



# A Better Place

Sequoia Watson stopped questioning why she got HIV and instead started sharing her story to help others.

July 11, 2022 By Sequoia Watson

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I found out I was HIV positive in September 2020. The young man I was in a relationship with became sick over the course of two weeks. At the time, I was a supportive girlfriend who did everything I could to help him get better. I didn't know that HIV had anything to do with it. I got so overwhelmed trying to help that I called to his parents. Fast-forward to his dad coming over to take him to the hospital. About two hours later, the dad called to inform me that he had gotten him to the emergency room and that I needed to sit down because he wanted to tell me some things. His dad then confessed to me that not only was his son living with HIV, but he also had COVID-19. My world was shattered and broken because I couldn't believe the man I was madly in love with didn't tell me he had HIV. I won't lie. The past year was rough, but I am in a better place than I was, and my HIV is currently undetectable.

What words best describe you?

Energetic, role model, driven.

What is your greatest achievement?

My greatest achievement is being able to be transparent and speak in a room full of more than 200 women at a Praise and Brunch event and tell them my story.

What is your greatest regret?

My biggest regret is questioning God so many times: "Why me?" I'm now able to understand that he gives his toughest battles to his strongest people, and now I say, "Why not me?"

What keeps you up at night?

Talking to God, reading, writing or my bookings [for speaking engagements]. Other than that, I sleep just fine.

If you could change one thing about living with HIV, what would it be?

I would be lying if I didn't say that I wish I didn't have HIV, but things happen for a reason, and I believe God wouldn't put more on me than I could bare.

What is the best advice you ever received?

To keep persevering because God has his hands on me. As long as I continue to be obedient to him, he will continue to order my steps.

What person in the HIV/AIDS community do you most admire?

Billy Porter.

What drives you to do what you do?

My business, my supporters and fans and how I inspire others to tell their stories and to look at me as their human angel.

What is your motto?

"Somebody is always watching, so live in every moment, and keep smiling because life is a beautiful thing and there is so much to smile about."

If you had to evacuate your house immediately, what is the one thing you would grab on the way out?

My two dogs.

If you could be any animal, what would you be? And why?

Bird. It would give me a healthy and relaxed sojourn in a family, together with free visits to the sky, as I try out my skills of taking high flights.