

LIVING WITH HIV BUT NOT DEFINED BY IT

HIV IS PART OF YOUR STORY, BUT IT'S NOT THE WHOLE STORY

1. YOU ARE MORE THAN A DIAGNOSIS



You are a friend, child, parent, worker, partner, community member and more.

HIV does not replace your identity – it sits alongside it.

2. TAKE CHARGE OF YOUR HEALTH



- Stay on treatment and attend appointments
- Understand U=U (Undetectable = Untransmittable)
- Being in control of your health builds confidence and improves your quality of life

3. CHALLENGE NEGATIVE SELF-BELIEFS



Stigma can live in our heads.

- Is this belief actually true?
- Would I say this to someone else living with HIV?

Replace self-judgement with facts:

- Treatment works
- People live long, healthy lives
- You are not "less than"

4. YOU CONTROL YOUR STORY



Disclosure is YOUR choice

- Only tell people when you feel safe and ready
- You don't have to give your personal information to everyone
- Positive experiences can build confidence and reduce fear

5. REMEMBER WHO YOU ARE. AND STILL ARE.



HIV does not change

- Your strengths
- Your experiences
- Your achievements

In many cases, people gain:

- Resilience
- Empathy
- A stronger sense of purpose

YOU ARE STILL YOU
HIV is part of your life, but it doesn't get to decide who you are or where your life goes

6. GET CONNECTED



HIV Peer support matters

- A Peer is another person living with HIV
- Talk to people who understand
- Share experiences and learn from others

Lived experience is a powerful resource

But also:

- Maintain connection outside of HIV spaces
- Keep your world broad and diverse

7. NOTICE WHEN HIV IS TAKING OVER



You might need support if:

- HIV is always on your mind
- Fear is stopping you from living your life
- You feel that your HIV diagnosis defines who you are

Talking to a HIV Peer Support Worker, counsellor or trusted person can help

8. KEEP BALANCE IN YOUR LIFE



HIV doesn't need to be the centre of everything

- Stay connected to hobbies and interests
- Engage in work, culture, family and community
- Build a life that is bigger than HIV

9. SET GOALS BEYOND HIV



Your future is still yours

Think about:

- Career or volunteering
- Relationships
- Travel, learning, creativity

HIV is just one factor- not the focus

10. YOU DESERVE A FULL AND GOOD LIFE



You deserve:

- Respect
- Love
- Opportunities
- Good health
- Joy and connection

Don't settle for anything less!

YOU ARE NOT ALONE
There is support
There is hope
There is Us

positivelife.org.au - 1800 245 677
Support - Education - Advocacy

Positive Life NSW