

## Dissociative identity disorder / Multiple Personality Disorder

- Severe form of dissociation, a mental process which produces a lack of connection in a person's thoughts, memories, feelings, actions, or sense of identity.
- Stem from a combination of factors that may include trauma experienced by the person.
- The dissociative aspect is thought to be a coping mechanism
  - : The person shuts off / dissociates themselves from a situation or experience that's too violent, traumatic, or painful to assimilate w/ their conscious self.
- Response to interpersonal and environmental stress, particularly during early childhood years when emotional neglect or abuse may interface w/ personal development.
- Families where parents are frightening and unpredictable, the children may become dissociative.

## RECOGNIZED BY

- presence of two or more distinct / split identities or personality states that continually have power over the person's behavior.
- Inability to recall key personal info that is too far-reaching to be explained as mere forgetfulness.
- Memory variations
- treatment w/ hypnosis where the person's different alters may be very responsive to the therapist's request
- headache, amnesia, time loss, trances, out-of-body experiences
- Self-persecution, self-sabotage, violence (self-inflicted / outwardly directed)

## SWITCHING

- As each personality reveals itself & controls the individual's behavior and thoughts, it's called "switching"
- take seconds to minutes to days

## ACTS

- Find themselves doing things they wouldn't normally do - speeding, reckless driving, stealing money  
: compelled to do it
- Being a passenger in their body rather than the driver. Believe they have no choice.

## HOW EXPERIENCE CHANGES

- ① DEPERSONALIZATION : Sense of being detached from one's body / "out-of-body" experience
- ② DEReALIZATION : world not real / foggy / distant
- ③ AMNESIA
- ④ IDENTITY CONFUSION

## DISJOINED SENSE OF IDENTITY

- "host" personality [identifies w/ name]
- host unaware, usually, of the presence of other personalities

## DIAGNOSES

- takes time for accurate diagnosis
- coexisting diagnoses [depression, anxiety, mood swings, suicidal tendencies, sleep disorders (insomnia, night terrors, sleep walking), anxiety, panic attacks, phobias (flashbacks to stimuli or "triggers"), alcohol + drug abuse, hallucinations, eating disorders?]

## PPL

- comedian Roseanne Barr → Hershel Walker ↑ withstand the abuse he felt.
- Adam Duritz, retired NFL star "developed a tough personality that didn't feel loneliness, one that was fearless and wanted to act out the anger he always suppressed"

## TREATMENT

- ① Psychotherapy → work through triggers
- ② Hypnotherapy → hypnosis, access repressed memories
- ③ Adjunctive therapy → art, movement, reconnect w/ shut off parts

## REDDIT

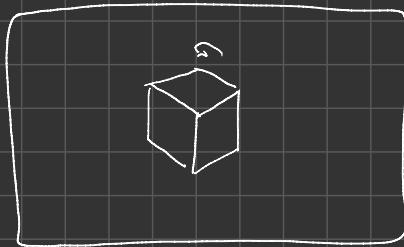
I have been diagnosed with DID! I have had symptoms since 13. Because of abuse when I was young, I have virtually no memories of my life before 13.

Do your parts talk to each other?

I run a forum for all psych disorders and people tell me how their parts can talk to each other. Mine don't, though, I just totally black out and have no communication whatsoever between parts (except for a single alter who knows she's an alter, but she comes out like once a year).

No need to apologize :) I do have a "me". I'm me now. :) In the worse time of my life I would go through week long cycles being a different me. Now that I have better control, it's typically once a week or so. Some weeks worse or better than others. I name my identities by their traits. (this doesn't mean for example depression is depression.. just a name so my boyfriend/therapist knew which I was referring to). Depression Mania Fear and the "other one". Depression typically is due to **immense anger or sadness**. I lose feeling in my body (kind of like a paralysis) and I lose feeling (as in emotions). Mania typically is involved in **social situations**. I have a small bit of social phobia, so my body over-compensates for it by being a giant party whore slut etc. I smoke cigarettes, drink, have sex with people, etc. Think Kesha. :p **Fear** is the only personality that is a different age than me. "she" is younger, quiet, hides behind my boyfriend. The opposite reaction to social situations than the Mania. Not sure what makes my body choose either way. And "the other one". It's like this weird **paranoid** me. I "know something that you don't know" I draw random pictures, I say crazy stuff, and sometimes I leave the house to go on "walks" which is dangerous because I am always **completely blacked out**. I never remember any of the drawings or "secrets" I know. —

## INTERACTION > ROTATING CUBE w/ MOUSE TRACKING

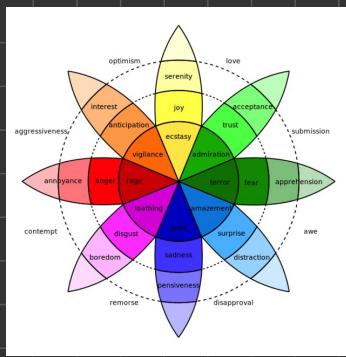
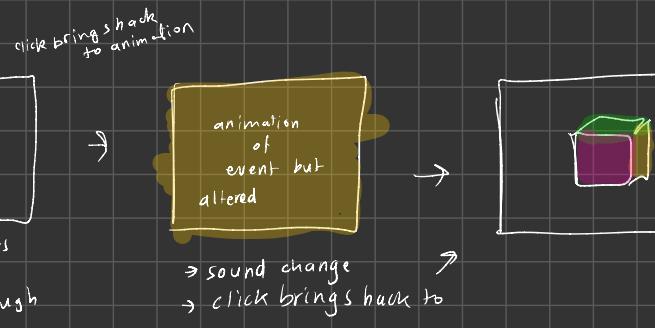
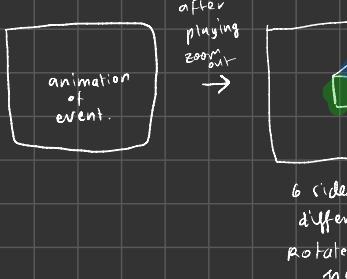


- viewing one event from different perspectives
- viewing one event masked w/ different emotions

↳ fear, anger, joy

<b>Red</b>	<b>Orange</b>	<b>Yellow</b>	<b>Green</b>	<b>Blue</b>
Enchantment Romance Love Energy	Confidence Sociability Bravery Honesty	Generosity Optimism Warmth Cheer	Nature Healing Freshness Growth	Trust Peace Loquacity Convenience
<b>Pink</b>	<b>Purple</b>	<b>Brown</b>	<b>Black</b>	<b>White</b>
Compassion Sensitivity Intuition Sweet	Poverty Luxury Seduction Ambition	Dependable Rugged Resilient Simple	Femininity Dramatic Seduction Security	Clean Simplicity Independence Honest

## STARTING PAGE



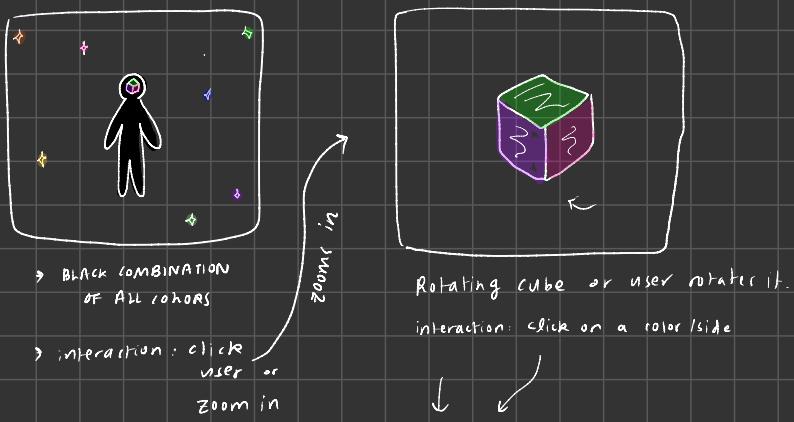
- ## ONE EVENT
- IN DIFFERENT TIME PERIODS / LOCATION
  - VIEWED AT DIFFERENT AGE
  - DIFFERENT MENTAL STATES / HENCE



→ content: characters response.  
→ emotion 1 expressed through color, music, illustration style, font.

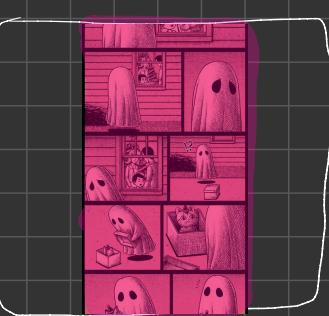
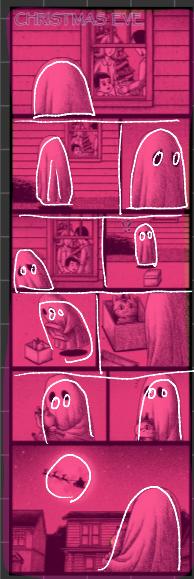
<b>Red</b> Excitement Strength Love Energy	<b>Orange</b> Confidence Success Bravery Sociability	<b>Yellow</b> Creativity Happiness Warmth Cheer	<b>Green</b> Nature Healing Freshness Quality	<b>Blue</b> Trust Peace Loyalty Competence
<b>Pink</b> Compassion Sincerity Sophistication Sweet	<b>Purple</b> Royalty Luxury Spirituality Ambition	<b>Brown</b> Dependable Rugged Trustworthy Simple	<b>Black</b> Formality Dramatic Sophistication Security	<b>White</b> Clean Simplicity Innocence Honest

# THE COLORS OF BUSINESS



BLACK → fear [person/thing/place #1]  
 green → peace [person/thing/place #2]  
 blue → trust [person/thing/place #3]

SIDE EXAMPLE #1

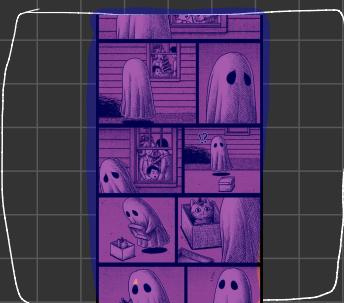


INTERACTION

PINK: COMPASSION, SWEET

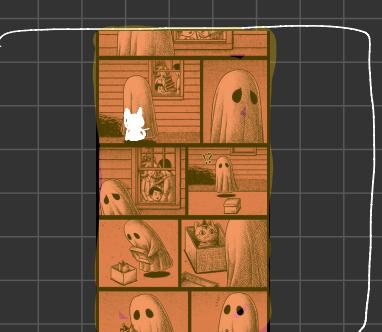
Who to show this side?

SIDE EXAMPLE #2



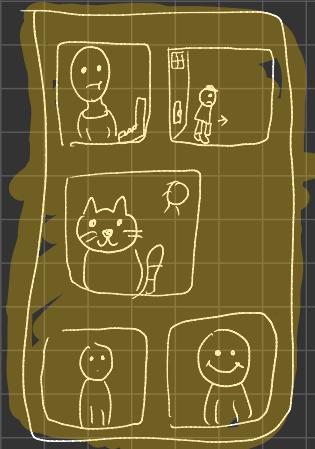
TRUST / STABILITY

→ To whom are we strong?



HAPPINESS / WARMTH

→ dogs, cute things, etc



EXAMPLE

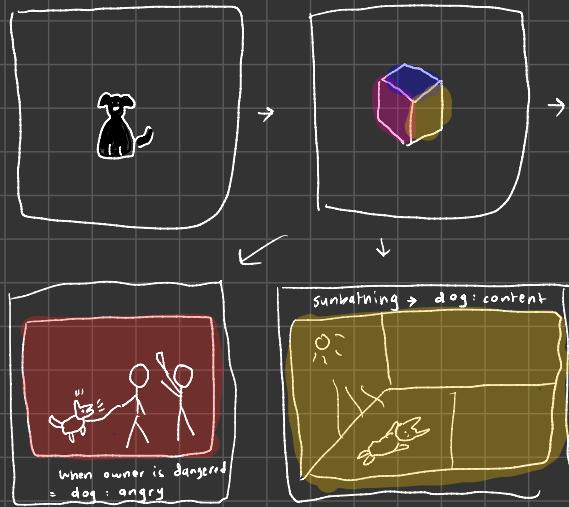
EMOTION: HAPPINESS

person/thing /activity: cat

- ① RED: ANGER ✓
- ② YELLOW: HAPPINESS [CONTENT/PEACEFUL]
- ③ BLUE: SADNESS ✓
- ④ GRAY/LIGHT PINK: BOREDOM
- ⑤ DARK GREEN: FEAR ✓
- ⑥ ORANGE: EXCITED

## MEETING

- Sticking w/ mood + color
  - changed from human → dog
  - Tona + Noora : code & sound design
  - Evan + Yoji : Comic illustration
- Instead of comic strip → one animated scene per side.
- Return to happiness w/ timer (b/c dogs do that)

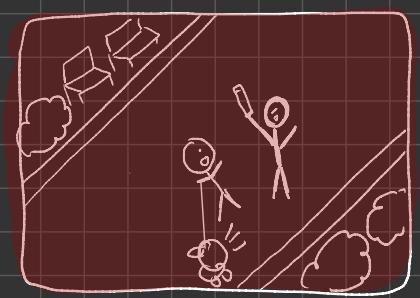


- ① RED : ANGER ✓
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## DOG DESIGN [BY EVAN]

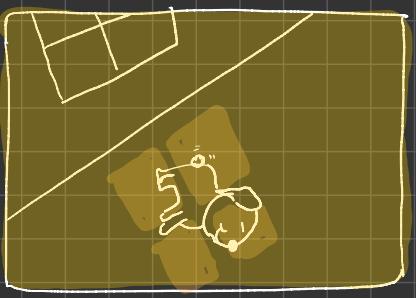


EMOTION #1 [ANGER, THREATENED]



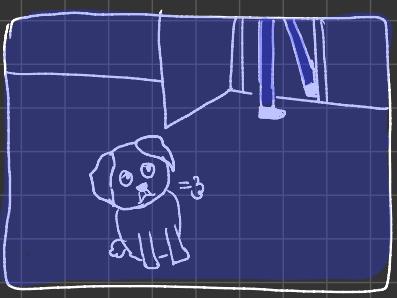
when owner is in danger

EMOTION #2 [HAPPINESS, CONTENT]



sunbathing dog

EMOTION #3 [SADNESS]

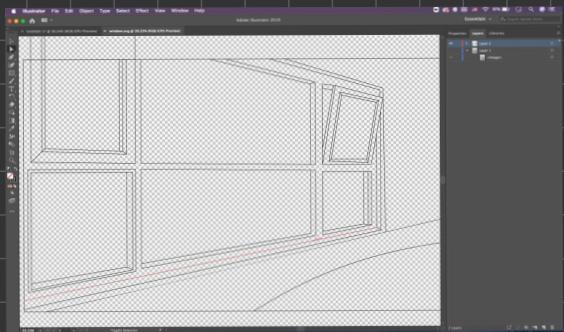


when owner heads out

02.26.2021 // DOCUMENTING

For creating the comic, we used a combination of Illustrator (for background SVG files) and Procreate (for character animation using layers)

## ① Illustrator (SVG BACKGROUND)



## ② PROCREATE CHARACTER ANIMATION

