

# Disclosure Stories

## Marie

*In the beginning I blurted it out sometimes when I was angry, or at inappropriate times. That was always a bad mistake because the person would freak out and tell lots of people. To this day I don't really know who in the family knows and doesn't know. I don't really care, but I feel like I'm not in control.*

*I realised then that when I disclose my status to someone I need to link them in to someone who already knows so that they can talk about me. They probably have questions they don't want to ask me, or fears they don't want to tell me about. I felt like I became the big HIV educator amongst family and friends, taking leaflets with me everywhere.*

*I've read the most discrimination has happened in the healthcare setting, as has happened with me. When we're talking to healthcare professionals we believe that we have to disclose our status. But that's your choice. We need to protect our own rights as well, every health care professional is taught safety precautions and it's not our role to educate them unless we want to.*

## Daniel

*I think people really feel a need to be able to talk to somebody else about it and so you automatically lose control of who's going to find out because the person you tell then tells somebody else about it. Before you know it, in a small town, it's common knowledge. I found that with my employers as well; that while I asked for it to be confidential, it was really hard for them to do that. I had to come to terms with the fact that it wasn't out of anyone's malice or evil; people will find out. It's just human nature that we want to share and unburden.*