Center for the Victims of Torture

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

https://www.cvt.org/what-we-do/survivor-stories/hamid%E2%80%99s-story

Campaign and Advocacy

Today I tell people: the truth will set you free.

I lived in Iraq and worked at a church to provide for my family and children. We all lived normally and felt good about life, no problems. We didnt have a fancy life, but like is written in the Bible, we had enough food.

However, it was becoming very scary after the fall of Baghdad. My daughter was threatened and had to leave Iraq. She fled the country, but then problems started with the rest of our family. Authorities would ask us Where did your daughter go? They were calling all the time, so I was afraid for my younger children. I was forced to sell everything and come to Jordan. The situation was so dangerous at home that we came here late at night.

When we came to Jordan, I didnt know anyone. It felt like a strange place. It was difficult until my children were in school. We lived in Hashmi neighborhood, where I met with two people from CVT. They told me that CVT is most important for torture survivors, and they told me about psychological care and physiotherapy.

I had been through a lot of difficulties they were buried inside. I was afraid to tell anyone. There is one lecture that CVT uses called the River of Life. Here they divide the years and help you look at what has occurred over time. With this, I was able to share all the difficulties in my chest. I was able to write them down.

In another session I learned how to make use of people I loved but who are dead now. I can feel theyre still alive in my heart. I can remember good things and words. I found this really useful.

Also I was one of those who avoided relationships because I thought I was weird or strange. Before CVT, I was a stranger, I was afraid of my neighbors, I could not make any friends. But I started opening up and meeting my neighbors.

CVT really made me feel like family, not a stranger. They made a massive effort with me and handled everything smoothly. I made a family at CVT. Now after coming to CVT, when I go through things that make me feel very low, I use exercises and feel better even just breathing. Now I know how to get through anxiety.

Today, I see hope in two places: First, life itself is beautiful. It gives us hope. We love to live. And second, when you find people to stand by you and support you, it gives hope. Life is still good. I tell people: Be completely honest. The truth will set you free.

Name and some details have been changed for safety and to protect confidentiality.

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We **heal victims** of torture through unique services and professional care worldwide.

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We **strengthen partners** who heal torture survivors and work to prevent torture.

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

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