

Affirmations & Reflections Cheat Sheet

Victor Scenario

Victor is a 32-year-old man who describes himself as bisexual. He has a girlfriend who he's been with for several years. On the weekends, he also likes to meet guys online for sex. He enjoys using crystal meth before meeting up with these guys. He really doesn't like using condoms, but will if his partner insists. He doesn't want to get HIV, and has researched quite a lot about transmission, but still can't imagine using a condom every single time. He recently heard a rumor that someone he hooked up with last month was HIV-positive, and that's why he came in for testing today. This is his first-time testing. He is nervous and admits he almost didn't come in.

Affirmations

- Victor will use condoms if his partner insists.
 - What kind of person is willing to use condoms if their partner insists?
 - How could you affirm this?
 - (examples could include: "A caring person." Or "A respectful person." → "Even though condoms aren't your favorite, you are considerate of your partners' wishes." Or: "You really respectful of your partners.")
- He has researched quite a lot about transmission.
 - What kind of person does all that research?
 - How could you affirm this?
 - (examples could include: "A curious person." → "You like to be knowledgeable about things that could affect your health.")
- He doesn't want to get HIV.
 - What kind of person doesn't want to get HIV?
 - How could you affirm this?
 - (examples could include: "A person who cares about his health." → "You're the kind of person who takes their health seriously.")
- He tried something new (HIV testing) to protect his health.
 - What kind of person does that?
 - How could you affirm this? (examples could include: "A person who cares about his health." Or "A brave person." Or "An adaptable person." → "You're willing to try new things to take care of your health.")

Victor Scenario

Victor is a 32-year-old man who describes himself as bisexual. He has a girlfriend who he's been with for several years. On the weekends, he also likes to meet guys online for sex. He enjoys using crystal meth before meeting up with these guys. He really doesn't like using condoms, but will if his partner insists. He doesn't want to get HIV, and has researched quite a lot about transmission, but still can't imagine using a condom every single time. He recently heard a rumor that someone he hooked up with last month was HIV-positive, and that's why he came in for testing today. This is his first-time testing. He is nervous and admits he almost didn't come in.

Reflections

- Victor: "I don't always need to use crystal, but I really enjoy sex when I'm high."

Simple reflections could include:

- "You enjoy sex on crystal."
- "Getting high makes sex better for you."
- You don't always need to use crystal to have sex."
- "Sometimes you enjoy sex without using crystal."

Double-sided reflections could include:

"You really enjoy sex while you are high, and you don't always need to use crystal."

- Victor: "I don't want to get HIV, even though I know it's not such a big deal anymore."

Simple reflections could include:

- "You don't want to get HIV."
- "You know that lots of people are living long, healthy lives with HIV."

Double-sided reflections could include:

"You realize that many folks live long, healthy lives with HIV, and you still want to stay negative."

- Victor: "I'm freaked out about bringing something home to my girlfriend."

Simple reflections could include:

- "You care about your girlfriend's health."
- "It's important to you to protect your girlfriend from any STIs."