

How it works:



Chemsex Check



What next?

Who is this for?

Chemsex is the use of libido-increasing substances during sex – especially when people use “G” (GBL/GHB), mephedrone or 3-MMC, “Tina” (crystal meth) and/or “Monkey Dust” together at private parties in queer scenes.



If chemsex is a habit of yours, this exercise can help you weigh its pros and cons and define your personal boundaries.

1 Where you're at

Row by row, circle every statement that currently applies to your substance use in sexual settings.



→ How do you feel about your balance of positive effects and risks?

2 Your red line

Draw a line from left to right that you do not want to cross in the future.



Above = “acceptable to me”
Below = “would prefer to avoid”
The line doesn't have to be straight.

→ What strategies can help you stick to your line? Are there any particular issues you want to address?

→ Which of your chemsex partners share your boundaries?

In connection with chemsex, I'm experiencing...

adventure	relief from shame and inhibitions	sex is more enjoyable than ever	self-confidence boost	I feel like part of a community	meaningful new friend- or relationships	I'm also enjoying sober sex more now	It's less important for me than it used to be
fun	intimacy	I am in good, caring company	I generally stick to my plans and boundaries	It generally leaves me feeling satisfied	I have a fulfilling sex life	I'm also enjoying my sober life	the amount of chemsex in my life is stable
I spend a lot of time looking for it	frequent bacterial STIs	I've neglected some former hobbies	I'm seeing old friends less	sex acts that I'm not really into sober	situations that I later regret	sometimes I keep going for 2–3 days	It's getting more prominent in my life
GBL/GHB more than once a week	Mephedrone or 3-MMC more than once a month	I forget my PrEP or HIV meds now & then	I worry for some of the people I encounter	I meet some people because they share drugs	It's affecting my looks	low mood & low energy lasting several days	I feel ashamed of my chemsex
I take G without exact dosing and timing	I share straws or pipes	Tina or Monkey Dust regularly	It's affecting my relationship with my partner	I need a higher dose than I used to	I don't have sober sex	all my closest friends engage in chemsex	I want to make a change
I'm not protecting myself against HIV	I forget my PrEP or HIV meds regularly	I inject (slam)	chemsex (just about) every weekend	my focus has shifted from sex to being high	I also use alone	I redose until I run out	I've tried to make changes but failed
I combine G + alcohol	I'm not sure everything was consensual	I share needles or injecting equipment	I've missed days at work/uni	problems with sleep/irritability/anxiety	I can't stop thinking about it	episodes of paranoia, hallucinations	I use GBL/GHB 24/7
I combine poppers + Viagra	I've over-dosed on G	I've over-dosed on G several times	I've needed emergency medical attention	violations of consent	I was newly diagnosed with HIV	lost my job/dropped out of school	suicidal thoughts

Additional positive effects:

Additional negative effects:

My chemsex goal:



e.g. more self control / less frequent sessions / abstinence

Today/from now on, I will:

e.g. quit my most problematic substance, go home at dawn, make other plans for this weekend, book a counseling session, delete certain apps/contacts,...

Want to talk about it?



At **Checkpoint BLN** we're happy to discuss any thoughts and feelings you have about your sex life and your substance use.

Bring it up with our counselors, or book a specific appointment online:

→ checkpoint-bln.de

Open queer support groups

No sign-up required – just drop by sober:
Schwulenberatung Berlin (Gotenstraße 51)

- Wednesdays 17:30 in English
- Mondays 18:30 in German

→ schwulenberatungberlin.de