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## What is Plurality?

Plurality is part of the neuro-diversity movement. In its simplest form, plurality means multiple people in one body. Each of these people can have their own name, gender, sexuality, age, memories and any other part of identity. Since every brain is unique, everyone experiences plurality in their own unique way. Commonly known forms are DID or OSDD. Many other forms of plurality like Tulpas exist outside of clinical definitions.

### Basic Vocabulary

<b>System</b>	The group of persons inside of one body.
<b>Headmate</b>	An individual inside the system. Other common terms are alter, member or headgremlin.
<b>Fronting</b>	Being in control of the body. Usually only one headmate controls the body at the same time.
<b>Switching</b>	Giving control to another headmate. Can be voluntary, spontaneous or triggered.

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