

ZANELE'S LESSONS AND QUESTIONS FOR DISCUSSION

Lessons

1. Personal happiness rests on self-acceptance – being yourself, being true to yourself, and speaking out openly about your feelings and experiences.
2. Soak up knowledge about sex, sexual orientation, HIV and AIDS so that you are prepared to shape your life, rather than letting things just happen to you.
3. Really loving someone means being partners in life and being there for each other all the way, through good times and tough times.
4. In dealing with the loss of a dear one, there is no need to rush the pain away – healing needs time, talking when you are ready and allowing yourself the support of people who love you.
5. Healing also needs an environment where you feel safe and secure enough to open up and explore your emotions.
6. For me, healing was about not trying to forget, but rather learning to accept.
7. Talk to people living with HIV and on ARV treatment to find out the benefits of taking ARVs properly and in time.

8. I found myself a new focus in life in helping to heal others, while at the same time healing my deep loss of the love of my life through fond memories.

Questions

1. What has been your recipe for accepting yourself and having to stand up for who you are when picked on or discriminated against?
2. How can you best support a loved one living with HIV or dealing with another challenging health condition?
3. What can you draw from my story about how to handle deep loss and pain as you try to move on with your life?
4. What methods and moments have you found most helpful in sustaining the memory of someone special who has passed on?