or meditation can help to control anger.
- \* Try and find a way to expend energy in a positive way such as running, walking, building or making something etc.
- \* Practice relaxation exercises suggested in this book.



- \* ካብቲ ኩነታት ደረጃታት ንድሕሪት ብምምላስ ነቲ ዘጋጠመካ ብዝተፈላለየ ኩርናዓት ምሓዝ
- \* ንባዕልና ኣብ ቦታ እቲ ሓደ ኽንና ምሕሳብ
- \* ስምዒትካ ተቐጽጸር
- \* ካብቲ ኩነታት ነብስኻ ኣግልል
- \* ሙዚቃ ብምስማዕን ንነብስኻ ባዕልኻ ብምስኣልን ናብ ዝጥዕመካ ቦታ ርሓቕ
- \* ጸሎትኻታት ወይ ድማ ኣማኸርቲ ሕርቃንካ ንኸትቐጽጸር ሓገዝቲ እዮም
- \* ብምጉያይ፣ ብምጉዓዝ፣ ብምስራሕን ወይድማ ካልእ ንጥፈታት ብምክያድ ሓይልኻ ቅኑዕ ብዝኾነ መንገዲ ንኸተጥፍእ ምፍታንን ምድላይን።
- \* ኣብ ክፍሊ ምዝናይ ኣብዚ መጽሓፍ ክፍሊ ናይ ነፍሲ ጥንቃቕ ረኣ።

**NOTES** መተሐሳሰቢያ

[illegible]

ነብስኻ ምወንጃልን ምወቅስን

Guilt and Blame



## **GUILT AND BLAME**

It is very normal to feel guilt after a trauma has occurred. It is almost universal that people blame themselves for what they did, how they acted or how they felt. People can spend a lot of time and emotional energy replaying the traumatic incident and trying to figure out what they could have done differently.

### **WHAT MAY HELP?**

#### **UNDERSTANDING**

During a traumatic event your body is in survival mode and your biological system takes over. You did what you needed to do to survive. You reacted normally given the circumstances at the time, which were not normal. Remember that you act and behave and feel differently when you are under threat. When you are safe and secure, your behaviour in traumatic circumstances may seem strange and out of character. Be understanding to yourself. There are things that are not in our control and are not preventable. Accept this and forgive yourself.

#### **COMPASSION**

An important aspect of coming to terms with the trauma is to be kind and compassionate towards yourself, as you would be to someone you love dearly who has been through a similar event. Imagine that someone you know and love had been through a similar trauma to you. Think of why they are not to blame and why it is the abuser who is responsible. Ask yourself: What does this person need in order to feel better? Imagine that your words are what the person needs to feel better in this world.

#### **ACCEPT AND FORGIVE**

Accept that whatever you did, you needed to do at the time and forgive yourself.

## **ነብስኻ ምውንጃልን ምውቃስን**

ዘለምብድ ናይ ሂወት ኣጋጣሚ(ትራውማ)ኣንተድኣ የሕሊፍካ ነብስኻ ናይ ምዋንጃል ስምዒት ክስምዓካ ንቡር ኣዩ ። ዳርጋ ብዓለም ለኻዊ ደረጃ ሰባት ብዛዕባ ዝገበርዎ ነብሶም ይወቕሱ ። ሰባት ነቲ ዝሓለፈ ዘጋጠሞም ክስተንትኑ ብዙሕ ግዚኦም ን ስምዒታዊ ሓይሎምን የጥፍኡ ፤ ከምዚ ኣንተዝከብርሲ .....ወይ ካልእ ኣንተዝገብርሲ ..... ከምዚ ኣይመጋጠመንን ወዘተ..... ኢሎም ብዛዕባ ኣቲ ዝሓለፈ ኣጋጣሚ ብዙሕ ይሓስቡ ።

### **ኣንታይ ክሕግዝ ይኽእል?**

#### **ምርዳእ**

ኣብ ግዜ ትራውማ ነብስና ኣብ ብሂወት ምንባርን ዘይሚንባርን ኩነት ኣዩ ዘሎ ፤ ስለዚ ተፍጥሮኣዊ ባህርያትናን ስርዓትና ግብረመልሲ ይህብ ። ብሂወት ንኽንነብር ኣቲ ክንገብሮ ዝግባኣና ኣና ጌርና ። ኣቲ ዝገበርናዮ ግብረመልሲ ኣብቲ ግዜቲ ንቡርዮ ። ኣስተውዕል፤ ኣብ ግዜ ስግኣት ኣንገብሮ ግብረመልሲ ፥ ነርእዮ ጠባይን ስምዒትን ዝተፈልየ ኣዩ ። ኣብ ውሑስ ወይ ርጉእ ግዜ ኽኾን ክንሓስቦ ከለና እቲ ዘርኣናዮ ጠባይ ወይ ግብረመልሲ ዘይባህሪና ወይ ባዕዳዊ ጠባይ ኮይኑ ክስምዓና ይኽእል ኣዩ ። ነብሲና ንረዳኣያ ። ክንቆጻጸር ወይ ኪንኪልክሎ ዘይንኽእል ነገራት ኣሎ ። ስለዚ ኣዚ ፈሊጥና ነብሲና ይቕረ ሕድገት ንግበረላ ።

#### **ርህራሄ**

ኣብ ሕማቕ ናይ ሂወት ተመክሮን ዝኸርን ዘሎ ሰብ ሓደ ኣገዳሲ ኪገብሮ ዚግበኦ ነገር፣ንነብሱ ርህራህን ሕያዋይን ክኸውን ኣለዎ ። እዚ ልኪዕ ከም ንሓደ ኣነፍቕሮ ሰብ በቲ ሕሱም ተመክሮ ዝሓለፈ ሰብ ክንገብረሉ ዝግበኣና ርህራሄን ሕያውነትን ዝዳረግ ኣዩ ። ናብ ሓደ ኣእምሮና ዝፈጠሮ ሰብ(ምናልባት ንእንፈልጦ ሰብ ኪኸውን ይኽል ኣዩ)ደብዳቤ ጸሓፍ ፤ እቲ ሰብ ኣብ ሕሱም ተመክሮ ከምዘሎ ጌርካ ሕሰቦ ። ስለምንታይ ነብሱ ኪወቕስ ከምዘይብሉ ንገሮ ፤ እንታይደኣ ኣቲ ዓማጺ ኪውቀስን ሓላፍነት ኪወሲድን ከምዘለዎ ንገሮ ። እዚ ሰብዚ ዝሓሸ ኪሰመዖ ኣንተኹይኑ ኣንታይ ኪገብር ከምዘለዎ ንነብስኻ ሕተታ ። ኣዞም ቃላትካ ነቲ ሰብ ኣብዛ ዓለም ብዝሓሸ ሂወት ንኽነብር ከምኹሕግዝዎዎ ግምት ሃበም ።

### **ምቕባልን ይቕረ ምባልን**

ኩሉ ኣቲ ዝገበርካዮ ኣብቲ ግዜ ኣቲ ኪትገብር ዝግበኣካ ምንባሩ ተቐቢልካ ንኔብሲኻ ሕድገት ይቕረታ ግበረላ ።

## **SHARING**

Talk to someone you trust. Depending on the culture you may feel surprised at the relief and acceptance and support that you feel by sharing your thoughts. Receiving acceptance makes it more difficult to hold on to your belief that you are to blame.

## **CHALLENGE YOUR THOUGHTS**

Write down why you think you are to blame.

Challenge these thoughts with the following questions:

1. What other explanations might there be?
2. How much power did I have to influence what happened?
3. How did things seem to me at the time?
4. How could I have known what was going to happen?
5. What did I do that was helpful?
6. How would someone else, an onlooker explain my behaviour?
7. How would I explain the behaviour if it happened to a friend?
8. Who else could be blamed for what happened?

## **ምክፋል**

ንእትኣምኖ ሰብ ተዛረብ። ሓሳብካ ምስካፈልካ፤ ድጋፍ ተቐባልነትን ሩፍታን ኪስመኣካ ኪትዕዘብ ኣኻ ። ተቐባልነት ምስረኽብካ ነብስኻ ኪትወቅስ ከምዘይበልካ ኪትርዳእ ኢኻ ።

## **ንሓሳባትካ ምብዳህ**

ነብስኻኺ ስለምንታይ ክትወቅስ ከምዘለካ ጸሓፍ ።

ነቶም ሓሳባት በዞም ዝስዕቡ ሕቶታት ገርካ በድሃዮም ።

1. ካልእ ኣንታይ መግለጺ ኪህሉ ይኽል?
2. ማዕረ ክንደይ ሓይሊ ኔሩኒ ነቲ ዘጋጠመኒ ፍጻመ ክቅይሮ?
3. ኣብቲ ግዜቲ ነገራት ከመይ ገሮም መጺኦሙኒ፡ተቐልቂሎሙኒ?
4. ኣንታይ ከምዚመጺኦ ከመይ ጌረ ኪፈልጦ ይኽእል ኔረ?
5. ኣቲ ዝገበርኩዎ ሓጋዚ ዶ ነሩ?
6. ካልእ ሰብ ተዓዛቢ ነቲ ናተይ ባህሪ ከመይ ይገልጽ?
7. ኣብ ዓርኪይ ኣንተዘጋጥም ከመይ ጌረ ምገለጽኩዎ?
8. በቲ ዘጋጠመኒ ብተወሳኺ ኒመን ኪወቅስ ይኽእል?

**NOTES** መተሐሳሰቢያ

[illegible]





Sexual Abuse

**ጸሐፊ ዓመጽ**

# **SEXUAL ABUSE<sup>4</sup>**

## **What is sexual abuse?**

**Sexual abuse or sexual assault is any act of a sexual nature where one person has not consented or agreed.**

Sexual abuse may involve physical violence, but it doesn't have to. It is still sexual abuse if there was no physical violence.

Sexual abuse often involves emotional abuse, threats or blackmail.

Sexual abuse can happen to anyone.

Sexual abuse is an abuse of power by one person or group of people.

Sexual abuse is a crime.

## **Effects of sexual abuse**

Many of the effects of torture described in this book are relevant to survivors of sexual abuse. This chapter focuses on effects that are **specifically** connected to victims of sexual abuse. Please see the chapter on "effects of torture", at the beginning of this book for further effects of sexual abuse.

### **1. Suffering alone**

If you are a victim of sexual abuse you may be suffering in silence and suffering alone because you:

- \* Are aware that your culture blames the victim for being sexually abused;
- \* Are frightened that someone will find out and that you will be shunned by your community;
- \* Worry that you will be shamed and blamed for what has happened to you;

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<sup>4</sup> This chapter has been written specifically with Eritreans in mind who were the greatest victims of sexual abuse in the Sinai.

## **ጾታዊ ዓመጽ<sup>3</sup>**

### **ጾታዊ ዓመጽ እንታይ እዩ፤**

ሓደ ሰብ ብዘይድልየቱ ወይ ብዘይ ፍቓዱ ዝግበር ጾታዊ ርክብ እዩ።

ጾታዊ ዓመጽ ብኣካልዊ ጎነጽ ክኸውን ይኽእል ወይ ውን ብዘይ ኣካላዊ ጎነጽ፣ ግን ጾታዊ ዓመጽ እዩ።

ጾታዊ ዓመጽ ስምዒት ዝተሓወሶ ዓመጽ፣ ብምፍርራሕ ወይ ውን ገበን ክፍጽም ምኻኑ ብምፍርራሕ።

ጾታዊ ዓመጽ ንዝኾነ ሰብ ከጋጥሞ ይኽእል።

ጾታዊ ዓመጽ ናይ ሓይሊ ዓመጽ ኮይኑ ብሓደ ሰብ ወይ ብእኩባት ሰባት ይፍጸም።

ጾታዊ ዓመጽ ገበን እዩ።

### **ናይ ጾታዊ ዓመጽ ሳዕቤን!**

ኣብዚ መጽሓፍ ካብ ዝግለጹ ብዙሓት ጽሑፋት ምስ ግፍዒ ውጻእ መዓት ናይ ጾታዊ ዓመጽ እዩ። እዚ ምዕራፍ ኣብ ሳዕቤን ብፍላይ ከኣ ኣብ ጾታዊ ዓመጽ ዘተኮረ እዩ። ብኸብረትኩም እዚ ምዕራፍ ኣብ ገጽ (ሰዓቤን ግፍዒ) ረኣይዎ፣ ንዝያዳ ሳዕቤን ጾታዊ ዓመጽ ኣብ መጀመርታ ናይዚ መጽሓፍ።

#### **1. በይንኻ ምስቓይ**

እንተደኣ ግዳይ ናይ ጾታዊ ዓመጽ ኼንካ ምናልባት በይንኻን ብስቕታን ትሳቐ ኢካ ምኽንያቱ ንስኻ፡

- \* ነቲ ዝወረደካ ጾታዊ ዓመጽ ብባሕልኻ ተጻቂትካ ባዕላ ወይ ባዕሉ ደልዩዎ ኢሎም ከይወቅሱካ ስለትፈርህ
- \* ዝኾነ ሰብ ክይፈልጥ 'ሞ ካብ ሓብረተሰብ ከይትግለል ትፈርሕ።
- \* ብዝወረደካ ከይትሓፍርን ከይትውቀስን ስለትግደስ
- \* ካብ ወረ ፈሪህካ ንኹነታትካ ሓቢእካ ንበይንኻ ምስቓይ

3 እዚ ምዕራፍ እዚ ብፍላይ ኣብ ሲና ዝግበየ ግዳይ ጸውታዊ ዓመጽ ዝኮኑ ኤርትራውያን ኢዩ ተጻሒፉ።

- \* May be afraid of people gossiping about you, therefor making your suffering worse;
- \* May feel ashamed and blame yourself for what has happened;
- \* May feel that there is no point in telling people as in your culture it is not acceptable to talk about negative things in your life;
- \* If you are a man then the feelings of shame and fear are extreme. Specifically you may fear that that people will regard you as a homosexual, or you fear that being sexually abused may actually make you a homosexual.

**It is natural to feel this way. Many men and women who are victims of sexual assault remain silent about their experiences.**

While remaining silent may have been the safest thing to do, sometimes keeping silent may be unhelpful. This may be the case if you are suffering so much that you are not able to get on with your life. If this is the case you may want to think about sharing your difficulties with a trusted person. The trusted person can be a professional person who is trained to help survivors of abuse and is required by law to keep confidence. (See the last section for a list of places where professional help is available) You can also try and find one person that you trust who you feel courageous enough to talk to. You can choose this person because you believe they will listen to you and not judge you. Remember that you are not alone; there are sadly thousands of people in your community who have been through similar experiences like you. They also feel the need to remain silent and they share your distress.

## **2. Relationship problems**

Difficulties in relationships as a result of sexual abuse are common. Some people who have been abused report the following difficulties:

- \* Difficult trusting people – you may feel that trusting people or letting people get close is dangerous.

- \* ብዝሃውረደካ ገበን ብዝሃእ ነብስኻ ክትሓፍርን ኽትወቅስን
- \* ብዛዕባ ኣሉታዊ ዝኾነ ነገራት ናብ ህዝቢ ምዝራብ ብባህሊ ተቐባልነት ይኹን ዝኾነ ነጥቢ የብሉን።
- \* ሰብኣይ እንተደኣ ኬንካ ስምዒት ፍርሕን ሕፍረትን ልዕሊ ዓቕን እዩ። ብፍላይ ከኣ ንስኻ ግብረሰዶማዊ ወይ ጾታዊ ዓመጽ ዝተፈጸመካ ከም ግብረሰዶማዊ ሰባት ብዛዕባኻ ከይ ሓሰቡኻ ክትፈርሕ ትኽእል ኢኻ።

በዚ መንገዲ ዚ ክስመዓካ ንቡር እዩ። ብዙሓት ሰብኡትን ኣንስትን ብዛዕባ ተመኩረኦም ኣብ ዝወረደም ጾታዊ ዓመጽ ኣጽቂጦም ኣብ ስቕታ ምንባር ዝሓሸ ኣማራጺ እኳ እንተመሰለ ሓደ ሓደ ግዜ ስቕታ ሓጋዚ ዘይክኸውን ይኽእል።

ምልኣት ዘለዎ ሂወት ንከይትነበር ሓሳባትካ ከየካፍልካ ኣብ በይንኻ ትሳቕ ከምእዚ ኢልካ ትሓሰብ እንተደኣ ኮይንካ ቲ ጸገም ምስ ትኣምኖ ሰብ ሓሳባት ትለዋወጥ። እቲ ዝተኣምነ ሰብ በዓልምያ ወይ ብዙሕ ተመኩሮ ካብ ውጻእ መዓት ናይ ዓመጽን ሕጊ ብዝጠልበ ምስጢራውያን ክኸውን ይኽእል እዩ። (ነቶም ዝርዝር ሓገዝ ክትረኽበሎም ትኽእል ቦታታት ኣብ ገጽ።) እኹል ትብዓት ዘለዎ ንስኻ ትኣምኖ ሰብ ክነግር ዝኽእል ክትደልን ክትፍትንን ይከኣል። ነዚ ከምዚ ሰብ ክትመርጽ ምኽንያቱ ስለትኣምኖም ስቕ ኢሎም ስለዝሰምዑኻን ኣባኻ ፍርዲ ስለዘይህቡን። በይንኻ ከምዘይኮንካ ዘክር፣ ቲ ዘሕዝን ኣሻሓት ካብ ዚ ናትካ ማህበረሰብ በዚ ናትካ ተመኩሮ ዝሓለፉኩም። እቲ ድሌት ከምዘለዎ ብስቕታ ክነበርን ነቲ ናትካ ጸቕጢ ክካፈሉ ይኽእሉዮም።

## 2. ናይ ዝምድና ጸገማት

ከም ውጽኢት ጾታዊ ዓመጽ ጸገማት ኣብ ዝምድና ንቡር እዩ። ገለ ዝተዓመጹ ሰባት ነዚ ዝስዕብ ጸገማት ሓቢሮም፡

- \* ንህዝቢ ምእማን ይጽገሙ ንሰባት ምእማንን ክቐርቡኻ ምፍቃድን ሓደገኛ ኮይኑ ይስመዓካ።
- \* ሕፍረትን መጻምድተይ ብዛዕባ ጾታዊ ዓመጽ ናተይ እንተደኣ ሰሚዑ ኢልካ ምሽጋር ምናልባት ውን ምንጻግን ግዳይ ምኻንን ከጋጥም ይኽእል።
- \* ምናልባት ነቲ ዓመጽ ስለዘዘኻኸር ጾታዊ ርክብ ኣብ ትፍጽመሉ ጸገምዩጋጥመካ

- \* Guilt and worry about your current partner discovering your sexual abuse as this may lead to further victimization and rejection.
- \* Difficulties with any sexual intimacy as it may remind you of your abuse.
- \* Avoidance of potential intimate relationships because of the fear that you will be rejected by a partner if they find out about your past or because of a fear of intimacy.
- \* You may view any expression of care or attention as a sign of sexual interest.
- \* Discomfort with any form of touch that is not of a sexual nature
- \* Having many sexual relationships.

In trying to heal from sexual abuse it is important to surround yourself with people that you feel safe with and with whom you can work on building trust and intimacy with. Take time and be kind to yourself, taking small steps towards achieving your goals. While it makes sense that you may have difficulty-trusting people, mistrust can get in the way of meaningful relationships in your life. It is possible to heal from sexual abuse and to go on to having deep and meaningful relationships. This requires communication with your partner, belief in you ability to heal, self care and self compassion. The abuser should not be given the power to destroy your potential for love and intimacy in your life.

### **3. Pregnancy**

As a result of being raped you may have become pregnant which resulted in an abortion, giving a child up for adoption or having a child that is a result of rape.

Whether you felt relief, guilt, regret, or sadness, you made a choice to survive the terrible circumstances you went through. Try and focus compassion and loving kindness toward yourself for the choice that you made to survive your circumstances.

- \* ጥቡቅ ዝኾነ ዝምድና ምሕሳም ብምኽንያት ክሰነግ ዶ ይኸውን ወይ ድማ ሕሉፍ ታሪኽይ ተድኣ ተፈሊጡ ወይ ብምኽንያት ፍርሒ ንጸታዊ ርክብ
- \* ምናልባት ከም ምልክት ጽታዊ ድሌት ዝገልጽ ትዕዝብቲ ወይ ኣትኩሮ ይህሉ ይኸውን
- \* ዝኾነ ዓይነት ምትንኻፍ ዘይምስምማዕ ምስ ጸታዊ ተፈጥሮ ዘይምቅዳው
- \* ምስ ብዙሓት ጸታዊ ዝምድና ምህላው

ምፍታን ካብ ጸታዊ ዓመጽ ክትድሕን ነብስኻ ኣብ ንድሕነትካ ኣተኣማማንቲ ዝኾነኡ ህዝቢ ክትህሉ ጠቓሚ'ዩ ከምኡውን ኣብ'ቲ ትሰርሓሉ ህንጻ ምስ መሳርሕትኻ ተኣመንን ጥቡቅ ዝምድና ይሃልኻን። ግዜ ወሲድካ ንነብስኻ ዓይነታዊ ሰብ ኩን፣ ናብ ሾቶኻ ንምብጽሕ ንኣሽቱ ደረጃታት ውሰድ። ንግዚኡ'ኳ ጸገማት ምእማንን ዘይምእማንን ንሰባት ነቲ ትርጉም ዘለዎ ዝምድና ባዕልና ክንምስርት ዘኽእል መንገዲ ክርከብ ይከኣል'ዩ። ካብ ጸታዊ ዓመጽ ክትሓውን ናብ ትርጉም ዘለዎን ዓሚቕን ዝምድና ዝወስድ ዩ። እዚ ከኣ ምስ መጻምድትኻ ጽቡቕ ምብህሃል፣ ክትሓዊ ከምትኽእል ምእማን፣ ንነብስኻ ባዕልኻ ትሕግዛን ትጥንቀቕላን፣ ኣብ ሂወት ዝሓልፍ ምውሓድን ንናይ ፍቕሪ ዓቕምካን ከዕኑ ነቲ ዓማጺ ሓይሊ ክወሃብ የብሉን።

### 3. ነፍሲ ጸር

ከም ውጽኢት ጸታዊ ዓመጽ ዘጋጠመካ ጥንሲ እንተደኣ ኣጋጢሙ፣ እሞ ከኣ እንተደኣ ተነጺሉ፣ ወይ ውን ናብ መዕበይቲ ገበርቲ ሰናይ እንተደኣ ተዋሂቡ ወይ ውን ውላድ ብዓመጽ ዝተጠንሰ ተድኣለካ፣ ጽቡቕ ይሰመዓካ ዘጉሂ ክነታት ይሃሉ፣ ዋላውን ዘሕርቕ ይኹን፣ ንስካ ዕድል ረኺብካ ካብቲ መዓት ክትወጽእ ዝተፈጸመ ዩ።

#### **4. Shame and blame**

Many survivors say that the feeling of shame comes from the commonly held view of the community that survivors are at fault, that survivors are prostitutes and that survivors could have prevented what happened to them. Many people feel that they should not feel ashamed for what happened to them, as they recognize that it was not their fault. They say that anyone who survived the torture camps in the Sinai would know that it was not their fault.

YOU ARE NOT TO BLAME FOR WHAT HAPPENED TO YOU. The rapist is to blame for what happened to you. You did the best you could to survive the terrible circumstances that you were in and you can congratulate yourself for surviving. There are up to 7000 survivors of torture living in Israel and many of them were sexually abused. None of them invited this or wanted this. None of them are to blame. You have nothing to be ashamed of.



#### 4. ሕፍረትን ወቅሳን

ብዙሓት ካብተን ውጻእ እቲ መዓት ከም ዝብለኦ፡ ስምዒት ናይ ሕፍረት ካብ ኣረኣእያ እቲ ሕብረተሰብ ከም ዝብገስ፤ ንግዳያት እቲ ዝተፈጽመ ብጌጋ ናተን ምኻኑ፤ ኣመንዝራታት ስለዝኮና፤ ብመሰረቱ ነቲ ዝኾነ ኩሉ ክከላኸለኦ ይኸእላ ኔረን ዝብል እዩ። ብዙሓት ከኣ በቲ ዝወረደ ዝኾነ ሕፍረት ክስመዐን ኣይግበአንን እዩ ይብሉ፤ ማለት እቲ ጌጋ ናትን ከምዘይኮነ ምስ ፈለጡ። ዝኾነ ሰብ ነት ኩነታት ምስ ፈለጠ ንውጻእ መዓት ካብ ግዳያት ሲናይ እቲ ጌጋ ናተን ኣይኮነን ይብሉ።

ንነብስኻ በቲ ዝኾነ ነገር ኣይትወቅስን ኢኻ። በቲ ዝወረደ እቶም ዓመጽቲ ዮም ዝውቀሱ። ንኸትተርፍ ካብቲ ጽንኩር ኩነታት ዝከኣለካ ዘበለ ኩሉ ሰሪሕካ ኢኻ ስለዚ ክትውቀስ ዘይኮነ ብኣንጽሩ ብሂወት ብምትራፍካ ክትምጎስ ዩ ዘለካ። ኣብ እስራኤል ክሳብ 7000 ዝበጽሑ ውጻእ መዓት ግዳያት ናይ ሲናይ ኣለዉ መብዛሕትኦም ከኣ ጾታዊ ዓመጽ ዝተፈጸሞም እዮም። ነቲ ፍጻሜ ዋላ ሓደ ሰብ ኣይጸወዖን፤ ኣይደለዮን፤ ስለዚ ዋላ ሓደ ሰብ ክውቀስ የብሉን ከሕፍር ውን ዝኸኣል ውን ኣይኮነን።

[illegible]



ውጥረትን ሻቆሎትን

# **STRESS AND ANXIETY**

## **WHAT IS ANXIETY?**

Anxiety is a normal human emotion that everyone experiences at times. Many people feel anxious, or nervous, when faced with making an important decision or when facing other problems such as problems at work. Anxiety is a natural response and while it may feel very uncomfortable it is not harmful to you.

Extreme anxiety can cause such distress that it interferes with your ability to lead a normal life. For people with extreme anxiety, worry and fear can take over your life. Anxiety is the feeling we get when our body responds to a frightening or threatening experience. It can take many forms including worrying all the time, physical tension, panic and fear. It has been called the fight, flight or freeze response. It is simply the response your body has when it is preparing to defend itself and deal with situations that are perceived to be life-threatening or that endanger one's physical or emotional well being.

## **WHY DO PEOPLE WHO HAVE EXPERIENCED TRAUMATIC LIFE EVENTS FEEL ANXIOUS?**

*“Someone bitten by the snake is scared by the rope”.*

Eritrean proverb

Many people who experience a traumatic event overestimate the likelihood of going through another trauma. This may make people feel anxious about their current safety and future. People may also get very anxious when reminded of the trauma. For example, the sound, sight or smell that reminds one of someone who attacked them may cause reactions that they experienced during the traumatic event. During the trauma these anxiety reactions helped you to act in the way in which your

## **ውጥረትን ሻቆሎትን**

### **ምሽቻል አንታይ'ዩ**

ምሽቻል ንቡር ስምዒት ወዲ ሰብ ኮይኑ ንኹሉ ዘጋጥሞ እዩ ። ብዙሓት ሰባት ዝኾነ ሽግር ኣብ ስራሕ ምስ ዘጋጥሞም ወይ ድማ ኣገዳሲ ውሳኔ ንኸውስኑ ሻቆሎት ይስመዖም። ምሽቻል ባህርያዊ ግብረ መልሲ እዩ ። ምንምኳ ዘይምቹአነት ስምዒት ኣንተፈጠረልካ ንዳኢ ግን ኣይኮነን ።

ካብ ዓቕኑ ዝሓለፈ ሻቆሎት ግን ዝተፈልየ እዩ፤ ጸቕጢ ከስዕበልካ/ ኪ ይኸል እዩ ከም ሳዕቤኑ ድማ ንቡር ሂወት ንኸትመርሕ ኣብ ዘይትኸእለሉ ደረጃ ከብጽሓካ ይኸእል እዩ ። ካብ ዓቕኑ ዝሓለፈ ሻቆሎት ንሰባት ስክፍታ፣ፍርሒ፣ድውየት ከስዕበሎም ይኸእል እዩ ። ሻቆሎት ፍርሒ ወይ ስግኣት ኣብ ዝስምዓና ዝስዕብ ግብረመልሲ እዩ ። እዚ ብዝተፈላለየ መልክዑ ክኸሰት ይኸእል፡ ንኣብነት ዘይንቡር ስክፍታ፣ ኣካላዊ ውጥረት፣ራዕዲ ወይ ፍርሒ ወዘተ..... ። እዚ ምጥቃዕ ፣ ምህዳም ወይ ድማ ምዕናድ ግብረመልሲ ተባሂሉ ይጽዋዕ። ሻቆሎት ንቡር ስምዒት ኮይኑ ኣብ ግዜ ሓደጋ፣ስግኣት፣ ኣካላዊ ወይ ድማ ስምዒታዊ መጉዳእቲ ምስ ዘጋጥመና ዝኸሰት ግብረመልሲ እዩ ።

### **ስለምንታይ ዘስምብድ ናይ ሂወት ኣጋጣሚ ዘሕለፉ ሰባት ሻቆሎት ይስመዖም ?**

*“ብተመን ዝሰምበደ ብልሕጺ ተዳህለ”*

ምስላ እርትራዊያን።

ብዙሓት ሰባት ዘስምብድ ናይ ሂወት ኣጋጣሚታት ዘሕለፉ ካልእ ዘስምብድ ኣጋጣሚ ከጓንፈና'ዩ ኢሎም ይሓስቡ ። እዚ ብዛዕባ ህሉውን መጻኢን ሂወቶም ሻቆሎት ከምዝስምዖም ይገብሮም ። ነቲ ኣጋጣሚ ኣንተዘኪሮም ዝያዳ ሻቆሎት ይስመዖም ፡ ንኣብነት ድምጺ ፣ጨና ወይ ምስሊ ናይቲ ዘጋጠሞም ዘዘኻኸር እንተጋጢሞዎም ልክዕ ኣብቲ ኣዋንቲ ዝገብርዎ ዝነበሩ ግብረመልሲ ኪገብሩ ይኸእሉ እዮም ። እዚ ምልዕዓል ግብረመልሲ ምናልባት ንቡር ሂወት ንኸይትመርሕ ጣልቃ ክኾነካ ይኸእል እዩ ። ምንምኳ ኣዞም ግብረመልሲ ንዳእቲ

survival system at the time thought would be best for you. Now these reactions may interfere with your ability to lead a normal life. Although these reactions are not harmful, they are not helpful in situations where there is no danger and situations where you don't need the protection. These are some of the different reactions of anxiety related to trauma. **Symptoms vary depending on the person, but general symptoms include:**

- \* Difficulty falling or staying asleep
- \* Irritability or outbursts of anger
- \* Difficulty with concentration and memory
- \* Being especially watchful, constantly looking out for potential danger.
- \* Jumping easily when startled
- \* Feelings of panic, fear, and uneasiness
- \* Uncontrollable, obsessive thoughts
- \* Repeated thoughts or flashbacks of traumatic experiences
- \* Nightmares

**Bodily reactions may include:**

- \* Cold or sweaty hands or feet
- \* Shortness of breath
- \* Palpitations
- \* Dizziness
- \* An inability to be still and calm
- \* Dry mouth
- \* Numbness or tingling in the hands and feet
- \* Nausea
- \* Muscle tension

አንተዘይኮኑ; አብ ሓደጋ ዘይብሉን ምክልኻል ዘየድልየካን ኩነታት ግን ሓገዝቲ ኣይኮኑን ።  
እዞም ዝስዕቡ ገለ ካብቶም ፍልይ ዝበሉ ግብረመልሲ ናይ ሻቕሎት ምስ ሕሉፍ  
ስምባደዝዛመዱ አዮም ።

ካብ ሰብ ናብ ሰብ ዝፈላለዩ ኣኳ አንተኹ ብሓፈሻ ግን እዞም ዝስዕቡ አዮም ።

- \* ናይ ድቃስ ጸገም ።
- \* ነዳሪ ትኸውን ወይ ሕርቃንካ ይግንፍለካ ።
- \* ጸገም ሓሳብካ ምጥርናፍን ምዝካርን ።
- \* ቀልባዕ ባዕ ምባል ወይ ነብስኻ ኣይትኣምንን ።
- \* ዝተጋነነ ባኣባኣ ምባል ።
- \* ራዕዲን ፍርሒን ይስማዓካ ፣ ነብስኻ ኣይፎክሰካን።
- \* ዘይትቆጻጸሮ ተደጋጋሚ ሓሳባት ።
- \* ተዘክሮ ስእሊ ናይ ዘሕለፍካዮ ሕሉፍ ስምባደ አብ ኣእምሮኻ ይመላለስ ።
- \* ምብህራር ።

እዞም ኣካላዊ ግብረመልሲ ነዚ አብ ታሕቲ ተጠቂሶም ዘለዉ ከጠቃልሉ ይኽእሉ ።

- \* ኣእዳውና ወይ ኣእጋርና ይርህጽ ወይ ናብ በረድ ይቐየር
- \* ትንፋስ ምሕጻር
- \* ነብስኻ ራዕራዕ/ ቀጥቀጥ ይብለካ
- \* ርእሰኻ ጽሩር ምባል
- \* ክትረግእ ዘይምኽኣል
- \* ኣፍ ምድራቕ
- \* ኣእዳውካ ወይ ኣእጋርካ ይድንዚዝ ወይ ሸቕሸቕ የብለካ
- \* ዕግርግር/ ሲግድጊድ ይብለካ
- \* ወጥሪ ጭዋዳ

## **WHAT IS A PANIC ATTACK**

Panic attacks occur when you feel the above unpleasant physical symptoms in an extreme form that make you feel out of control and completely overwhelmed by your anxiety. While they may make you feel very uncomfortable and may be frightening, panic attacks cannot harm you and are usually over within 10 – 15 minutes.

## **WHAT MAY HELP?**

- \* Tell yourself that you are safe now.
- \* Tell yourself that you are having a normal reaction to an abnormal situation and that it will be over soon.
- \* Becoming aware of what triggered off your panic attack may as this help you to feel more in control.
- \* Practice controlled breathing (described below), this type of breathing helps you body to relax and to feel calm.

## **Controlled breathing**

When anxious, breathing tends to be shallow and fast and causes over breathing, which causes the physical symptoms of panic. You can learn to control your breathing by practicing it, time and time again. It is best to practice when you are feeling less stressed.

## **How to do controlled breathing?**

- \* Sit comfortably, upright in a chair.
- \* Relax your body as much as you can as you take in deep regular breaths through your nose, into the bottom of your lungs, filling them, as your stomach expands like a balloon.
- \* Your mouth should be shut when you inhale and you should exhale slowly out of your mouth.



## **ብራዕዲ ምጥቃዕ አንታይ አዩ**

አንተድኦ እዞም ኣብ ላዕሊ ዝተጠቐሱ ደስ ዘዩበሉ ኣካላዊ ምልክታት ካብ ንቡር ንላዕሊ ኮይኖም ;ነብስኻ/ ኺ ኣብ ዘይትቆጻጸረሉን ሙሉእ ብሙሉእ ብሻቕሎት ምስ ተዓብለለ ብራዕዲ ትጥቃዕ ። ኣብዚ ግዜ ዘይምቹእነትን ፍርሕን ክስመዓካ ይኽእል አዩ ። ብራዕዲ ምጥቃዕ ክጎድኣካ ኣይኪእልን አዩ፤ ሙብዛሕቱ ግዜ ኣብ ውሽጢ 10\_15 ደቓይቅ የብቅዕ ።

## **እንታይ ሓጋዚ ክኸውን ይኽእል**

- \* ንነብሲኻ ሕጂ ዉሑስ ምዃንካ ምንጋር
- \* ኣብ ዘይንቡር ኩነታት,ነብስ ንቡር ግብረመልሲ ትገብር ከምዘለኻ ምንጋር ፣ ውጽኢቱ ኣብ ዝቐልጠፈ ከቋርጽ አዩ
- \* ብራዕዲ ንኸትጥቃዕ ዘደፋፋኡኻ ነገራት ምግንዛብ ። እዚ ነብስኻ ንኸትቆጻጸር ይሕግዘካ
- \* ትንፋስካ ንምቁጽጻር ተለማመድ(ኣብ ታሕቲ ተጠቂሱ ኣሎ)እዚ ዓይነት ምስትንፋስ ነብስና ንኸንዛነን ርግኣት ንኸስመዓናን ይሕግዘና

## **ትንፋስካ ምቁ ጽጻር**

ኣብ ግዜ ራዕዲ፡ ትንፋስካ ቅልጡፍን ሓጺርን ይኸውን ። ከም ሳዕቤኑ ድማ ሕጽረት ትንፋስ (over breathing) የጋጥመካ። እዚ ጠንቂ ምልክት ናይ ራዕዲ እዩ ። ትንፋስካ ምቁጽጻር ደጋጊምካ ብምልምማድ ክትመሃሮ ትኽእል ኢኻ ። ጸቅጢ ኣብዘይስመዓካ ምልምማዱ ዝሓሸ እዩ ።

## **ከመይ ጌርካ ትንፋስካ ትቆጻጸር**

- \* ትኽ ኢልካኣጣጢሕካ ኣብ ሰድያ ኮፍ ቦል ።
- \* ብዝተኻእለካ መጠን ነብስኻ ኣዛኒ፡ በፍንጫኻ ጌርካ ናብ ውሽጢ ሳምቡእካ ዓሚቕ አስተንፍስ ። ከብድኻ ከም ፍሕኛ/ባላንቺና ክንፋሕ ክስመዓካ እዩ ።
- \* ንውሽጢ ከተስተንፍስ ከለኻ አፍካ ዕጸዎ ፡ብአፍካ ቀስ ጌርካ ድማ ንደገ አስተንፍስ

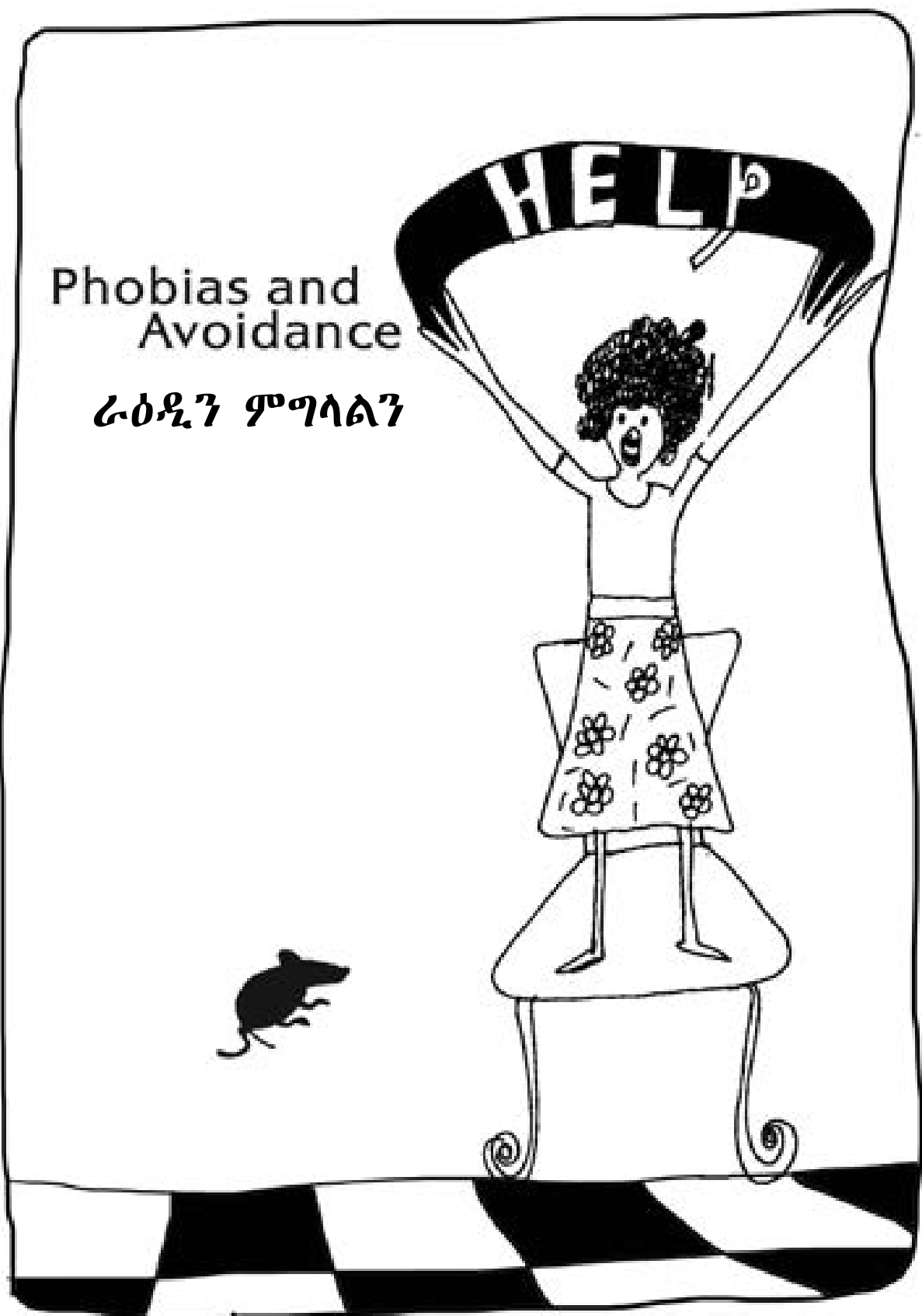
- \* Keep your breathing even, slow and steady.
- \* You may feel that you are not getting enough air and want to take gulps. This is normal, and you will soon see that slow and controlled breathing helps reduce your anxiety.
- \* You should breathe in and out about eight times a minute.
- \* Try and put all your attention on your breathing and keep going until you begin to feel calmer.
- \* Thoughts may try and enter your mind. That is fine, let them enter as guests and then leave, all the time focusing on your breath until you manage to take control of your breathing.
- \* If you find yourself in a situation when your panic is out of control, then take a brown paper bag, put it over your mouth and nose and breathe into it normally. If a paper bag is not available, then cup your hands over your mouth and nose and do the same.
- \* Congratulate your self on your ability to control your breathing and manage your panic.

- \* ሓደ ዓይነት፡ ስሩዕን ቀስ ኢልካን አስተንፍስ ።
- \* ስሩዕ አየር ትወስድ ከምየዘለኻን ከተዕርፍ ከምዘለካን ከስመዓካ እዩ ። እዚ ግን ንቡር እዩ ። ቀስ ኢልካን ትንፋስካ ብምቁጽጸርን ራዕድኻ ከንኪ ኣብ ሓጺር ደቃይቅ ከትዕዘብ ኢኻ ።
- \* ኣብ ውስጢ ሓደ ደቂቅ 8 ግዜ ንውስጥን ንደገን አስተንፍስ ።
- \* ክሳብ እትሃድእ ኢቻልቦኻ ኣብቲ አተነፋፍሳኻ ይኹን ።
- \* ኣብ ሓንጎልካ ሓሳባት ከመጻካ ይኸእል እዩ ። እዚ ደሓን እዩ ፡ ንስኻ ኣብቲ አተነፋፍሳኻ ጥራሕ ኢቃልብ ።
- \* ክሳብ ትንፋስካ አትቆጻጸሮ ፡እንተድኣ ራዕድኻ ካብ ቁጽጽርካ ወጻኢ ኮይኑ ኣብ ወረቐት አስተንፍስ ። ወረቐት እንተዘየለ ብኢድካ ኣፍካን ኣፍንጫኻን ከዲንካ አስተንፍስ ።
- \* ትንፋስካ ተቐጻጺርካ ነብሲኻ ብምርግጋእካ ነብሲኻ አመጉሳ ።



Phobias and  
Avoidance

ራዕዲን ምግላልን



## PHOBIAS and AVOIDANCE

- \* A phobia is a *constant* and *excessive* fear of a person, place or object that is not in fact dangerous.
- \* As a survivor of torture you may have developed a phobia that is connected with memories of the torture. The fear is usually irrational as the person place or object that you fear now is usually not a threat. It may remind you of the fearful situation and may make you feel as bad as you did at the time of the abuse.
- \* The fearful situation usually causes panic and anxiety as described above.
- \* The phobia may stop you getting on with your life, and may cause you to avoid situations, people or places so as to avoid feeling afraid.
- \* You can learn to overcome your fear by practicing to manage your anxiety, cope with panic attacks and practice grounding skills as described in the “self care” chapter of this book.
- \* Additionally you can work on these phobias so that they do not interfere with your life.

## WHAT KEEPS A FEAR GOING?

- \* Avoiding a situation that you think is frightening once, usually means that you will avoid it the next time as well. Gradually the fear of the situation gets bigger and bigger until you develop a phobia.
- \* **Avoidance does not reduce the fear in the long term. It actually increases it.** This is because you do not give yourself the opportunity to learn that what you are afraid of, is not in fact dangerous.
- \* Your phobia will not go away unless you work on it. This takes time and practice.

## **ራዕዲን ምግላልን**

- \* ራዕዲ ካብ ዓቀን ዘይቡሉ ፍርሒ ይብገስ ግን ኣብ ክፍረታ ህይብሉ ሰብ፡ቦታ፡ነገራት እዩ።
- \* ግዳይ ግፍዒ ምስ ትኸውን ምስ ተዘክሮታት ኣቲ ዘሕለፍካዮ ግፍዒ ተኣሳሲሩ ራዕዲ ከተማዕብል ጥኽእል።
- \* ዝፈርሕ ኩነታት ሙብዛሕታኡ ምርባሽን ከቢድ ቃንዛን እዩ ዘምጽእ ከምዚ ኣብ ላዕሊ ተጠቒሱ ዘሎ።
- \* ራዕዲ ካብቲ እትህቦ ኣገልግሎት ከቆርጸካ ይኽእል እዩ ወላ ውን ምሰብ ምርኻብን፡ ቦታን ብሓፈሻካብቶም ንስሚዕታካ ዘጎሳቑሉ ዝፍርህን ከርሕቐካ ይኽእል እዩ።
- \* ንፍርህኻ ከመይ ጌርካ ተትፈኡ፤ ነቲ ዘሳቕየካ ብምግጣም ንቻንዛኻ ከተወግድ ከትመሃት ትኽእል ኢኻ። ብዝተፈላለዩ ጥበባት ከምዚ ኣብ መጽሓፍ ተገሊጹ ዘሎ ኣብ ነብሰ ተገዳስነት ክርከብ ይከኣል። ።
- \* ብተወሳኺ ነዚ ራዕዲ ከጥፍኡ ዝኽእሉ ነጥባት ኣብ ታሕቲ ረኣ

## **ፍርሒ ምሳኻ ክቐጽል ዝገብሮ እንታይ ዩ?**

- \* ካብ ምግላል ኣብ ሓደ እዋን ካብ ዘይከውን ፍርሒ፡ እዚ ማለት ኣብ ዝመጽእ እዋን ፍጹም ምግላል ማለት ኢዩ። እዚ ግን ምስ ግዜ እንዳተኣከበ ናብ ራዕዲ እዩ ዝምዕብል።
- \* ካብ ፍርሒ ምእላይ ኣብ ነዊሕ ግዜ እንዳ ተጓደለ ዘይኮነስ እንዳ ተውሰኸ እዩ ዝኽይድ። እቲ ምኽንያት ድማ ካብ ነቲ ፍርሒ ዘምጽእልካ ምፍላጥ ወይ ምፍታሕ ብኣንጻሩ ክትሕባእ ስለ ዝገብረካ።
- \* ራዕዲ እንተዘይገጠሞካዮ ካባኻ ክኸይድ ኣይከእልን እዩ፤ እዚ ድማ ምስ ብዙሕ ልምምድ ግዜ ይወስድ እዩ።

## **A TOOL TO HELP OVERCOME PHOBIAS**

A fear can be reduced the more you practice confronting the fear in small manageable steps:

1. **Define** a phobia or fear that you would like to overcome. For example: A fear of leaving the house.
2. **Make a goal** that you would like to achieve that is specific: For example: I want to be able to go to the market alone and do my shopping.

### **You will be able to help yourself by:**

Slowly trying to face the feared situation in small manageable steps. Each step is individual and unique to you. Practice each step, and only when you no longer feel frightened, go on to the next step. You may need to repeat the step on several occasions before you feel confident to try the next step. Remember to use all the skills that you have learnt so far to help you feel more relaxed, less anxious and able to cope with each step.

### **FOR EXAMPLE:**

#### **GOAL: TO GO TO THE MARKET ALONE**

1. Leave the house with a friend and sit outside for five minutes.
2. Leave the house for five minutes alone with a friend waiting for you inside.
3. Leave the house for five minutes alone.
4. Leave the house for ten minutes alone with a friend waiting inside.
5. Leave the house for ten minutes alone.
6. Walk to the end of the street with a friend.
7. Walk to the end of the street alone with your friend watching you from a distance.
8. Walk to the end of the street alone.



## **ካብ ራዕዲ ንኸትወጽእ ዝሕግዝ መሳርሒ**

ፍርሒ ዘጉድል ብዙሕ ግዜ ልምምድ ምስ ትጉብር ምስኡ ድማ ከም ዓቕን ብቕዓትካ ደረጃ እንዳ ሓለኻ ምስ ትገጥም ኢዩ።

1. ነቲ ከተወግዶ ትደሊ ራዕዲ ወይ ፍርሒ ግለጽ፡ንኡብነት፡ ዝገ ንኸይትገድፍ ምፍራሕ
2. ክትወቕዎ እትደሊ ሸቶ ኣነጽር፡ ንኡብነት ንበይነይ ናብ ሹቕ ብምኻድ ዘድልየኒ ክዕድግ ኢዩ።

**እዚ ድማ በዚ ዝስዕብ ኣቢሉ ይሕግዘካ፡**

ቀስ ብቐስ ነብስካ ናብቲ ብቐሊሉ ክትቐጽጸር ትኸእል ኩነት ተቃልዓ፤ ነብሲ ወክፍ ስጉምቲ ንዓካ ውልቃዊትን ፍልይትን እያ፤ ነፍሲ ወክፍ ስጉምቲ ድማ ክሳብ ፍርሒ ዘይተሰማዓካ ክትለማመድ ይግባእ፤ ናብታ ትቐጽል ስጉምቲ ኪድ፤ ናብታ ካልኣይቲ ስጉምቲ ቅድሚ ተአማሚንካ ምኻድካ ነታ ቀዳመይቲ ስጉምቲ ካብ ዝተፈለለየ ኣጋጣሚታት ክትፍትና ይግባእ።

ክሳብ ሕጂ ተማሂርካዮ ዘለካ ስትራተጂታት ዝያዳ ህዱእ ንኸትከውንን ንሸቕሎትካ ዝንክን ምስ ነፍሲ ወክፍ ስጉምቲ ንክትመዓራረን ስለዝሕግዙኻ ምዝካርም የድሊ።

### **ንኡብነት**

**ሸቶ፤ ናብ ዕዳጋ በይንኻ ምኻድ፡**

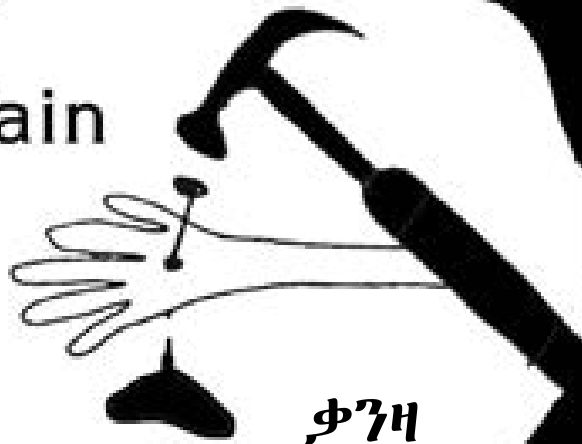
1. ንዓርክኻ ኣብ ዝገ ገዲፍካ ንሓሙሽተ ደቂቕ ኣብ ደገ ኮፍ በል።
2. ዓርክኻ ኣብ ዝገ እንዳተጸብየካ በይንኻ ኣብ ደገ ኮፍ በል።
3. ዝኻኻ ገዲፍካ ንሃሙሽተ ደቂቕ በይንኻ ውጻእ።
4. ዝኻኻ ምስ ዓርክኻ ገዲፍካ ንዓሰርተ ደቂቕ ኣብ ደገ ጽናሕ።
5. ዝኻኻ ገዲፍካ ንዓሰርተ ደቂቕ ውጻእ።
6. ክሳብ መወዳእታ ጎደና ምስ ዓርክካ ተጓዓዝ።
7. ክሳብ መወዳእታ ጎደና ንበይንኻ እናተጓዓዝካ ዓርክኻ ኣማዕድዩ ይጥምተካ።
8. ክሳብ መወዳእታ ጎደና በይንኻ ተጓዓዝ።

9. Go to a local shop with a friend and return with a friend.
10. Go to the local shop with a friend and return alone.
11. Go to the local shop and back home alone.
12. Go to two shops alone and return home.
13. Go to the shops alone and spend thirty minutes at the shops.
14. Go to the market with a friend and come home straight away.
15. Go to the market with a friend and shop alone as the friend watches you from a distance.
16. Go to the market alone and go home straight away.
- 17. GO TO THE MARKET ALONE AND SHOP.**

9. ኣብ ከባቢኻ ንዘሎ ድንኳን ምስ ዓርክኻ በጺሕካ ተመለስ።
10. ኣብ ከባቢኻ ንዘሎ ድንኳን ምስ ዓርክኻ ኬድካ ንበይንኻ ተመለስ።
11. ኣብ ከባቢኻ ንዘሎ ድንኳን ንበይንኻ በጺሕካ ተመለስ።
12. ኣብ ከባቢካ ንዝርከቡ ክልተ ድንኳናት ንበይንኻ በጺሕካ ተመለስ።
13. ናብቲ ድንኳናት ንበይንኻ በጺሕካ ተመለስ።
14. ንዕዳጋ ምስ ዓርክኻ ብቐጥታ ተመለስ።
15. ንዕዳጋ ምስ ዓርክኻ፡ ዓርክኻ ኣማዕድዩ እናረኣየካ ንበይንኻ ትዕድግ።
16. ንዕዳጋ ንበይንኻ ኬድካ ብቐጥታ ተመለስ።
17. ናብ ዕዳጋ ኪድ ዘድልየካ ድማ ዓድግ።

[illegible]

Pain



ժող

## **PAIN**

Survivors of torture frequently suffer from chronic pain and physical complaints.

You may experience physical pain as a result of the physical torture you experienced (such as beatings or electric shocks) or you may also experience physical pain that is medically unexplained. This can be extremely frustrating as no cause or cure is offered for your pain. Unexplained pain does not mean that you are not in pain and is actually very common in people who have experienced traumatic events. Pain can be your body's way of remembering or expressing the trauma.

The pain may make it difficult for you to function as well as you would want. This can cause other difficulties such as increased stress, depression anxiety and perhaps financial difficulties as a result of unemployment.

The pain as a result of torture is a terrible consequence and reminder of what you have been through. You may find that reminders of the trauma can cause your pain to get worse and increasing pain in turn can trigger memories of the torture.

### **Tips to cope with chronic pain<sup>5</sup>**

- \* **Gentle exercise** can help to lessen the pain by blocking pain signals to the brain and improving your mood. You will need to be careful about the type of exercise you do.

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5 Tips to cope with pain have been adapted from:  
[www.nhs.uk/Livewell/Pain/Pages/10painself-helptips.aspx](http://www.nhs.uk/Livewell/Pain/Pages/10painself-helptips.aspx)  
<http://www.webmd.com/pain-management/guide/11-tips-for-living-with-chronic-pain>  
<http://www.apa.org/helpcenter/chronic-pain.aspx>

## **ቃንዛ**

ውጽኢ መዓት ናይቲ ስቅያት ብሕዱር ቃንዛን ኣካላዊ ዘይስሩዕነት(ሕማም) ወትሩ ኣብ ስቅያት እዮም።

ምናልባት ከም ውጽኢት ኣካላዊ ስቅያት (ከም ማህረምቲ ወይ ብካሬንቲ ምሕራር) ካብ ዘጋጠመካ ኣካላዊ ቃንዛ ይህልወካ ይኸውን፤ ወይ ከኣ ብሕክምና ዘይተገልጸ ኣካልዊ ቃንዛ ይህልወካ ይኸውን። እዚ ጠንቂ ዘይብሉ ብምኻኑ ኣዝዩ መዓዲ ይኸውን ወይ ጥዕናኻ ንምምላስ ሓገዝ ሕክምና ንቃንዛኻ ይወሃበካ ይኸውን። ዘይተገልጸ ቃንዛ ማለት ቃንዛ የብልካን ማለት ኣይኮነን፤ እቲ ሓቂ ውን ኣካላዊን ስነኣእምራዊ ጉድኣት ከስዕብ ዝኸለል ኣጋጣሚ ኣብ ብዙሓት ሰባት ዝውቱር እዩ። ቃንዛ ሓደ መንገዲ ናይ ኣካላትካ ተዘክሮታት ወይ ዓሚቕ ጸቕጢ ወይ ረበሻ ናይ ተመኩሮኻ ከኸውን ይኸእል።

ከምቲ ትሓስቦ ዝነበርካ ከትጥቀመሉ እቲ ቃንዛ ኣኸቢድካዮ ትኸውን፤ እዚ ካልእ ጸገማት ከም ጸቕጢ ክውስኸልካ፣ ዓቕሊ ምጽባብ፣ከም ውጽኢት ስራሕ ኣልቦነት ቁጠባዊ ቅልውላው ከስዕበልካ ይኸእል።

ውጽኢት ስቅያት ቃንዛ ኣሻጋሪ ሰዓቤንን ተዘክሮታት ብሰንኩ፤ እንታይ ከምዝኸንካን። ንተዘክሮታት ናይ ኣካላትን ስነኣእምራውን ጸገማት ንቃንዛኻ ከጋድዱን ምቕስቃስ ስምዒት ናይ ቲ ግፍዒ ከኸውን ይኸእል።

## **ሓገዝቲ ረቕሒታት ንሕዱር ቃንዛ**

\* **ህዱእ ምንቅስቓስ፡** ናብ ሓንጎል ዝለኣኸ ናይ ቃንዛ መልእኽቲ ንምውሓድ ነቲ ናይ ቃንዛ መጎድ ንምዕጋት ይሕግዝን መንፈስካ ከኣ የሓድስን። ነቶም ትሰርሖም ዓይነታት መንቅስቓስ ጥንቁቕ ኩን።

\* **ምዝናይ ኣብ ሓደ ነገር ጥራህ ዘይምትኳር፡** ኣብ ሓንጎልካ ቃንዛ ጥራሕ ምህላዉ ምፍላጥ። ካልኣት ከዘናግዑኻ ዝክእሉ ንጥፈታት ክትረክብን ክትፍትንን፤ ኣዘናጋዕቲ ዝኾኑ ምንቅስቓሳት ብምዝውታርካ፤ ዋላኳ ነቲ ቃንዛ ክልግሰልካ ኣንተዘይከኣለ ናይ ምንባርካ ዓቕሚ ክጎልብተልካ ይኸእል እዩ።

- \* **Distract yourself** so that the pain is not the only thing on your mind. Try and get involved in activities that you enjoy. The pain may not go away but you will be getting on with enjoyable activities that will increase your quality of life.
- \* **Connect with people.** Coping with persistent pain can be a lonely struggle. While being in company reduces isolation and loneliness, it may help combat stress and decrease your perception of your pain.
- \* **Pace your activities** each day and know your limitations.
- \* **Sleep** routines are important. Try and go to bed at the same time and wake up at the same time in the morning. Research has indicated that sleep deprivation can worsen pain.
- \* **Avoid drinking too much alcohol** as this can make sleep problems worse.
- \* **Breathing and Relaxation techniques** can help to reduce pain. See the sections on relaxation in this manual in the self care section.
- \* **Listening to music** that you love can help you to relax and can help to make pain more bearable.
- \* **Visit a doctor** *if possible* to help you find methods to manage your pain.
- \* **Set your intention** to let yourself live as full a life as possible, while you are finding ways to deal with the pain as best you can.
- \* **Congratulate yourself** for any progress that you are making, no matter how small.



- \* ምስ ሰባት ምርኻብ፡ ክርክር ምስ ቀጻልን ዘየቐርጽን ቃንዛ ብውልቅኻ ትቃለሶ ክኸውን ይኽእል። ብማሕበር ተኾይኑ ግን ተነጽሎን ብሕታውነትን የጉድል፣ ጸቕጢ ክስዕርን ናይ ገዛእ ነብስኻ ርድኢት ኣብ ቃንዛኻ ከግድል ይኽእል።
- \* ኣብ ንጥፈታትካ ምጥንቃቕ፡ ነፍሲ ወከፍ መዓልቲ ኣብ ንጥፈታትካ ምጥንቃቕን ዓቕምኻ ምፍላጥን።
- \* ጥቕሚ ስሩዕነት ድቃስ፡ ኣብ ሰዓትካ ናብ ዓራትካ ናብ ድቃስ ኪድን፡ ንግሆ ከኣ ኣብ ሰዓትካ ተበራበር። ተመራመርቲ ከምዝሕብርዎ ዘይስሩዕነት ድቃስ ንቃንዛ የብእሶ እዩ።
- \* ብብዝሒ ኣልኮል ዘይምስታይ፡ ምክንያቱ ብብዝሒ ኣልኮል ምስታይ ንናይ ድቃስ ጸገማትካ ከጋድዶ ይኽእል እዩ።
- \* ትጥቀመሎም ኣገባባት ኣተናፍሳን ምዝናይን፡ ቃንዛ ከትጉድል ይሕግዙ እዮም። ኣብ ክፍሊ ምዝናይ ኣብዚ መጽሓፍ ክፍሊ ናይ ነፍሲ ጥንቃቕ ረኣ።
- \* ሙዚቃ ስማዕ፡ ትፈትዎ ሙዚቃ ምስማዕ ከዛንየካን ነቲ ቃንዛካ ኣጸቢቐካ ከምትቐበሎ ክገብረካ እዩ።
- \* ናብ ዶክቶር ኪድ፡ ናብ ዶክቶር ምኻድ ዝከኣል ተደኣ ኮይኑ ኣገባባት ቃንዛኻ ከምይ ጌርካ ከምትቐጽጸር ክሕግዘካ ይኽእል እዩ።
- \* ዓላማኻ ኣነጽር፡ ብዝተኻእለካ መጠን ምሉእ ሂውት ክትነብር ባዕልካ ዓላማኻ ኣነጽር፣ ዋላውን ብገዛእ ነብስኻ ንቃንዛኻ ተዕርፈሉ መንገዲ ክትረክብ ይኸውን።
- \* ባዕልኻ ንነብስኻ ኣድንቑ፡ ንዝኾነ ምዕባለ ዝረኽብካዮ፣ ምንኣሱ ብዘየገድ ባዕልኻ ንነብስኻ ኣድቑ።

[illegible]

**ሂወትካ ምህናጽ**

**Rebuilding  
your life**



## **REBUILDING YOUR LIFE**

The process of recovery may take time; give yourself the time you need with patience and loving care.

- \* Remember who you were and how you coped with difficulties in life prior to your traumatic experiences. Try and use some of these coping strategies that used to help you in the past. (For example: humour, prayer, singing etc.)
- \* Recovering and healing is a process and it takes hard work every day.
- \* Keep going, one step at a time, and do not give up
- \* Make healthy choices to aid you in your recovery.
- \* Reach out to others and ask for help when needed
- \* Focus on finding beauty and peace within the challenges of life

## ሂወትካ ምህናጽ

እቲ መስርሕ ምትዕርራይ ግዜ ከወስድ ይኸእል እዩ፤ እቲ ዝደለኻዮ ግዜ ብዓቕልን ፍቕሪን ጥንቃቄ ብዘለዎ ጌርካ ባዕልኻ ሃቦ።

- \* ዘክር፣ ከመይ ኔርካን ከምይ ጌርካ ቅድሚ ስምዒታዊ ተመኩረኻ ኣብ ሂወት ንጸገማት ትገጥምን ዩ። ገለ ካብዞም ዝተወስዱ ጥጡሓት ኣገባባት ፈትኖምን ተጠቐመሎን ኣብ ዝሓለፈ ዝሓገዙኻ ዝተጠቐምካሎም። (ንኣብነት፡ ዓው ምባል፣ ምጽላይ፣ ምዝማር፣ ምንባብ ወዘተረፈ)
- \* ምትዕርራይን ምሕዋይን ምስርሕ እዩ፤ ከምኡ ውን ሃያል ስራሕ ይወስዱ።
- \* ጉዕዞኻ ቀጽል፣ ኣብ ግዚኡ ሓደ ደርጃ፣ ኢድካ ከኣ ኣይትሃብ።
- \* ን ምትዕርራይ ኣብ እትወስዶ ሓገዝ ጥዑይ ምርጫ ግበር።
- \* ካባኻ ወጻኢ ንዘለዉ ካልኣት ብጽሓዮምን ሓገዝ ኣብትደልየሉ ውን ሕተቶም።
- \* ኣብ ውሽጢ ጸገማት ናይ ሂወት፣ ጽቡቕን ሰላምን ኣብትረኽበሉ ኣተክር።

[illegible]

ስድራቤትን፣ አዕሩኽትን ሕብረተሰብን

Community  
and Friends



## **FAMILY, FRIENDS & THE COMMUNITY**

Torture does not only affect you, it can also impact your relationship with family and friends as well as the way you feel in your community. You may feel like a different person to the one you were before you experienced your trauma. Family and friends may have difficulty understanding and relating to you now. They may want to help but they may not know how. It may be helpful to share this booklet with people close to you. They may be as confused and worried about you as you are about yourself. This booklet will help them to better understand that your reactions are completely normal and that your reactions are not a sign of weakness. It might also make it easier for you to talk to them about what you are experiencing if they read this book. There are 7000 asylum seekers who are survivors of torture in Tel Aviv. You are not alone in having these feelings. Talking to people and engaging in activities is an important part of your recovery and can make you feel better. Expressing your feelings in a positive way to trusted family or friends can be very helpful. This is much more helpful than expressing your feelings in a negative way such as perhaps lashing out at people you love, or avoiding your feelings through abuse of alcohol for example.

It is well known that social support is very important in recovery from torture. Try and reach out to the people you love and trust even if they are not with you. If they are not with you, then communicate with them regularly by phone and social media. Traditions and norms from your culture may mean that you do not feel safe or comfortable to talk about what you have gone through with even the people that are closest to you. This is okay, but gain their support and help in the best way you can, and keep in touch with them anyway.



## ስድራቤትን፣ አዕሩኽትን ቲ ሕብረተሰብን

ስቅያት ጥራሕ አይኮነን ዝጸልወካ፣ እንከላይ ዝምድና ምስ ስድራቤትካን ዓዕሩኽትኻን ብዓቢኡ ከኣ ኣብ ሕብረተሰብን ኸመይ ይዝስመዓካ እዩ። ካብቲ ቅድሚ ኣብ ጸገም ምውዳቕካ ዝነበርካዮ ዝተፈለኻ ሰብ ኮይኑ ይስማዓካ ይኸውን። ምስዚ ሕጂ ዘለካዮ ኩነታት ስድራቤትካን አዕሩኽትኻን ክርድእኻ የጸግሞም ይኸውን። ክሕግዡኻ ይደልዩ ይኹኑ ግን ብኸመይ። እዛ መዝኻኸሪ ዝሓዘት ወረቐት ንኣብ ጥቓኽ ዘለዉ ሰባት ከትመሓላልፋ ትጠቅም ትኸውን። ከምቲ ንነብስኻ ትጭነቐላን ትሓስበላን እቶም ስድራቤትካን አዕሩኽትኻን ብዛዕባኻ ይጭነቑን ይሓስቡን ይኹኑ። እዛ መዝኻኸሪ ዝሓዘት ወረቐት ንስኻ ምልክት ናይ ሕመቓን እትገብር ግብረመልሲ ንቡር ምኻኑንን ብዝበለጸ ክርድኡ ክትሕግዞም እያ። እንተደኣ ኣንቢቦማ ንባዕልኻ ውን ብዛዕባ ዘጋጠመካ ኩሉ ክትነግሮም ክቐለልካ ይኸእል እዩ። ኣስታት 7000 ሓተቲ ዑቕባ ውጻእ መዓት ናይ ሕሰም ኣብ ተል አቪቭ ኣለዉ። ንስኻ በይንኻ ኣይኮንካን። ምስ ሰባት ምዝራብን ዝኾነ ንጥፈታት ምስራሕን ቀንዲ ካብ ጸገማትካ ከገላግለካ ዝኸእልን ጽቡቕ ስምዒት ክህልወካ ዝገብርን እዩ። ንትኣምኖም ስድራቤትካን አዕሩኽትኻን ንዝስመዓካ ስምዒት ብቕኑዕ መንገዲ ክትነግሮም ሓጋዚ እዩ፣ ካብ ብኣሉታዊ መንገዲ ስምዒትካ ምግላጽ ንትፈትዎም ሰባት ንዘይተደልየ መጥቓዕቲ ከቃልዎም እዩ፣ ከብ ኣብነት ስምዒትካ ንምሕባእ ግዙእ ኣልኮል ምኻን።

ካብ ጭቆና ንምንጋፍ ህዝባዊ ሓገዝ ኣዝዩ ኣገዳሲ እዩ፣ ፍሉጥ እዩ ከኣ። ምሳኻ ዋላ ኣይህልዎ ንትፈትዎምን ትኣምኖምን ሰባት ክትበጽሖምን ክትፍትኖምን ኣለካ። ምሳኻ ዘየለዉ ተኾይኖም ብተለፎን ወይ ምኻልእ መራኸቢታት ክትረኽቦም ኣለካ። ምናልባት ባህልካ ምስ ቲ ዝዓበኻሉ ባህልን ልምድን ብዛዕባ ዝኾንካዮ ክትዛረብ ዋላ ምስቶም ናይ ቀረባ ሰብካ ጽቡቕ ዘይከስመዓካ ይኸእል እዩ፣ ዋላ ከምኡ ይኹን ሓገዝ ድለን ብዝጥዕም መንገዲ ክትረኽቦም ፈትንን ብዝተኻእለካ መጠን ከኣ ምስኡም ዝነበረካ ርክብካ ቀጽሎ።

[illegible]

**Dr Diddy Mymin Kahn** is a clinical psychologist and trauma specialist in humanitarian aid and intervention. She has over 22 years experience working in the UK, Hong Kong, Israel, Sierra Leone,



and Haiti as a psychologist, supervisor, trainer and group facilitator. She has been involved in assisting African refugees in Tel Aviv since 2009, managing a psycho social service and co-founding an arts-based women's empowerment NGO for refugees surviving trafficking, torture, and gender-based-violence (GBV).

ዶ/ር ዲዲ ማይሚን ካሃን ናይ ሕክምናን ስነ አእምሮን ማህሰይቲ ኮምኡ ድማ ኣብ ሰብአዊ ሓገዝን ምትእትታውን ብዓልቲ ሙያ እየን፤ ልዕሊ 22 ዓመት ኣብ ዓዲ እንግሊዝ ኣብ ሆንግ ኮንግ እስራኤል ሴራልዮንን ሄቲን ኣብ ዝተፈላለዩ ሞያታት ከም ናይ ስነ አእምሮ ብዓልቲ ሞያ፤ ተቐጻጸሪት፤ አሰልጣኒትን ኣብ ጉጅለታት ምስላጥን ምትሕብባርን ልዑል ናይ ስራሕ ተመክሮ ዘለወን እየን። ኣብ ተልእሲቭ ካብ 2009 ዓ.ም. ክሳብ እዚ እዋንዚ ኣብ ምትሕግጋዝ ስደተኛታት አፍሪቃውያን ኣብ ናይ ስነ አእምሮ ማሕበራዊ አገልግሎት የምሓድራ አለዋ። ኣብ ስእሊ ዝተመርኮሰ ንደቂ ኣንስትዮ ኣብ ምብርታዕን ምሕያልን ኣብ ዘይመንግስታዊ ትካል ካብ ኢድ ዘይሕጋውያን ኣጉዓዝቲ ስደተኛታት ኣብ ጾታ ዝተመርኮሰ ዓመጽን ብማህሰይቲ ንዝሓለፉን ዘትሓጋዝ ትካል ተሓጋዚት መስራቲትን እየን።

**Sister Azezet Habtezhgi Kidane** (known as Sister Aziza) originally from Eritrea, is a member of the Comboni Missionary Sisters. From 2010, She has acted as an advocate, counselor, nurse and spiritual leader of the African refugee community in Israel. She has specifically focused attention on what was happening in the Sinai: enslavement for sexual exploitation, and torture of asylum seekers. She was honored by the US State department as a "Hero of our time - Acting to End Modern Slavery" in recognition of her efforts to combat human trafficking in 2012.

እናቴ ዓዘዘት ሃብተዝጊ ኪዳነ (ብሲ/ር ዓዘዛ ዚፍለግ) መቐለን ኤርትራዊት ኣባል ማሕበር ሚስዮናውያን ደናግል ኮምቦኒ እየን። ካብ 2010 ዓ.ም. ናይ አፍሪቃውያን ስደተኛታት ማሕበረሰብ ተጣባቂት፤ አማካሪት፤ አላይትን መንፈሳዊት አደን ኮይነን የገልግላ አለዋ። ብፍላይ ኣተኩሮተንን ኣቓልቦኣንን ድማ ኣብ ክውንነት ሲናይ ከም ግዱድ ዝኾነ ጾታዊ ምዝመዛን ዝተፈላለዩ ማህሰይቲ ሓተቲ ዕቑባን እዩ። ብናይ ሕቡራት ሓገራት አሜሪካ "ናይ ዘመና ጅግና - ዘመናዊ ባርነት ደው ንምባል" ኣብ ዚብል አርእስቲ ኣብ 2012 ዓ.ም. ነቲ ቃልሰን ኣብ ደው ምባል ዘይሕጋዊ ፍልሰት ስደተኛታት ስርሐን ብምልላይ ክብ ዝበለ ማዕረግን ክብርን ረኺበን እየን።