Criterion A symptoms are related to discontinuities of experience that can affect any aspect of an individual's functioning. Individuals with dissociative identity disorder may report the feeling that they have suddenly become depersonalized observers of their "own" speech and actions, which they may feel powerless to stop (sense of self). Such individuals may also report perceptions of voices (e.g., a child's voice; crying; the voice of a spiritual being). In some cases, voices are experienced as multiple, perplexing, independent thought streams over which the individual experiences no control. Strong emotions, impulses, and even speech or other actions may suddenly emerge, without a sense of personal ownership or control (sense of agency). These emotions and impulses are frequently reported as ego-dystonic and puzzling. Attitudes, outlooks, and personal preferences (e.g., about food, activities, dress) may suddenly shift and then shift back. Individuals may report that their bodies feel different (e.g., like a small child, like the opposite gender, huge and muscular). Alterations in sense of self and loss of personal agency may be accompanied by a feeling that these attitudes, emotions, and behaviors—even one's body—are "not mine" and/or are "not under my control." Although most Criterion A symptoms are subjective, many of these sudden discontinuities in speech, affect, and behavior can be witnessed by family, friends, or the clinician. Non-epileptic seizures and other conversion symptoms are prominent in some presentations of dissociative identity disorder, especially in some non-Western settings.

A症状与可能影响个体功能的任何方面的经验不连续有关。具有分离性身份障碍的人可能会感到他们突然变成非人格化的观察者，感觉他们的“自己的”言语和行为，他们可能感到无力阻止（自我感觉）。这些人还可以报告对声音的看法（例如，孩子的声音;哭泣;属灵的声音）。在某些情况下，声音被视为多重，令人困惑的独立思考流，个人经验无法控制。强烈的情绪，冲动，甚至言语或其他行为可能突然出现，没有个人所有权或控制感（代理感）。这些情绪和冲动经常被报道为自我张力和困惑。态度，观点和个人喜好（例如关于食物，活动，着装）可能会突然改变，然后转移回去。个人可能会报告他们的身体感觉不同（例如，像一个小孩，就像异性，巨大和肌肉一样）。自我意识和丧失个人代理的变化可能伴随着一种感觉，即这些态度，情绪和行为 - 甚至是一个人的身体 - 都是“不是我的”和/或“不受我控制”。虽然大多数标准A症状是主观的，但是这些突然的言语，情感和行为不连贯可以由家人，朋友或临床医生见证。非癫痫发作和其他转换症状在一些解离性身份障碍的表现中是突出的，特别是在一些非西方情况下。

The dissociative amnesia of individuals with dissociative identity disorder manifests in three primary ways: as 1) gaps in remote memory of personal life events (e.g., periods of childhood or adolescence; some important life events, such as the death of a grandparent, getting married, giving birth); 2) lapses in dependable memory (e.g., of what happened today, of well-learned skills such as how to do their job, use a computer, read, drive); and 3) discovery of evidence of their everyday actions and tasks that they do not recollect doing (e.g., finding unexplained objects in their shopping bags or among their possessions; finding perplexing writings or drawings that they must have created; discovering injuries; "coming to" in the midst of doing something). Dissociative fugues, wherein the person discovers dissociated travel, are common. Thus, individuals with dissociative identity disorder may report that they have suddenly found themselves at the beach, at work, in a nightclub, or somewhere at home (e.g., in the closet, on a bed or sofa, in the corner) with no memory of how they came to be there. Amnesia in individuals with dissociative identity disorder is not limited to stressful or traumatic events; these individuals often cannot recall everyday events as well.

具有分离性身份障碍的个体的解离性遗忘症表现在三个主要方面：1）远程记忆个人生活事件（例如，童年或青春期;一些重要的生活事件，例如祖父母的死亡，结婚， 生孩子）; 2）在可靠的记忆中失败（例如，今天发生的事情，熟练的技能，如如何完成工作，使用计算机，阅读，开车）;和3）发现他们不记得的日常行为和任务的证据（例如，在他们的购物袋或其财物中发现不明物体;找到他们必须创造的令人困惑的作品或图画;发现受伤;“来到“在做某事的过程中）。游离的旅行，其中人发现游离的旅行是常见的。因此，患有分离性身份障碍的人可能会报告他们突然发现自己在海滩上，工作场所，夜总会或家中的某个地方（例如，在壁橱里，在床上或沙发上，在角落里）没有记忆他们如何来到那里。患有分离性身份障碍的个体的健忘症不限于压力性或创伤性事件;这些人往往也不能回忆日常事件。

Individuals with dissociative identity disorder vary in their awareness and attitude toward their amnesias. It is common for these individuals to minimize their amnestic symptoms. Some of their amnestic behaviors may be apparent to others—as when these persons do not recall something they were witnessed to have done or said, when they cannot remember their own name, or when they do not recognize their spouse, children, or close friends.

具有分离性身份障碍的个体对其遗忘症的认识和态度各不相同。 这些人通常会减少他们的遗忘症状。 他们的一些遗忘行为对他人来说可能是显而易见的，因为当这些人不记得他们目睹过的所做或所说的，当他们不记得自己的名字，或者当他们不认识他们的配偶，孩子或亲密的朋友时。

Possession-form identities in dissociative identity disorder typically manifest as behaviors that appear as if a "spirit," supernatural being, or outside person has taken control, such that the individual begins speaking or acting in a distinctly different manner. For example, an individual's behavior may give the appearance that her identity has been replaced by the "ghost" of a girl who committed suicide in the same community years before, speaking and acting as though she were still alive. Or an individual may be "taken over" by a demon or deity, resulting in profound impairment, and demanding that the individual or a relative be punished for a past act, followed by subtler periods of identity alteration. However, the majority of possession states around the world are normal, usually part of spiritual practice, and do not meet criteria for dissociative identity disorder. The identities that arise during possession-form dissociative identity disorder present recurrently, are unwanted and involuntary, cause clinically significant distress or impairment (Criterion C), and are not a normal part of a broadly accepted cultural or religious practice (Criterion D).

分离性身份障碍中的占有形式身份通常表现为似乎是一种“精神”，超自然存在或外部人已经控制的行为，这样个体开始以完全不同的方式说话或行动。例如，一个人的行为可能会让人觉得她的身份已经被一个在同一社区几年前自杀的女孩的“鬼魂”所取代，她的言行举止似乎还活着。或者一个人可能被恶魔或神所“接管”，导致严重的损害，并要求个人或亲属因过去的行为受到惩罚，随后进行微妙的身份改变。然而，世界上大多数拥有国是正常的，通常是精神实践的一部分，并且不符合分离性身份障碍的标准。在拥有形式的分离性身份障碍期间出现的身份反复出现，是不需要的和非自愿的，导致临床上显着的痛苦或障碍（标准C），并且不是广泛接受的文化或宗教习惯的正常部分（标准D）。