

I Should Have Listened

Trina and I were at a party, having a really good time. Dancing, talking, eating and laughing with everybody. The party was almost over and it was time for us to go home. Trina came running over to me out of breath. She said that she had met a cutie. I said that's nice, but that we were going home together just as we had come. Trina told me that she was going home with Mellow and that was that. I told her that I really thought she should come with me. She started walking away. I grabbed her and said okay, but be sure that if he wants you to do anything be sure to use a condom. She said okay, that she had them in her bag. So she went off with Mellow.

The next day she called me. She said that she was sorry that she had lied about having condoms in her bag. That Mellow was so cute, it didn't matter if she used one. I asked her to remember the talk we had that everything that looks good on the outside is not good on the inside. Trina said that she wasn't going to get sick.

I told her to take the AIDS test to be on the safe side. She did. The test came back positive. Trina called me on the phone and started to cry. I told her don't cry, I will be on your side so try to stop crying. Trina said I should have listened to you and not lied. I'm Sorry. I will use a condom from now on.

1. **Characterization:** Trina is an African American female in her first thirties.
2. **Membership:** Heterosexual female.
3. **Risk behavior:** Trina does not use condoms and has multiple sexual partners.
4. **Goal:** Start using condoms.
5. **Stage of Change:** Ready for Action.
6. **Influencing factor:** Trina tested positive for HIV. (Self-efficacy)
7. **Barrier to Overcome:** Trina did not believe that she would contract the virus.

Strategy: She will plan to use condoms thus forth.

8. **Positive Outcome:** Trina will use a condom from now on.
9. **Source:** The Lower East Side Health Project Role Model Stories Library; November 1992 – Vol. 2, No. 6 (A); Susan Tross, Ph.D., Principal Investigator