

## How it works:

### Who is this for?

Chemsex is the use of libido-increasing substances during sex. It especially refers to people using “G” (GBL/GHB), Mephedrone/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

Circle every field 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, below = plan to avoid. The line does not have to be straight.)



→ Do you have strategies to help you stick to your line? Are there particular problems to address?

→ Do the people you engage in chemsex with share your boundaries?

# Chemsex Check

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

exciting experiences	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 relation- ships	I'm also enjoying sober sex more now	It's less important for me than it used to be
fun	intimacy	being 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 given up on 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 negatively	low mood & low energy for several days after	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	suicidal thoughts

Additional positive effects:

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Additional negative effects:

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## What next?

### My chemsex goal:




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*e.g. more self control / less frequent chemsex / quitting*

### Today/from now on, I will:

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*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 separate appointment in the “Just Talk” category:

→ [checkpoint-blm.de](https://www.checkpoint-blm.de)

#### Open queer substance use support groups

Just drop by – no sign-up required!

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

→ [schwulenberatungberlin.de](https://www.schwulenberatungberlin.de)