

酒後的心聲——

談男人與酒

After Drinking---Men and Alcohol

◎文/ 詹宗熙

◎Article/ Zhan Zong-Xi

要 如何定義「酒癮」？在此引用世界衛生組織WHO定義：「超越傳統習慣或社會上一般的飲酒習慣的任何飲酒形態即屬酒癮；不論何因，凡因喝酒導致個人健康和社會關係障礙者，都可稱為酒癮。」，此定義傳達了重要概念：只要過量使用任何物質，影響個人身體和心理健康，以及造成親密、人際關係，和工作等困難，即是成癮。也就是說，「酒癮」定義的重點不在於一天喝了幾杯的量，而是飲酒行為對於個人健康與生活的影響。

在討論「酒癮」之前我們需要重新檢視所謂「成癮行為」，因為舉凡看電視、網路、購物、性、藥物、工作等，只要對個人的健康與生活造成影響，都可以先概略地稱為「成癮行為」，這些都是我們在生活上較容易忽略的，尤其像看電視、工作、購物等，多是社會接納與肯定的行為，較不容易發現所帶來的負面影響，筆者也曾在一段生命經驗中，經歷了電腦與購物的成癮行為，回頭看到那段時期生活與情感的苦悶，網路與物質需求在那時帶來了撫慰和出口。

How to define “alcohol addiction”? According to World Health Organization (WTO), any alcohol consuming type beyond traditional customs or general habits in society is alcoholism; regarding no reasons, any alcohol consuming which obstructs individual's health and social connection is alcoholism. This definition delivers the concept that over taking anything to influence one's physical and mental health and cause difficulties on kinship, interpersonal relationship and working is called addiction. It means that “alcoholism” is not about the quantity of how many glasses a day but the influences of drinking to personal health and life.

Prior to the discussion of “alcoholism”, we have to re-exam the so called “addiction”. For instance, watching TV, accessing internet, shopping, having sex, drugging, working and so on, can be roughly called “behaviors of addiction” whenever they affect individual's health and life. They are easily ignored in life, especially watching TV, working and shopping, which are accepted and approved by the society and are not easy to be discovered their negative effects. I had experienced indulging myself in accessing internet and shopping. Now I look back the period of agonizing over my life and love when internet and materials becomes a conciliatory way and an outlet then.

因此，要瞭解成癮行為，我們需要透過對人「微觀」的描述，以及「鉅觀」文化脈絡來看到比較完整「人」的樣貌；帶著對人「微觀」的描述，我們會看到「人」活著都有相類似的經驗，成癮行為並非特定族群才會展現，而是每個人在生命歷程多少都會經驗到的，並非全有或全無，而是以不同樣貌來呈現；而帶著「鉅觀」文化脈絡的眼睛，會不容易把人「問題化」，而看到人也受到家庭、文化、性別、種族等影響。

在文化上，飲酒在男性社交上常扮演重要角色，如敬酒表達了對對方的尊重。以及我們也常聽到的俚語「敬酒不吃，吃罰酒」，字裡行間傳達了男性文化中的權力議題和「面子」的重要；如果男人不會喝酒、不大口乾杯，常會被視為「不夠阿沙力」、「沒有男子氣概」；而「酒後吐真言」，更說明男人對於情緒與感受的壓抑，常需透過間接方式來傳達。

從性別的角度，我們處在一個鼓勵女孩、阻礙男孩發展情感的文化。刻板印象中，男性是堅強的，這阻止了男孩承認本身的情緒，也阻礙了男孩的情感發展。歌手伍佰「鋼鐵男子」的這首歌傳達了男人在文化下被形塑的模樣：「男人是不哭的」、「要像山和鋼鐵一樣堅強」、「心事要往肚子裡吞」，也因如此，酒往往成為男人情緒和壓力的出口，藉著飲酒，男孩可以一下子變成真正的男人，可以證明自己的勇氣與能耐，獲得他人的接受和認可；另外，酒後在情感上的坦白是被接受的。你不會因為喝醉酒之後的行為被責罰，還可以短暫地解除疏離與孤獨所帶來的傷痛。

Therefore, in order to realize the effect of “addiction” to individual, we need to “make a fine observation” to people and “make a comprehensive survey” to cultures. “Fine observation” to people shows that “humans” have similar experiences. Addiction not only happens on certain races; everyone experiences it more or less through his life. It is not a “to be or not to be” question but reveals in different forms. However, “making a comprehensive survey” of cultures makes people not easily treating people as a problem but concerns them with factors like families, cultures, sexes, races and so on.

In culture, drinking plays an important role in male social life. For example, making a toast expresses to drink in honor of someone. Our old saying that “men refusing a toast only to deserve a penalty” also delivers its significance of power and face for men. A man not drink or wassail can be seen as not “forthright” or “masculine”. The saying that “words in drinking convey the truth” shows men’ constraint emotions and feelings need to be released indirectly.

From sex’s point of view, we make our society inclinable to encourage females expressing emotions but oppress males to do so. Men are stereotypically considered strong and tough which hinders them to admit their feelings and stops the development of their affections. The song “tough guys” of the singer Wubai passes the looks of men under this culture that “men don’t cry”, “men are strong and tough like mountains” and “a man’s worries should be buried in his mind”. Therefore, alcohol always becomes an outlet to men’ feeling and emotions. In a snap by drinking boys become men, and drinking proves their courage and abil-



此外，酒精被認為是中樞神經系統的鎮定劑，可以減輕人們的負面感受，然而父母的撫抱、愛人的愛撫或是朋友接觸的安適感，都會讓我們身體產生天然的鎮定劑，感受到愉悅和安定感。「嘗試尋找生命的出路，卻找到了出口」，這句話是對成癮行為很貼近的形容，許多人在面對困境、找尋生命意義時，卻被路旁嬌艷誘人罌粟花給吸引駐足不前。

在筆者臨床工作或日常生活裡，看到許多飲酒過量者，常常是「情感細膩」、「敏感」的男人，並且將細膩的情感深深埋藏在名為「男人」的沈重盔甲下。在回頭檢視自己成為男人的歷程裡，筆者發現「接納自己」是非常的不容易，「你還不夠好！」這樣的訊息不斷在不同生命階段出現，常被置放在「和他人比較」的情境下，慢慢也內化成看待自己的方式，進而成為自己對「一個完美男人」形象的追求，期待自己擁有：勇敢、負責、照顧、金錢、性、成就、權力、被愛與被肯定。然而，這樣追求也註定將伴隨：挫折、受傷、孤單等經驗。

在「誰能寫出玫瑰的味道？」一書中，作者提到「自我接納」的重要：「只有透過不再扮演上帝、接納錯誤和缺點、承認無法掌握生活裡每一個層面，酒癮者或任何一個人便能找到在酒精或其他物質（藥物、性、金錢、物質財富、權力或特權）裡以為可以，卻無法達到的寧靜與平和。」（p.32）我們需要學習是成為完整，不是完美的人。

ity, and gets others' acceptance and recognition. In addition after drinking expressing feelings is acceptable and bad behaviors are not punished, and the pain, loneliness and solitude can be eased temporarily.

Moreover, alcohol is thought a tranquilizer of central nervous system which can reduce the bad feelings. However, parents' hugs, lovers' touches or contacts of friends also can make our bodies produce natural tranquilizers and make us feel joy and safe. It is very suitable description for addiction that "trying to find a way out of life but reach an exit". Many people stop by the delicate and charming poppies when facing predicaments or searching the meanings of life.

In clinics or daily life I see a lot of emotional and sensitive men drink too much and hide their feelings deeply in the armor called "man". When viewing back my growing up as a man process, it was not easy to accept myself. "You are not good enough!" this sound repeated continuously in different stages of life. Often in the situation of "comparing with others" one will gradually transform the way to treated himself and then he will pursue to becoming "a perfect man". When one expects himself to be brave, responsible, caring, rich, sexy, successful, powerful, loved, and recognized, this is doomed to accompany with frustration, hurt, loneliness and so on.

The author mentioned the significance of "self acceptance" in page 32 of the book "The Spirituality of Imperfection: Storytelling and the Search for Meaning" that only by not playing God, accepting one's mistakes and defects, and admitting unable to control everything in life can the problem drinkers or anyone find quiet and peace which are thought can be found in other things (drugs, sex, money, material wealth, powers or privileges). We need to

因此，當我們能帶著對人「微觀」的描述，以及「鉅觀」其文化脈絡時，我們將比較能貼近那堅硬、冰冷「男人」盔甲背後火熱的心，加上身心專業工作者的陪伴，一起探索「酒癮」標籤後的豐富故事，以及面對生命的挑戰與感受到人與人間細膩的善意與愛。

最後，綜合以上討論，我們可以如此看待「酒癮」：

一、適度的飲酒行為有其功能與意義，例如：飲酒是可以忘卻生活的辛苦，讓當事人可以維繫對於家庭完整的期待。

二、酒癮和其他成癮行為沒有太大的不同，其中都包含有其家庭、族群、性別、社會和文化的脈絡，如：原住民成年禮傳統和拼酒文化等，而非全然歸因為「個人問題」。因此在面對酒癮行為時，身為單位官長與周遭友人的你，可能必須知道，那是身為「人」在面對社會期待下，無法表達真實情感，而經常會經驗到的歷程，因此應該嘗試去理解飲酒行為對當事人的「功能」，而非急於標籤為疾病與人格缺失。

三、若當事人尋求你的協助時，除了你的陪伴，你可以建議當事人至各縣市教學級醫院尋求藥酒癮戒治服務。相信透過藥物協助、適合的心理諮商、家族和伴侶治療、團體治療、社會工作等資源完整的照護，以及你的陪伴與支持，其成癮行為應可獲得改善或戒治。🙏

（本文作者現職為花蓮玉里榮民總醫院臨床心理師）

learn to be complete, not perfect.

Therefore when we see people with “fine observation” and “making a comprehensive survey” of cultures, we close to the fiery heart behind the stony and cold “man” armor. Moreover, by discovering plenty of stories behind “excessive drinking” label together with the experts of disability we can face the challenges of life and to feel delicate grace and love between people.

Finally, with the conclusion of the discussion we can view “alcoholism” as:

A. Proper drinking has its functions and meanings; for instance, drinking can make people forget hard life and retain their expectation of family.

B. Alcoholism and other addiction are no differences. They all contain thread of thoughts of family, races, sex, society, and cultures. For example, traditions such as the rite of passage and competing drinking of aboriginals are not just attributed to “personal problems”. For this reason when you facing one's drinking problems, as an supervisor or a friend of him, perhaps you need to know that it is constantly happened because he as being “a human” can not express real emotions when confront the expectations from the society. Therefore you should try to understand the “functions” of drinking to that person instead of labeling it as an illness and imperfections of personality.

C. If that person asks your help, besides your company, you can suggest that person to ask help for drinking problem treatment services in teaching hospitals in every city and county. By medical treatment, suitable psychiatric counseling, company of family and spouse, group treatments, social works the addiction can be treated or quitted.

(The author is a clinical psychologist of Yuli Veterans Hospital.)