



LESSON H · HABITS · WORKSHEET

GHOST CATALOGUE

Name the ghost, name the letter it attacks, pick the shield, make one move this week.

Private – nobody collects this page. Keep it, photograph it, or shred it.

MINE	GHOST	ATTACKS	SHIELD	MOVE THIS WEEK
☐	Cost — “I can’t afford it”	A	Sliding scale / locator	Check locator.hiv.gov
☐	Rejection — “They’ll leave”	C	Scripts	Write an exit line
☐	“I’ll forget pills”	H	Alarm / shot	Set a daily alarm
☐	Shame — “I’m dirty”	A	U=U fact	Read the U=U one-sentence
☐	Clinic fear	A	Three-site script	Rehearse the ask
☐	Partner pressure	C	Gentle Hold	Practice the hold line
☐	“Condoms kill the vibe”	C	Barrier Pivot	Try pleasure framing
☐	Privacy — family sees meds	H	Storage plan	Lockbox / discreet storage
☐	Substance use / late night	T H	Kit ready	Pack a field kit
☐	“Doxy fixes all”	M	Know the gap	Name the gap without checking
☐	No transport	H	Mail order / 211	Call 211
☐	Past trauma freeze	C	Exit line	Practice the consent loop
☐	Faith conflict	A	Values map	Write your own values line
☐	“I’m undetectable, so nothing else is needed”	M	U=U covers HIV only	Run the redundancy check
☐	Lube allergy / irritation	T	Lube match	Switch to water-based
☐	“Testing is scary”	A	Anxiety Audit	Write the ghost exactly
☐	My own ghost: _____			
☐	My own ghost: _____			

ANXIETY AUDIT — GET ONE GHOST ON PAPER

I’m anxious that _____ → If true, I would _____

Health or not health? ☐ Health ☐ Not health — cross it out

Letter: M A T C H