

ANN'S LESSONS AND QUESTIONS FOR DISCUSSION

Lessons

1. If your partner is having an affair, stop thinking that it's your fault.
2. Don't delay having an HIV test to know your HIV status, and also encourage your partner to test.
3. Protect yourself by using condoms, even within a marriage or relationship.
4. Make sure you are ready to disclose and decide who you feel you wish to tell – nobody can force you to disclose.
5. You will be surprised at all the support you'll get when you disclose – try to get support from different parts of your life, such as family, friends and faith.
6. Always try to be open to your children, as they don't want be left out of important things in your life.
7. Forgiveness is very important in helping you get over bitterness, to move on with your life, and to slowly learn to trust again.
8. Have a positive mindset to living with HIV and find ways to relax to relieve stress.
9. Talking to nurses and other people has helped me heal and realise that HIV doesn't have a colour, age, religion or sex.

Questions

1. What has stopped you from knowing your HIV status? And how can talking to someone who knows their HIV status help you?
2. Have you experienced a partner being unfaithful? And how did you handle the situation?
3. How can my story help you to live your life positively with HIV or help someone supporting a person living with HIV?
4. Has your faith helped you to forgive someone and move on with your life? Are there other things that have helped you with forgiveness?