

MORIN MODEL

The Morin Model suggests that a person must hold five beliefs in order to ~~change his or her sexual behavior in relation to~~ AIDS and that these beliefs can be directly influenced by educational and motivational programs. The beliefs tend to occur sequentially.

1. There must be a belief that AIDS is a personal threat. **"I am personally at risk to HIV infection."**
2. There must be a belief in prevention. **"AIDS is preventable. Certain actions will reduce or eliminate the risk."**
3. There must be a belief in personal efficacy. **"I am capable of managing these new low risk behaviors, and my life is worth protecting."**
4. There must be a belief in the possibility of satisfaction. **"I can carry out these new behaviors and still be sexually satisfied."**
5. There must be a belief in the existence of peer support. **"My peers will support this new behavior."**

The Morin Model acknowledges:

- *Absence of one belief reduces the chance of behavior modification.*
- *These tend to happen one at a time and tend to build on each other.*
- *People must be capable. (There are those who cannot feel that they are capable of celibacy/abstinence.) We open the realm of possibilities.*

Changing
Sexual
Behavior