

<u>DEHUMANIZATION</u>	<u>RETURNING TO LIFE</u>
1. Loss of job, home, citizenship, family name; to be a non-person; to have a number	1. To have a name again; a person, an identity; self-image
2. Hair shaved; ill-fitting uniform; old or torn clothes, clogs	2. Pride in appearance, hair, clothes
3. Often tattoo – if lucky, meant you would live, but Halacha (Jewish Law) said it was a desecration of the body	3. Tattoo – reminder of the horror, was it a badge of shame and disgrace or a badge of honor? Halacha – removal was a second desecration of the body
4. Food and water; starvation; always hungry; malnutrition; close to death – CRUST of BREAD most important thing in camp life	4. Eating and drinking “normally” again- until one is full-for pleasure eating and talking at the same time with friends; using knife & fork; table manners; overeating; leaving food on plate; dieting; having a choice of food and drink; seeing food wasted
5. Loss of family and friends	5. Search for family, making friends
6. No trust; being betrayed; lied to; disgraced	6. Trusting again
7. To be dirty – LICE	7. To be clean again; bathe regularly; use toothbrush; wash hair; have or feel dignity about oneself
8. Bodily functions and hygiene	8. Your own choice of where and when – privacy, dignity
9. Decline of body – emaciated	9. Rebirth of body – feeling oneself filling out – breasts, hips, muscles; seeing and feeling oneself as a man or woman – feeling healthy and physically strong again – sex and sexuality
10. No control of destiny – a slave; had certain choices, limited but essential	10. Choices and control, where to go, with whom, where and when; process of decision making again
11. Possessions taken away	11. Began to own things – what were the first?

12. Death – abnormal; hanging, gassing, firing squads, typhus, stacks of bodies, no proper graves. “How does one bury smoke?” “How does one place headstones in the sky?” “How does one bring flowers to the clouds?” Mourning	12. Death “natural causes” funeral, Kaddish with proper rituals; mourning able to grieve. In what way has your perception of death changed?
13. Brutality, torture, being and feeling hated; vermin	13. To touch and be touched with care, seeing kindness and admiration in another persons eyes; to be accepted as a human being; to love again
14. Holocaust Life	14. Flashback reminders; i.e., smokestacks, barbecuing, TV programs on the Holocaust or starvation in Africa; seeing or taking a train, Gentiles or Jews in uniforms; filling out forms with “religious preference”
15. Belief in God	15. Belief in God
16. Religious worship restricted	16. Religious worship, freedom of
17. Weather – importance of extreme heat or cold to life or death	17. How does weather affect you now? What thoughts does it trigger? Proper shelter and clothing, i.e., gloves
18. Lagers, barracks, appells, cattle cars	18. Concerns with crowds, closed in places; waiting in lines
19. Emotions – how were they handled? Submerged; what died in you? Inner wounds, rage	19. Emergence of emotions? Allowing them to surface? Remembering? How did you bandage inner wounds? How did you control the rage? Talk about peace inside yourself – rejoining the family of man
20. Coping mechanisms in the ghettos, camps or in hiding. Organizing (stealing), trading, lying	20. Changing habits one need to survive. Which was more difficult? To change from your earlier life to stealing, i.e., or to change back?
21. Memories – life before the war	21. How does one live with them? How do they affect life afterwards – Do you try to be the same person you used to be? Were you living in 1, 2, or 3 worlds?

22. Surviving	22. Guilt, luck, God – what does it mean to be a survivor?
23. Anti-Semitism then	23. Anti-Semitism now
24. Crying – did you cry before – laughter	24. Talk about crying afterwards; your first laugh – were you happy you could laugh?
25. You are unlike anyone else who survived a war. No one was waiting for you. No family or friends. No country or government help, i.e., hospitalization, emotional support, welfare, and loans	25. What are your feelings concerning others who received care and financial help then and now?
26. School, job, skills interrupted	26. Changing countries, picking up new language skills, and life
27. Holocaust and before	27. What have you told your spouse, friends, business associates and children? And other survivors?
28. Liberation	28. Liberation – how, who, when, where; first foreign person who was “good to you”
29. Revenge – Did you ever see a Nazi as a prisoner?	29. What did you want to do? Did you act as you thought you would when you were a prisoner? What were others doing?