

樱花译语 | HIV让你的社交生活持续性的糟糕了吗?

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Is HIV Keeping You in a Bad Relationship?

译 | HIV让你的社交生活持续性的糟糕了吗?



Our resident mental health doc believes your dating life should be as healthy as you are.

我们的常驻心理健康医生认为, 就如你应保持身体健康一样, 你的约会生活也同样应当如此。

By Gary McClain

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A young woman I'll call Kelly has been dating a man for the past couple of years. She learned about her HIV status a few months ago. Here's how she described their relationship:

一个叫Kelly的年轻女人在过去的几年里一直在和一个男人约会。她几个月前知道了自己的艾滋病状况。她是这样描述他们之间的关系的:

"We weren't getting along that well for awhile before I found out about my HIV. We were just moving in different directions. And to be honest, I didn't feel like he really wanted to be in the same kind of relationship I wanted to be in. Sometimes he seemed happy to see me, other times not so much. He might disappear for a week or more, not responding to my texts or calls, then act like nothing had happened. I wasn't sure if I could trust him.

"在我发现我的艾滋病病毒之前，我们已经有一段时间没有相处得那么好了。我们渐行渐远。而且老实说，我不觉得我想要的那种关系是他真的希望的。有时他似乎见到我很高兴，有时就不那么高兴了。他可能会消失一周或更长时间，不回我的短信或电话，随后又假装什么都没发生过。我不确定我能不能信任他。"

"When I told him about my diagnosis, he just kind of shrugged his shoulders and told me to make sure I stay on my medication. He still disappears on me. And we have a whole lot less sex. But to be honest, at least I kind of have a boyfriend. He's not the greatest, for sure. But now that I'm living with HIV, I'm not sure if I could do any better. Sad, right?"

"当我把诊断结果告诉他时，他只是耸了耸肩，告诉我一定要坚持服药。他依然与我若即若离。并且我们的性生活次数大幅度减少。但老实说，至少某种意义上我是有一个男朋友的。他不是世界上最棒的，这一点我肯定。但既然现在我感染了艾滋病病毒，那么我并不确定我是否还能做得更好。有些糟糕，是吧？"



A client I'll call Eric had a similar story. He describes his boyfriend as "pretty much in denial and often annoyed about" his HIV. "I feel like he just wants me to deal with it, not complain, and not let it get in the way of things he wants us to do together. He won't talk about it. I'm really hurt that he is so insensitive. He's even brought up with me that he is wondering if he wants to be with me anymore.

我一个叫Eric的治疗对象也有着类似的故事。对于他感染艾滋这件事，他说他的男朋友的“拒绝接受并且经常发怒”。“我觉得他只是想让我自己去处理这件事，不去抱怨，同时也不让它妨碍到他想和我一起做的事情。他不会谈这些的。他的不在意真的让我很伤心。他甚至跟我提过他曾思考过他是否还想和我继续在一起。”

"So I'm doing everything I can to show him I can be the man he wants me to be. Even at the risk of pushing myself too hard. Yes, I think I deserve more support than that, and I would sure give him support if he was in my situation. But, I'm also afraid my HIV is going to be a problem with anyone I date, and at least he seems to be sticking around. I don't want to be alone."

"因此，尽管冒着把自己逼迫得太过的风险，我正在尽我所能地向他证明我可以变成他所希望的那样。是的，我认为我应该得到更多来自他的支持，如果他处于我的处境，我肯定会给予他支持。但是，我也担心艾滋会给我任何约会的人带来麻烦，至少他似乎还在我身边。我不想一个人。"



One thing that therapists learn to anticipate when they talk with their clients is what's coming after the "but..." Kelly and Eric are good examples. They clearly recognized some big issues in their relationships. BUT. They are also afraid to let them end.

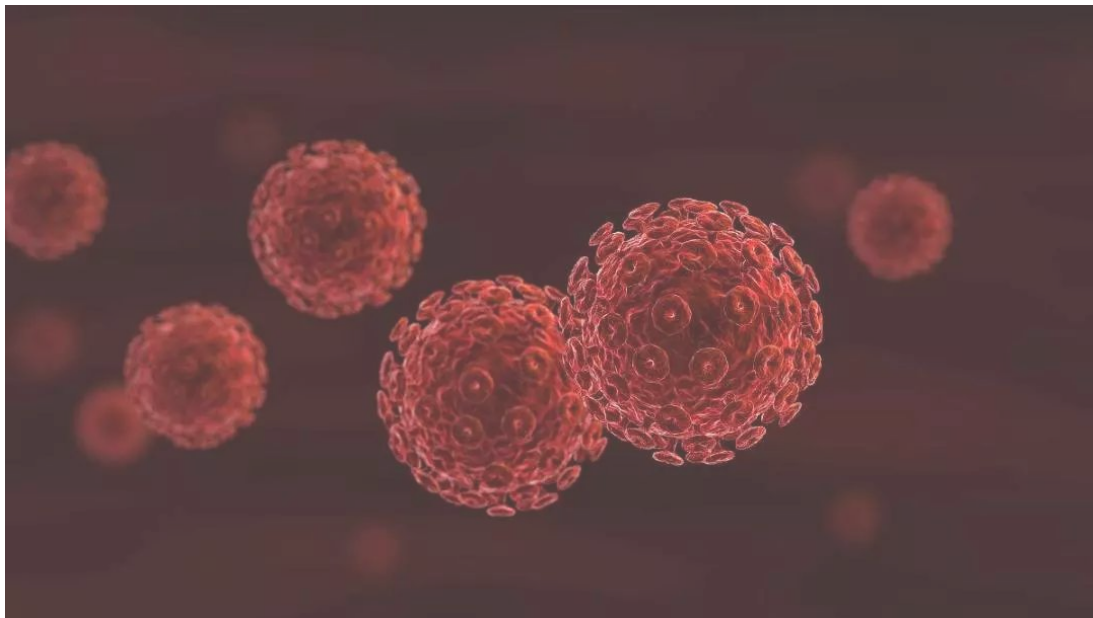
治疗师们在与治疗对象交流时能预测到，他们的“但...”之后接着的是什么？ Kelly和 Eric 就是很好的例子。他们清楚地认识到他们关系中的一些重大问题，但他们也害怕结束关系。

Why they can't move on is also sad for me to hear. They basically feel that their HIV makes them less desirable as a romantic partner. Damaged goods. Consequently, they are willing to be unsupported, if not mistreated, to hang onto the person they are dating.

他们不能向前看的原因让我也感到糟糕。他们都基本认为他们的艾滋让他们在作为浪漫对象时变得不那么受欢迎。就像个受损的货物。因此，如果不是遭受虐待，他们也会为了留住他们正在约会的对象，而宁愿接受不能得到对方的支持。

Where does that leave them? Stuck in an unsupportive relationship that doesn't look like it's going to get any better. Yes... stuck in a bad relationship.

这会把他们置于何处？被困在一段看起来不会有任何好转的关系中，得不到对方支持。是的，...陷入一段糟糕的关系。



What about you? Have you ever told yourself to hang on a little longer when you aren't getting what you need and deserve from the person you are dating? And stayed put in a relationship that wasn't making you happy?

你呢?当你没有从你正在约会的人身上得到你需要的和应得的东西时,你有没有告诉过你自己,再多坚持一段时间?继续保持着一段并不让你开心的关系?

Here's what to do when you find yourself stuck in a bad dating relationship: First, embrace your essential worth. That's the key to having supportive relationships. If you love and accept yourself, whether to allow someone else to disrespect or mistreat you won't even be a question. If you embrace your own worth as a human being, you will be less likely to stick with people who view their needs as more important than yours, and who devalue you. In fact, you'll be less likely to attract people like that into your orbit. To quote Ru Paul, "If you can't love yourself, how the hell is anybody else going to love you?"

当你发现自己陷入了一段糟糕的恋爱关系中时,你现在要做的是:

第一,接受你的基本价值。这是建立一段相互支持的关系的关键。如果你爱自己并接受自己,是否允许别人不尊重你或虐待你,将都不是问题。如果你接受自己作为一个人的价值,你就不太可能容忍那些认为自己的需求比你更重要、贬低你的人在一起。事实上,你不太可能吸引这样的人进入你的生活。如Ru Paul所说:“如果你不爱自己,还会有人爱你吗?”



Let go of the fear of being alone. I often find that my clients who are living with HIV place a high value on relationships. They want caring people in their lives. However, that desire can also at least temporarily cause you to accept behavior that you shouldn't have to put up with. All out of a fear of being alone. So let's start here: Not being in a relationship and being alone in life are two different things. You can be dateless, and still have a solid support network.

第二,放下对孤独的恐惧。我经常发现我的一些感染艾滋的治疗对象把恋爱关系放在一个很重要的位置。他们希望在生活中遇到关心他人的人。然而,至少这种欲望也会使你暂时接受你本不应该忍受的行为。这些都是因为害怕孤独。所以我们要首先认识到:不恋爱和一个人生活是两码事。你可以没有约会,但你仍然可以有一个坚实的社交网络。



Focus on people who are totally in your court. Spend more time with friends and family members who can accept all of who you are. Sure, that's not the same thing as having a boyfriend or girlfriend, but it's a whole lot better than being with a boyfriend or girlfriend who makes you feel unworthy. Fill your time with supportive people.

第三，把注意力放在那些陪伴着你的人身上。花更多的时间与朋友和家人在一起，他们可以接受你的全部。当然，这和有男朋友或女朋友不是一回事，但这比和一个让你觉得不值得的男女朋友在一起要好得多。把你的时间用在支持你的人身上。



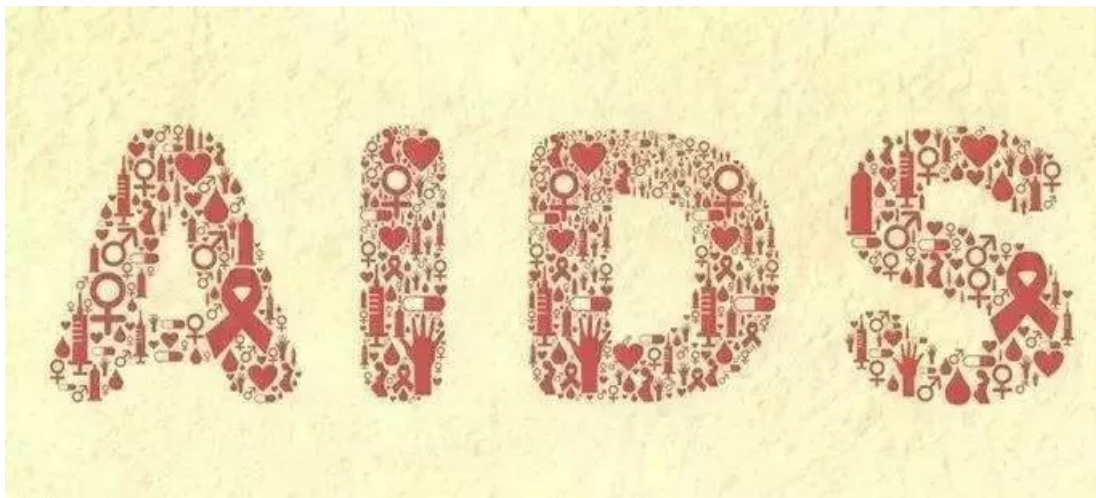
Be willing to let go of people who can't be supportive. As hard as that might be. Being made to feel as if you are a drain on someone else's happiness is not being in a relationship. At least not one that is going to promote your own well-being. Is that worse than being dateless? I doubt it. If you're dating someone who can't accept you and your HIV, then that's not someone who deserves to be in a relationship with you. It's time to let them go.

第四，放弃那些不能支持你的人。尽管那可能很难，但是如果对方让你觉得你是ta幸福的累赘，这就意味着你并不处于一段关系中。至少ta不是那个能让你幸福的人。这不是比没有约会还更差吗？我表示怀疑。如果你和一个能接受你和你的艾滋的人约会，那就不是一个值得和你保持关系的人了。是时候离开他们了。



Make your support network a priority. I always tell my clients that the best way to have a good romantic relationship is to have a really strong support network. There are a couple of reasons for that. If you have good friends, then you will also have healthy ways to meet your support needs. Along with unconditional love. With all that support, you'll be in a much more emotionally healthy position as you journey through the dating world. If your emotional needs are being met by people who truly care about you, you'll be that more likely to make better choices about whom you decide to date.

第五，把支持你的社交网络放在优先位置。我总是告诉我的治疗对象们，取得一段浪漫的恋爱关系最好的方式是拥有一个真正强大的支持你的社交网络。这有几个原因。如果你有好朋友，那么你会理想的方式来满足你对支持和无条件的爱的需求。有了这些支持，当你在约会世界里畅游的时候，你的情绪会更加健康。如果你的情绪需求被真正关心你的人所满足，你就更有可能在决定与你约会的人上做出更好的选择。



Take things slow. Get to know potential romantic partners over time. Let them show you who they are, in words but more importantly in deeds. Keep your own needs in the front of your mind, while you also seek to understand what the other person needs. There's no way to rush this. People get to know each other over time. Love, if it is going to blossom, also happens over time. Here's a rule of thumb to keep in mind: If you find yourself making excuses for the other person's bad behavior, it may be time to walk away. If you end the evening feeling guilty about your HIV, it may be time to walk away. Follow your instincts. You know when being patient is just setting yourself up for more unhappiness.

第六，慢慢来。随着时间的推移，了解潜在的浪漫伴侣。让他们用语言，但更重要的是在行动上告诉你他们是什么样的人。时刻谨记你自己的需求，同时你也要去了解别人需要什么。这件事不能急躁。人们互相了解需要时间。如果爱的花朵要绽放，也同样需要时间。这里有一个经验法则要记住：如果你发现自己为他人的糟糕行为找借口，那么也许你是时候离开了。如果这个晚上结束时，你却为你感染艾滋感到内疚，同样是时候离开了。跟随你的直觉。当保持耐心只是给自己制造更多的不快乐的时候，你知道自己该做什么。



Be kind to yourself. Compassion starts with you. Demand that others be kind to you, too.
对自己好一点。同情从自己开始。要求别人也善待你，同样如此。



And if you're married... I want to make clear that I am not advocating ending your marriage. Having said that, if your partner isn't supportive of you, if you feel your partner resents you for the impact your HIV has on your marriage, if you feel mistreated and disrespected, then get some support. Have a talk with friends or family who can listen without telling you what to do. Have a talk with a mental health professional. Try to get your partner into couples counseling. Don't suffer in silence.

如果你结婚了，...我要明确的一点是，我不主张你们结束婚姻。话虽如此，如果你的伴侣不支持你，如果你觉得你的伴侣因你患上艾滋病而对你造成影响而憎恨你，如果你觉得受到虐待和不尊重，那就去寻求一些支持。和朋友或家人交谈，他们可以当一名倾听者，而不用告诉你该做什么。和心理健康专家谈一谈。试着带你的伴侣进行夫妻咨询。不要在沉默中经历这一切。



Sure, your HIV has an impact on your life. That may mean the person you date may need to make an adjustment here and there if they want to spend time with you. If they can't or won't, then be willing to walk away. You deserve better. In the words of Maya Angelou: "If someone shows you who they are, believe them the first time."

当然，艾滋病会对你的生活产生影响。这意味着，如果你约会的人想和你在一起，他们可能需要在这里或那里做一个调整。如果他们不能或不愿意，那么你就应该选择离开。你值得更好的。用Maya Angelou的话说：“如果有人把他的一切展现给你，第一次最好相信他们。”



Gary McClain PhD, is a therapist, patient advocate, and author in New York City, who specializes in working with individuals diagnosed with chronic and catastrophic medical conditions, their caregivers, and professionals.

Gary McClain博士是治疗师，病人代表，纽约市报作者，他精于与那些被诊断患有慢性和灾难性疾病的人、他们的照顾者和相关专业人士打交道。



Q1: 你在什么情况下会接受一个HIV感染者成为你的浪漫伴侣?

Q2: 如果你喜欢的人不喜欢你, 你愿意和ta维持一段次于亲密伴侣的关系吗?



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