



Nope! Not at all. People with DID and dissociative disorders in general most likely have been abused or neglected themselves. They are no more likely to be abusers than any other member of the population. Part of the reason people with DID are afraid to let others know of their disorder is because of the stigma that makes people with DID out to be "dangerous" and "out of control". This stigma is both harmful and dangerous. It also doesn't help that some of the most popular depictions of DID have been based off this narrative.

Should I fear people with DID?

Can I tell if someone is faking having DID?

This is a complex question, and our answer is no. Most of the time, fakeclaiming is more harmful to the community than helpful. Whether or not you think someone has DID is none of your business. That is between them and their mental health provider. You are not helping keep the community safe by picking and choosing who you think is faking and who isn't.

Actually, no! There are other dissociative disorders that warrant someone to be a system, such as OSDD (Other Specified Dissociative Disorder) and UDD (Unspecified Dissociative Disorder). People with these disorders can be systems too! The causes of the disorder and what we go through are very similar, it's the diagnostic criteria that is different.

Are people with DID the only people who are systems?

Okay, This all makes sense! How can I support someone with DID?

The answer is simple, ask the person how you can best support them! Some may want you to make small adjustments in how you interact (like using a different name and pronouns depending on who is fronting), others not. The best way to know is to ask, however, a general rule of thumb is to be patient, kind, and understanding. Above all, treat people with DID with respect and compassion.

Alter: An individual personality. The amount of alters a person with DID has can vary from 2 to 100+. Alter roles: Alters can have roles. This can be their purpose for existing (ex. to care for other members or to protect) or simply descriptors (ex. "child member/little"). System: A group of alters that make up someone with DID (and related disorders). Fronting: Refers to the status of when one (or more) alters come forward and take control of the body. Co-conscious: Refers to when two or more alters are fronting Inner World: Where alters live in the mind when not fronting. It's important to note that not everyone who is a system has an inner world.

Any terms or definitions I need to know?

Zine brought to you by The Rosey System

Hi! Thanks for asking. DID is a mental health condition that used to be known as Multiple Personality Disorder. It's characterized most notably by having multiple personalities (known as alters), amnesia between these alters, and having experienced complex childhood trauma. DID is caused by trauma that prevented the integration of a singular personality at a young age. The brain reacts to this by putting up amnesic walls between alters and memories. It's the ultimate defense mechanism! It's also a severe form of dissociation (disconnection between a persons thoughts, feelings, actions, memories, and sense of self) and can be really disruptive to everyday life and living.

What is DID (Dissociative Identity Disorder) anyways?

Dissociative Identity Disorder 101