

Center for the Victims of Torture

Torture, Former Combatants, Political Prisoners, Terror Suspects, & Terrorists

<https://www.cvt.org/what-we-do/survivor-stories/mirems-story>

Campaign and Advocacy

I realized my life was not useless.

From what had happened in my life, I had a lot of intrusive memories, memories of what happened in the war here in Northern Uganda. I got to know CVT at a gathering counselors came to talk to us; they did a sensitization. They said they wanted people to have counseling sessions, and said those who were interested should come.

I wanted to get rid of those thoughts, those intrusive memories. I always remember one thing they said to me about what I was feeling: That should not be your life. We have a way out of that situation.

So I came and did the forms and then came for sessions. One session was so good it changed my life: its called the River of Life. They said life goes like a river there are difficult times and smooth times when it flows. They said to put a stone on the river for the difficult times, and put a flower when its smooth. This touched me so much.

After coming to CVT, now I feel that if I have difficulties, I have ways to take care of myself. For example, if I have trouble breathing when Im working in the garden, I know what to do.

I was a person who had a lot of anger. I felt angry all the time. When something happened, I hung onto it I would keep a close hold of it. But after sessions I let go of it.

I let go of the hurt I have because I realize this is not my future. This is not my life.

My life has changed. Right now I love people. I like to stay around people. I socialize. I can talk to someone who is feeling sad. I listen and help them with their problems. I find I am able to impact peoples lives.

From the first session I realized the sessions worked to change me. I realized my life was not useless.

If youre undergoing a difficult situation, I want you to know you are able to overcome this. I wish others could come to get the same kind of care to know what can be changed. To know this is not the end of the world.

You are still capable of living a better life.

Name has been changed for security and confidentiality purposes.



CVT Uganda is supported by the Trust Fund for Victims.

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We **advocate** for the protection & care of torture survivors and an end to torture.

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