

# 男人最痛

## A MAN'S DEEPEST PAIN



故事主角阿強第一次動手，是因為妻子抱怨他『沒用』，他失控推撞她。親密關係的變化常讓施暴者更矛盾，他們既依賴對方，又亦因為傷害對方而自我厭惡。



In this true story, Ah Keung first became violent when his wife called him 'useless,' causing him to lose control and push her. Changes in intimate relationships often leave abusers conflicted; they rely on their partners but also despise themselves for causing harm.

## 《施暴者的覺醒》

### THE AWAKENING OF THE ABUSER

許多時候，家庭暴力被簡化成『加害與受害』的對立，但背後往往隱藏著複雜的情感與社會壓力。阿強的故事，一個男人如何在壓力下失控，又如何踏上覺醒之路。

『沉默的承擔』，傳統男性角色要求他們『有苦自己吃』，好像阿強這類體力勞動者，習慣用行動代替溝通。但當經濟壓力爆發，累積的情緒可能轉化成對家人的言語或肢體暴力。

Often, domestic violence is simplified into the dichotomy of 'perpetrator and victim,' but it usually conceals complex emotions and social pressures. Ah Keung's story, along with four songs intertwined with his life, attempts to understand how a man loses control under pressure and how he embarks on a path of awakening. 'Silent Endurance' describes how traditional male roles require them to 'bear their suffering in silence.' Men like Ah Keung, who are manual laborers, are accustomed to using actions instead of communication. However, when economic pressures explode, accumulated emotions may turn into verbal or physical violence against family members.

## “經濟壓力之下，容易跌入錯誤的思維陷阱”

崔醫生認為，除了沉默承擔之外，在經濟壓力之下，個案中的阿強與社會上不少人，特別是男士，很容易跌入另一個思維陷阱，錯誤地將收入下降的原因認定為自己失敗，結果造成強烈的自卑感及羞恥感。

事實上，收入下降主要是因為不可控制的外部環境所造成，是不幸，而不是失敗。

**"Under economic pressure, it is easy to fall into cognitive distortions."**

Dr. Chui believes that, in addition to silent endurance, individuals like Ah Keung and many others in society, especially men, easily fall into another mental trap under economic pressure. They mistakenly attribute the decline in income to personal failure, resulting in intense feelings of inferiority and shame. In reality, the decrease in income is primarily due to uncontrollable external factors, which is unfortunate but not a failure.



暴力發生後，阿強他參加了和諧之家『男士改善婚姻關係輔導小組』，透過輔導後來學習辨識情緒觸點，例如『當妻子批評時，先離開現場冷靜』。經過個別及小組輔導後，阿強辨識了自己的情緒觸點，學習了非暴力溝通的方式，續漸與妻子修復關係，維繫一個家。

After the violence occurred, Ah Keung joined the Harmony House 'Batterer Intervention Program.' Through counseling, he learned to identify emotional triggers, such as 'leaving the scene to cool down when his wife criticizes him.' After individual and group counseling, Ah Keung recognized his emotional triggers and learned non-violent communication methods, hoping to repair his relationship with his wife and maintain their family.



▲ 和諧之家董事局委員 - 崔永豪醫生 及賽馬會「男海啟航」支援計劃主任 - 黃小平（SHIRLEY），在商業電台節目《有誰共鳴》中分享他們對家庭暴力這一關鍵問題的專業見解。

Dr. William W.H. Chui, a board member of Harmony House, and Shirley Wong, the Project Supervisor of the "Jockey Club Project Ocean," to discuss domestic violence prevention and treatment on the Commercial Radio program.



▲ 節目從醫學角度 同時和諧之家如何以專業輔導與治療的方法，幫助受虐者和倖存者重建生活及伴侶關係，並提高公眾對家庭暴力的認識。

Share insights on medical approaches and Harmony House's counseling and support services to help both batterers and survivors rebuild their lives on the Commercial Radio program.