Thoughts About AIDS and STDs

It is difficult for most people to think clearly and honestly about emotional issues such as AIDS and other sexually transmitted diseases (STDs). To understand your feelings, list the words you think of when you hear the terms AIDS and STDs.

Write quickly. Try not to censor your thoughts. Do not worry about spelling or neatness. Stop after five minutes.

Acquired Immunodeficiency Syndrome (AIDS)

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Sexually Transmitted Diseases (STDs)

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Review your lists. What kinds of feelings do you associate with these terms?

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What did you discover about your feelings about AIDS?

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What were your feelings about other STDs?

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Were there any inaccurate or irrelevant words included in your lists? Which words? Why do you think you included them?

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