

From the stories shared in your conversation in Sekiwunga, Uganda, four key themes were identified for further discussion:

Economic Struggles and Social Support

- **Words/Phrases:** Poverty, unemployment, no capital, lack of support
- **Theme:** This theme revolves around the pervasive economic difficulties faced by individuals and families, and the impact of the absence of financial resources and community support. It highlights how financial instability contributes to broader crises in families and communities, necessitating discussions on sustainable economic empowerment and communal support systems.

2. Family and Relational Conflicts

- **Words/Phrases:** Domestic violence, marriage, communication, respect, adultery, child abuse, revenge, unforgiveness
- **Theme:** This theme focuses on the relational and familial breakdowns that occur in times of crisis. It encompasses issues like violence, marital problems, poor communication, and lack of respect, and it emphasises the need for addressing conflict resolution, forgiveness, and strengthening family bonds.

3. Cultural and Traditional Beliefs

- **Words/Phrases:** Cultural values, learned behaviours, cultural traditions, traditional customs and rituals, cultural beliefs, witchcraft, religious beliefs and differences within family and community.
- **Theme:** This theme addresses the role of cultural and religious beliefs in shaping responses to crises. It explores how deeply embedded traditions and rituals, including witchcraft and differing religious views, influence behaviours and reactions during times of hardship, as well as how these beliefs can sometimes perpetuate cycles of crisis.

4. Emotional and Psychological Struggles

- **Words/Phrases:** Sickness, suicide, anger, psychological torture
- **Theme:** This theme highlights the emotional and psychological toll of crises on individuals. It focuses on issues such as mental health challenges, emotional trauma, and the impact of unresolved anger and despair. This theme could lead to discussions on mental health support systems, counselling, and community-based healing processes.

