

**This is how your head works! / GMFA.**

**Contributors**

Gay Men Fighting AIDS (Organization)

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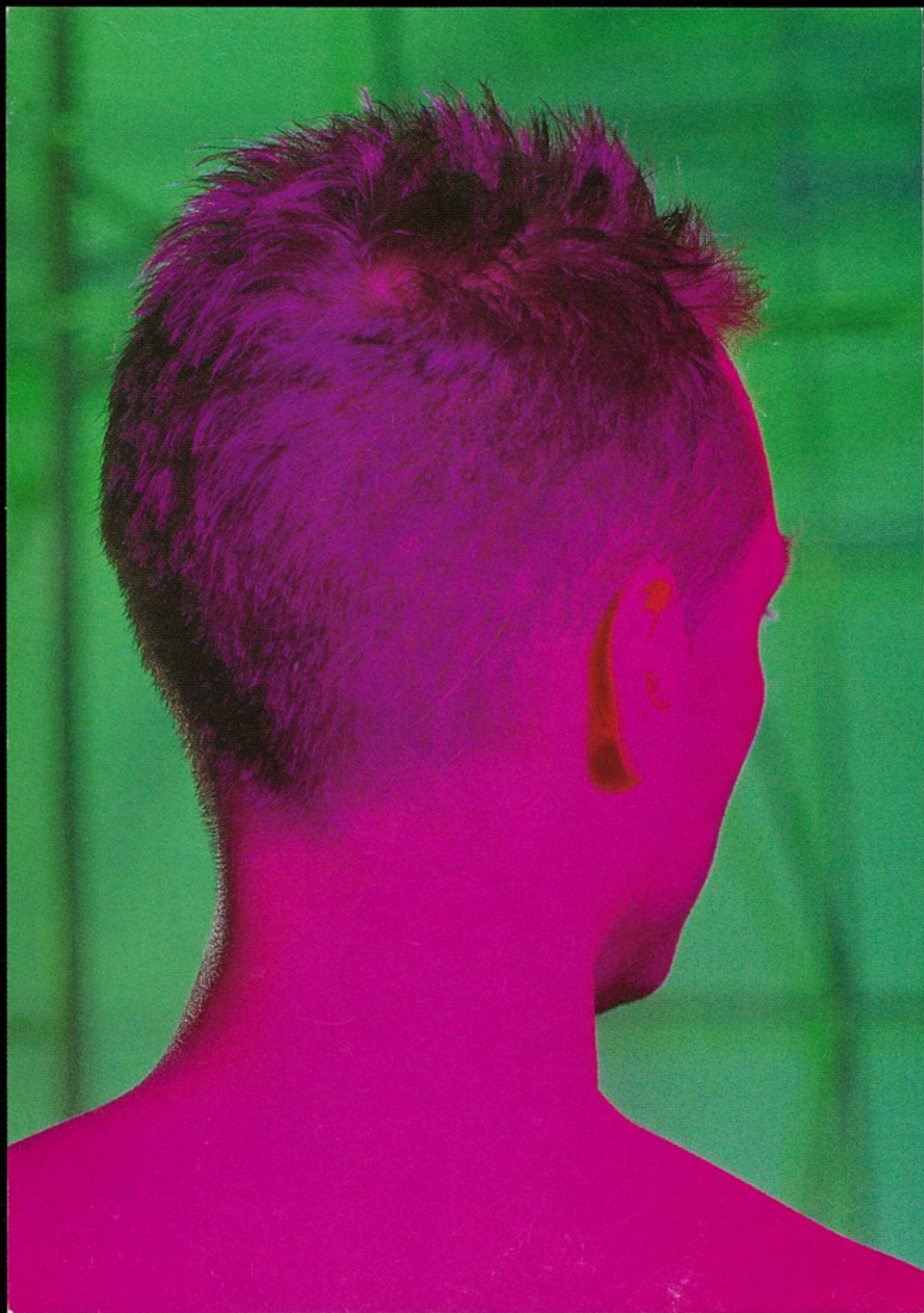
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# This is how your head works!

There have probably been times when you've done something and on reflection you wonder why, and wish you hadn't.

Your brain works in two ways: -

**ON-LINE:** this is how we think in the heat of the moment, just focusing on sex and a good lay. On-line, we can give ourselves excuses to fuck unsafely.

**OFF-LINE:** this is how we think in the cold light of day, when we know what's safe enough for us, can look at our 'excuses' and see them for what they are.

You probably already know this, or at least you may have been there.

Lots of us have, 'cos this is how our heads work. You're not stupid.

Understanding on-line/off-line thinking can help you maintain safer sex. You know where and when you've slipped up and what went through your head at the time. If you catch yourself using an excuse for having unsafe sex, remind yourself that you won't believe that excuse the next day.

For more information about safer sex visit our website at [www.demon.co.uk/gmfa](http://www.demon.co.uk/gmfa)

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Gay Men Fighting AIDS