

## Living with HIV: Reflection & Discussion Worksheet

Use this worksheet to reflect on your experiences living with HIV. For each statement, write a number from **1 (Strongly Disagree)** to **10 (Strongly Agree)** on the blank line provided.

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### Self-Perception & Identity

1. I feel comfortable and confident in my identity while living with HIV. \_\_\_\_
2. My HIV status does not define me as a person. \_\_\_\_
3. I feel proud of the resilience I've built through my journey with HIV. \_\_\_\_

### Health & Wellbeing

1. I feel knowledgeable about managing my health and treatment. \_\_\_\_
2. I trust my current healthcare providers to support my needs. \_\_\_\_
3. I feel physically healthy and energetic most of the time. \_\_\_\_

### Stigma & Disclosure

1. I feel safe being open about my HIV status in my community. \_\_\_\_
2. I believe people in my life accept me for who I am, regardless of HIV status. \_\_\_\_
3. I feel comfortable deciding when and with whom to share my status. \_\_\_\_

### Support & Relationships

1. I have a strong support network of friends, family, or community. \_\_\_\_
2. I feel loved and valued in my close relationships. \_\_\_\_
3. I can openly talk about my HIV status with people I trust. \_\_\_\_

### Future & Purpose

1. I feel hopeful about my future. \_\_\_\_
2. Living with HIV has motivated me to find new meaning or purpose in life. \_\_\_\_
3. I believe I can still achieve my goals and dreams. \_\_\_\_

### Emotional Experience

1. I feel at peace with my HIV diagnosis most days. \_\_\_\_
2. I feel emotionally resilient when I face challenges related to HIV. \_\_\_\_
3. I feel more acceptance than fear about living with HIV. \_\_\_\_

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**Reflection:** After filling out your numbers, consider writing a short reflection on which areas feel strongest to you, and which areas you'd like to focus on for growth.