

PCC CHECKLIST OF THOUGHTS

Here's a list of thoughts some guys have had when making decisions to have condomless anal sex. Thinking about the most recent OR most memorable time you had condomless anal sex with a partner that is not close to you (like a husband or ongoing boyfriend) try to recall what you were thinking that allowed you to have sex without a condom. Were you drinking alcohol and/or using drugs? Use the list below to check off any thoughts similar to yours.

At the time I decided to have condomless anal sex I thought something like:

- ☐ He said he was negative, and I have been tested. So, it must be safe.
- ☐ He said he is on PrEP so we are both protected.
- ☐ Fucking without a condom makes me feel closer to him.
- ☐ Alcohol and/or drugs let me forget about HIV risk. Sometimes I just want to stop thinking about all that.
- ☐ It'll be all right to fuck without a condom as long as we don't cum in the ass.
- ☐ The condom broke so we should just go for it.
- ☐ We've already fucked earlier (today/tonight) without a condom, so there's no point in using one now.
- ☐ I'm feeling kind of lonely/depressed and I don't care so much.
- ☐ I drank/used more than I'd planned and it just happened.
- ☐ He's so young he must be negative.
- ☐ I've done this before and I'm still negative so it can't be that risky.
- ☐ This guy looks healthy, he is probably negative.
- ☐ Condoms make it more difficult to keep an erection.

Part of me is saying this is risky, but another part is telling me to go for it.
Alcohol and/or drugs gave me permission to do all the things I know I'm not supposed to.

He let me fuck him without a condom, so I have to let him fuck me the same way.

Topping isn't that risky.

I usually use condoms. This one time without a condom won't matter.

- ☐ I know enough about this guy, I think I can trust him.
- ☐ I am not going to bring up HIV status now. It would ruin the moment.
- ☐ I don't want to interrupt the flow just to put on a condom.
- ☐ This feels more natural. Sex is just better without condoms.
- ☐ He seems really concerned about HIV so he must be negative.
- ☐ He would have told me if he was HIV positive.
- ☐ His profile said he's on HIV meds and has an undetectable viral load so this is low risk.
- ☐ I know this is risky, but that's partly what makes it so hot.
- ☐ Usually I'm more careful but I'm too high to think about using a condom.
- ☐ I didn't want to fuck without a condom but the alcohol/drugs made me so horny I just did it.
- ☐ I don't want to think about risk. I just want to be drunk/high and have hot sex.
- ☐ Escape, escape, escape! I just want to forget about everything and have sex.
- ☐ Alcohol and/or drugs made it easier for me to have sex without a condom.
- ☐ I don't want to feel any inhibitions. I just want to get wild.
- ☐ Sex is always better when I have been drinking (or using drugs) and I didn't want to ruin that.
- ☐ This guy is really hot and he doesn't want to use a condom. I don't want to lose this opportunity.
- ☐ Please write in any other thoughts that allowed you to have anal sex without a condom: