

# Becoming one a story of triumph over dissociative identity disorder

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**What are the subtle symptoms of DID?** The subtle symptoms are often a mixture of dissociative symptoms, such as a sense of being detached from one's own sense of self or from one's surroundings, and post-traumatic stress disorder (PTSD) symptoms, such as flashbacks.

**How does DID affect family and friends?** People with dissociative identity disorder may forget or deny saying or doing things that family members witnessed. Family members can usually tell when a person “switches.” The transitions can be sudden and startling.

**How does someone with DID act?** You might find that your behaviour changes depending on which identity has control. You might also have some difficulty remembering things that have happened as you switch between identities. Some people with DID are aware of their different identities, while others are not.

**What does living with DID feel like?** If you have DID, you might feel or experience the following: Detached from reality, your emotions and your sense of self. Confused by what others may tell you about your behavior. Frustrated about gaps in your memory.

**What personality disorder is similar to DID?** Mental illnesses such as obsessive-compulsive disorder, panic disorder and post-traumatic stress disorder may cause similar symptoms to a dissociative disorder. The effects of certain substances, including some recreational drugs and prescription medications, can mimic symptoms.

**What does "did switching" feel like?** Some indicators that a switch may be about to occur include the following: feeling "spacey", depersonalized, or derealized; blurred vision; feeling distanced or slowed down; feeling an alter's presence; or feeling like time is beginning to jump (indicating minor episodes of time loss).

**What behavior is common among people with dissociative identity disorder?** Suicide attempts and other self-injurious behavior are common among people with dissociative identity disorder. More than 70 percent of outpatients with dissociative identity disorder have attempted suicide.

**How to tell if someone is dissociating?**

**What famous people have dissociative identity disorder?** Famous people with dissociative identity disorder include Marilyn Monroe, Roseanne Barr, Adam Duritz, and Herschel Walker. Walker wrote a book about his struggles with DID, along with his suicide attempts, explaining he had a feeling of disconnect from childhood to the professional leagues.

**How to tell if someone is faking dissociative identity disorder?** Doctors can usually distinguish dissociative identity disorder from malingering (faking physical or psychologic symptoms to obtain a benefit). Malingerers do the following: Tend to overreport well-known symptoms of the disorder and underreport others. Tend to create stereotypical alternate identities.

**Can you talk to your DID alters?** I've found living with dissociative identity disorder (DID), communicating with alters is a fundamental aspect of daily life. These alters may manifest helpful, supportive, logistical, disruptive, confrontational, or harmful behaviors, posing challenges to stability and functionality.

**What not to say to someone with DID?** If they can't recall something, don't say things like, "Why can't you just remember?" If they simply don't want to talk about something, be willing to honor their privacy. They have likely experienced past trauma, and you don't want to pressure them to talk about their history before they're comfortable.

**How to live with someone with dissociative identity disorder?** Encourage your loved one to adopt self-help strategies to manage their condition. For example,

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having a routine, including a regular bedtime and meal times, can help reduce confusion when memory gaps occur. Be a part of their schedule, if possible. Show up for regular coffee dates or go for daily walks with them.

**What happens when a person experiences a dissociative disorder?** Dissociative disorders are mental health conditions that involve experiencing a loss of connection between thoughts, memories, feelings, surroundings, behavior and identity. These conditions include escape from reality in ways that are not wanted and not healthy. This causes problems in managing everyday life.

**Can people with DID live a happy life?** If they can learn to work together and constructively integrate their dissociations, life can be manageable and even fulfilling. When someone has DID—like many other severe mental disorders—the journey of recovery is a lifelong process. But that doesn't mean they can't live a whole, purposeful life.

**What personality disorder copies others?** Borderline Personality Disorder (BPD) is a complex mental health condition marked by intense emotional instability, fear of abandonment, and problematic interpersonal relationships. One aspect of BPD often overlooked but can significantly influence relationships and self-perception is mimicking behavior.

**What is the controversy with dissociative identity disorder?** Diagnostic validity: The diagnosis of DID has been met with skepticism and criticism from some experts. Critics argue that the disorder is iatrogenic, meaning it is created or worsened by the therapist through suggestive questioning or other therapeutic techniques.

**What causes switching in DID?** Summary. There are a variety of triggers that can cause switching between alters, or identities, in people with dissociative identity disorder. These can include stress, memories, strong emotions, senses, alcohol and substance use, special events, or specific situations. In some cases, the triggers are not known.

**How do I know if I'm dissociating?** Symptoms of dissociative disorder can vary but may include: feeling disconnected from yourself and the world around you. forgetting about certain time periods, events and personal information. feeling uncertain about who you are.

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## How to tell alters apart?

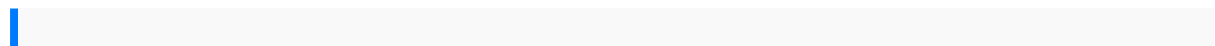
**Do alters know when they switch?** You and your alters may not know every time you switch, or every time a specific alter switches. This is normal and okay. The point is to begin to have some kind of way to track your possible baseline of switching.

**Is there a mild form of DID?** Examples of mild, common dissociation include daydreaming, highway hypnosis or “getting lost” in a book or movie, all of which involve “losing touch” with awareness of one's immediate surroundings.

**How do I know if I have alters or not?** When under the control of one identity, a person is usually unable to remember some of the events that occurred while other personalities were in control. The different identities, referred to as alters, may exhibit differences in speech, mannerisms, attitudes, thoughts and gender orientation.

**DID Lesser known symptoms?** Covert DID is a less dramatic and more subtle form of the disorder. In this variant, individuals with DID do not display overt switches or distinct personalities. Instead, they experience a fragmentation of their identity, leading to a lack of continuity in their sense of self and memory.

## How to tell if someone has dissociative identity disorder?



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