Learning that you are HIV-positive can be one of the most difficult experiences you go through in life. You may feel scared, sad or even angry – this is OK, and a completely natural part of coping with something that can be life changing.

But remember, HIV doesn’t have to stop you living a long, happy and fulfilling life. With the right treatment and support, it is possible to live as long as the average person.

There are a lot of misconceptions about what it means to be living with HIV. Ultimately, everyone’s lives are different – how you cope with your diagnosis and how you move forward will be unique.

Read these stories about some people’s experiences of being diagnosed with and living with HIV.

If you have your own story to tell, you can share it with us here and we’ll do our best to publish it. Just let us know if you’d like to remain anonymous.

Karan – let’s work together to stop the discrimination

Benoite - finding out you and your partner are HIV-positive

Ricardo - self-stigma made me feel depressed

"I was ashamed to be open about my condition due to fear of embarrassment and humiliation."

“The tester was so amazing... telling me he’d known people living with HIV for 25+ years. I latched on to those words."

"Forgiving myself was the first step to starting treatment, but it was still the hardest decision for me to make."

Kain - coping with being HIV-positive

Micha - being born with HIV

Israel – my HIV story
“I have learnt a lot about myself since my diagnosis and how I deal with things; I have become more headstrong.”

“I am still very quiet about my status to my friends. But otherwise, I don’t let my HIV affect me in any way. I am a normal teen.”

“I still go in for my routine therapy every two months but that’s the only thing that has really changed in my life.”

Curt - learning you are HIV-positive

“‘My point to this is find some sort of positive support from the time you find out until the time you can rely on yourself.’

“‘I tested HIV positive in August. ‘I’m happy with the love and support from my friends and family. There is always a life after an HIV-positive diagnosis.’”

Harrison - testing HIV-positive in the army

Ryan - testing positive for HIV

“‘I gave up my bad habits and started having my family in my life more than ever before.’

Mulilo - getting over a diagnosis

Thadie – silence can kill, talk about it

Rick - choosing to live, not die

“The day that I disclosed to my brother was through text message, because I didn't have the strength to face him.”

“I speak about it... it’s how I’ve managed all these years and lived a normal life”

“I gave up my bad habits and started having my family in my life more than ever before.”
Amaka - on treatment and never sick  

"Do not be scared... You can live a healthy life if you adhere to your medication – I have never fallen sick since then."

Karuna - I'm now a peer educator  

"During my first year of work, the organisation and I faced discriminatory remarks because they employed a drug user to work."

Karta – HIV stigma changed my whole life  

"The hospital I was about to start working at refused to hire me after I disclosed my HIV status."

Carrie - Fear meant I kept my status a secret for 3 years.  

“I felt that if I told someone that I was positive, they would judge me and look at me differently”

Chris - how I overcame stigma to be healthy and in love  

“When I told him my status I thought he would run for the hills, but to my surprise he told me he didn't care.”

Alan - Don't be scared to tell people  

“I think if I had kept it a secret, it would have played on my mind more and probably made me quite depressed. “

Next full review: 30 June 2019  
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