

In 2016 I discovered that I am HIV positive and I found myself fighting my toughest battle overnight. I was so lost that I wanted to quite my job: the theatre. I was very scared and the only thing I wanted to do was to be alone. One day I found myself reading a beautiful article by Jeff Leavell entitled "Getting Diagnosed with HIV taught me how to live".

And that's when everything changed...

My therapy allows me to live like a normal person without infecting anyone. This is thanks to ones before me, HIV-positive people who fought with their lives and gave us the chance to LIVE, TO GO FORWARD!

Before that I thought that nothing bad could happen to me, I was immortal. Especially young people live as if there is not tomorrow, but from one moment to the next everything can change. HIV brought me back to earth and made me realize that everything we think important is superfluous. I realized how precious our health, friends and family are.

Life is only one and I don't want to waste it anymore, without ever denying what I have done, because it is also the past that determines who I am today and who I will be.

I was born in 1990, fortunately, I have never known the horror of the '80 and '90. But I feel it living inside of me, as if it formed and forged me, I feel it inside me as a visceral part of my DNA.

I have fought a battle that has not only to do with oneself, with full acceptance, but against the social stigma that seropositivity imposes on us. A virus that lays bare all our ancestral fears: from the unknown source to the impossible contagion, from the idea of impossible love to that of deserved loneliness, because we do not deserve love because we are different from how society wants us. Ignorance and fear block us. Instead, the only solution is precisely that of knowing.

Through my pain I want to increase my consciousness, and show my great will to live and survive. I feel I owe a debt to millions of people unknown to me, who died when there was no therapy yet.

I want to take all the evil that HIV brings with it and turn it upside down, turn it into something magical... fighting this battle makes me understand what life is for me. Now I've decided I want to scream to the world that I'm HIV positive.

Matteo Sedda