

# SADA

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Volume 20 Sep 2012



## Women Special Edition

*A Voice against Drug Addiction*

A Publication of Drug Free Nation

[www.sada.drugfreenation.org](http://www.sada.drugfreenation.org)

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# Al Quran

قُلْ إِنْ كُنْتُمْ تُحِبُّونَ اللَّهَ فَاتَّبِعُونِي يُحِبُّكُمْ اللَّهُ وَيَغْفِرْ لَكُمْ ذُنُوبَكُمْ وَاللَّهُ

غَفُورٌ رَحِيمٌ

Say, [O Muhammad], "If you should love Allah , then follow me, [so] Allah will love you and forgive you your sins. And Allah is Forgiving and Merciful."

Verse No 31 Surat 'Al `Imran



# Hadith

Narrated Abdullah Ibn Abbas: The Apostle of Allah (peace\_be\_upon\_him) said: Every intoxicant is khamr (wine) and every intoxicant is forbidden. If anyone drinks wine, Allah will not accept prayer from him for forty days, but if he repents, Allah will accept his repentance. If he repeats it a fourth time, it is binding on Allah that He will give him tinat al-khabal to drink. He was asked: What is tinat al-khabal, Apostle of Allah? He replied: Discharge of wounds, flowing from the inhabitants of Hell. If anyone serves it to a minor who does not distinguish between the lawful and the unlawful, it is binding on Allah that He will give him to drink the discharge of wounds, flowing from the inhabitants of Hell. ...

Kitab Al-Ashribah from Sunan Abi Dawud



# From Sobriety to Success

I am 33 years old, married and having a son. 7 years back, I married to a man of my choice. My husband never supported me, neither financially nor emotionally. I used to do job to gratify my basic needs. I did a lot for my husband in terms of money, time and love. But he never acknowledged my contribution. His attitude diminished my will to live, and slowly I lost hope and became depressed.

I suppressed my anger towards my husband and in-laws. Internally I was feeling unwell that disturbed my sleep. I started taking sleeping pills and used it for 1 and ½ years. The time came when I could not sleep without taking medicine. I knew that it was wrong but I did not have any other option.

Once I shared it with one of my best friend. She discouraged the use of sleeping pills and recommended me to consult psychological counselor for emotional and marital problems. I decided to go to psychologist who assisted me to come out of my problems. After psychotherapy, I felt good, and developed a sense of competency. Marital therapy also helped me with resolving my marital conflict.

Now, I am relaxed enough to go to bed without taking medicine. I still work and accept the realities of my marital problems. I have controlled my expectations that I had toward my husband and got relaxed. I look after my son and want him to be a competent person. I am very thankful to my friend who suggested me to get professional help and by the grace of Almighty I am leading a sober life.



# May I be understood?

It is said that woman is a very emotional creature. If it is true, then why people around us do not try to understand what a woman feels and thinks. A woman, before marriage, dreams of a good life, a sweet home, lovely husband and family. After marriages, she has to face hard realities of marital life. I, too, had same feelings before marriage.

I got married at the age of 22. After two and a half months of my marriage, I came to know that my husband is an addict. My in-laws hide it from us. I had no financial problems. After one year, I was blessed with a daughter. I wanted to get divorce from my husband but my own family was not ready for it. They said that I had support from my in-laws and after divorce what I would do. I tried to make them understand that money is not every thing. I need love and respect form my husband who was not recovered from drugs. He also destroyed his business and we became dependent on others. During ten years of my marriage, I gave birth to five daughters.

My husband did not support me. I started working at home, stitching and embroidery. I sent my daughters to school so that they could become independent. Now my eldest daughter is 18 years old and has done ICS. Still I am waiting for emotional and financial support from my husband but he never realized that. I spent my life for my daughters and pray to Allah for their better future, at least not like me. Sometimes, I think that no one tried to understand my feelings, ----- my parents, siblings, husband, no one was there. Will my daughters understand me one day or they will treat me like others?



# Endless Misery

I got married at the age of 16. My husband was a factory worker. After two months of my marriage, I came to know that my husband was an addict. His addiction to heroin resulted in death. I had to support my three children by my own self. I started working in a factory. I worked hard day and night with the hope of being supported emotionally, morally and financially by my children. But misery of my life did not end.

One day, my eldest son also became a heroin addict. Due to his addiction, my living environment was destroyed. My other two children suffered from psychological problems. My youngest son could not cope with the stressful Environment and eventually committed suicide. Now, I am living like a person who just keeps waiting for death. For me life is more terrible than death



# Save Women and Children of Drug Abusers

By Safia Umer

The salient features of the program, "Save Women and Children" includes providing quality of health care services, educational opportunities, security, safe water and sanitation and improving life standards of women and children in all over the world. With the help of United Nations, several countries have been benefited with this program. Developed countries also independently contributed to improve the life of both women and children.

In different parts of the world, women and children are suffering from various kinds of problems such as; poverty, insecurity, abuse, physical and mental health problems, poor nutrition and chronic diseases. Beside these issues, drug abuse is another significant problem that harmed whole family environment, including women and children.

Today, millions of drug abusers have destroyed their family along with their own lives. Women of drug abusers are having economical and social problems. They also developed mental health problems. Children of drug abusers also suffer from emotional and behavioral problems. Many children had to quit their education and are compelled to work in a workshop, factory. Many have too become drug abusers and got involved in juvenile delinquency.

Therefore, I request to High Authority and welfare organizations to launch an exclusive program entitled, "Save Women and Children of Drug Abusers". Such type of program will provide educational and economical opportunities, health care facilities, mental health care services and security to the women and children of drug addicts. Moreover, our future generation will be saved from being entangled by drug addiction.

# Women: Most affected family member of drug abusers

By Riffat Sadiq

Woman has been empirically proved as most affected family members of all kinds of drug abusers. She suffers from variety of problems such as; economic burden, psychological problems, social dysfunction and rejection. A woman is socially responsible to take care of her home/children, and to fulfill all of her responsibilities, she should be provided considerable financial, moral and emotional support from male family member.

When earning member of the family indulges in addiction, then a woman has to come out of her home to earn enough to be survived in the community. Dual responsibilities put a huge burden on her. Being a wife, she suffers from different psychological and emotional problems such as; depression, anxiety, somatic complaints, social dysfunction, anger and hostility (Ali & Sadiq, 2011) and becomes co-dependents (Makvand-Hosseini, Bigdeli & Aghabeigi, 2009).

Furthermore, she, being a sister and daughter, receives social rejection. People hesitate to get marry to a girl whose father/brother is a drug abuser. Even, she is deprived of good friends and social life. Drug addiction of male family member becomes a social stigma for female family member.

Mother in older age, instead of being taken care of her son, has to work a lot to run household expenses. Besides, she has to face her society and reaches to her death with the pain of child's destruction. Adjustment of children in their lives is a dream of every mother. Unfortunately, this dream of an addict's mother does not come true.

In short, woman in all roles (mother, wife, sister and daughter) suffers a lot economically, psychologically and socially when her male family member starts abusing drugs. Drug abuse prevention program is a need of time to save the women from destruction besides preventing the people from indulging in the swamp of drugs.

## References

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# Is there any home for me?

By Saima Khursheed

I always heard people saying that there is no home for a woman on the earth planet. She is born as a temporary resident of her parents' home, and one day she has to move to another place. After marriage, she dwells in her husband's home and in older age, she has to live where her children live. Now, I admit it wholeheartedly that a woman spends her whole in another's home who rarely understands her feelings.

One of cousin got married at very early age because her parents believed that girls should get marry as soon as possible. Even, they did not let her to complete her education. After 3 years of her marriage, her husband became cannabis user and alcoholic. Then, he shifted to heroin addiction, lost her job and ruined all finance. My cousin was having two sons. Her husband reached to street and no one was there to financially support her. She was not educated enough to have a good job.

Her father had passed away and mother took her to her own home. But her brothers and their wives were not willing to support her. Frequent criticism and taunting was unbearable for her, and she decided to leave her brother's home. She started working in a factory and shifted to a rented home. She struggled for 22 years and made her children educated and successful citizens of the society.

When her elder son got a job in a renowned company, she was very happy. But nature wanted to test her more. After marriage, her elder son moved to England and did not return yet. She is living with another son whose wife does not take care of her at all. A mother who struggled throughout her life for children is treated as if she is burden for them. She is bearing it and says to me that there is no home for me; there is no home for a woman.



# Golden Words

## The Battle

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The words that have yet been spoken

the things I need to say.

To voice what's within my heart

I just can't find a way.

I've fought with my emotions

I've held them deep inside.

I didn't want to face what for so long

you've tried to hide.

I've been lost within the dark

for so long I've seen no light.

Holding on to the memory

of a time when things were right.

I've looked upon your face

and seen the sadness in your eyes.

The battle of addiction

you no longer can disguise.

I've prayed to find the answers

of what I myself must do.

And I've prayed for the strength to fight  
through the hell that I go through.  
I've held on for so long  
but I can no longer watch you die.  
I cannot fight this for you  
but lords knows how I've tried.  
It's just so hard to watch the ones you love  
slowly slip away.  
That's why I just blocked it out  
and held on to yesterday.  
I don't have all the answers  
or the power to save your soul.  
Your broken, lost and lonely  
and I cannot make you whole.  
This fight is yours and yours alone  
no matter what I do.  
For I cannot save you  
the only one who can  
is you.

Reference: Retrieved from <http://www.familyfriendpoems.com/poem/husband-and-the-battle-of-addiction>

# Helpline

**Q-1:** When I was 9 years old, my mother died of mouth cancer. She was addicted to gutka. It was very painful for a child to I spend her childhood without mother. We were three, one brother and two sisters. My father got married to my maternal aunt for us. She took care of us like our mother. But she also used gutka and chalia. Now, I am 17 years old but still remembered the time of my mother dying with mouth cancer. I tried to convince my step mother (Khala) not to use gutka because my mother (her sister) died of that. She always says that every body has to die one day and no one will die before the right time of his/her death. My mother and her sister died because she had to die. She is not ready to accept the hazardous of gutka. She is very loving for all of us and I do not want to loose my mother again. Please help me

**Rizwana-Karachi**

**A:** Sweet Rizwana, you are lucky to have a good step mother plus lovely aunt. You experienced a trauma in your childhood that was indeed a great lose for all of you. You fear that your mother will die like your real mother. No doubt, use of gutka is a cause of mouth cancer and number of cases has been reported yet. Your mother would have seen people using gutka who did not report any problem. Therefore, she thinks that not all gutka users can suffer from mouth cancer and other diseases. You talk to your father and other reliable person of your family regarding that. You should have solid information highlighting pernicious effects of gutka, paan and chalia and then discuss with your mother in front of other family members. You tell her variety of adverse effects of gutka use instead of merely focusing on mouth cancer and mother's death. But remember one thing that it would not be easy for your mother to quit gutka in few days. It can take her months to quit it forever. If she eats gutka three times a day, then request her to use gutka two times a day, after one four days one time a day. The time comes when she will quit it. You can also consult a professional working in the field of drug addiction in Karachi city.

**DFN**

**Names and places of senders have been changed to ensure the confidentiality. Keep sending queries without hesitation to Drug Free Nation (DFN) at [dfn.pak@gmail.com](mailto:dfn.pak@gmail.com)**