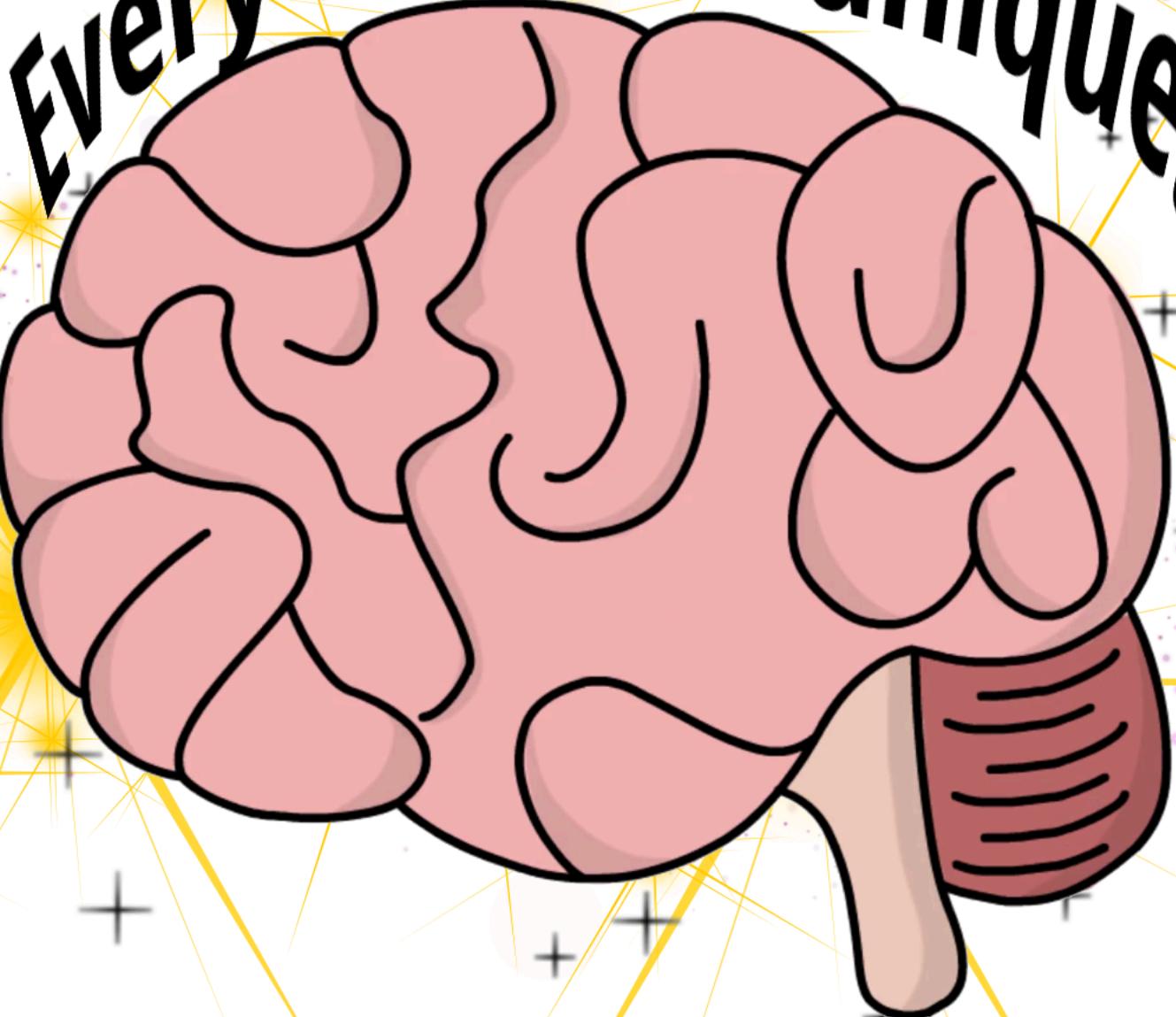




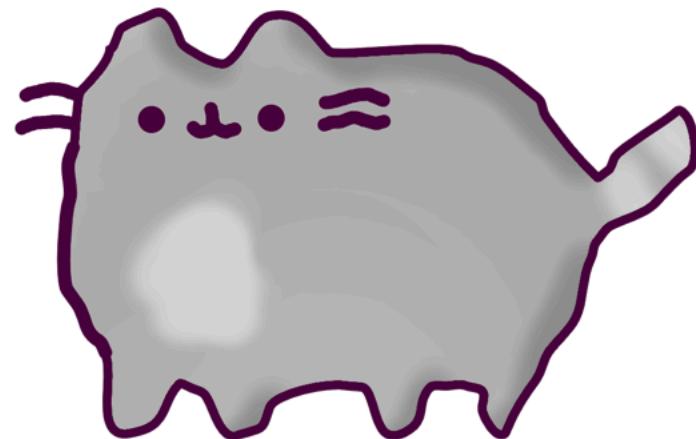
Zeta sings the
memes of her
people

Every brain is unique!



I'm
unique

Singular



Plural

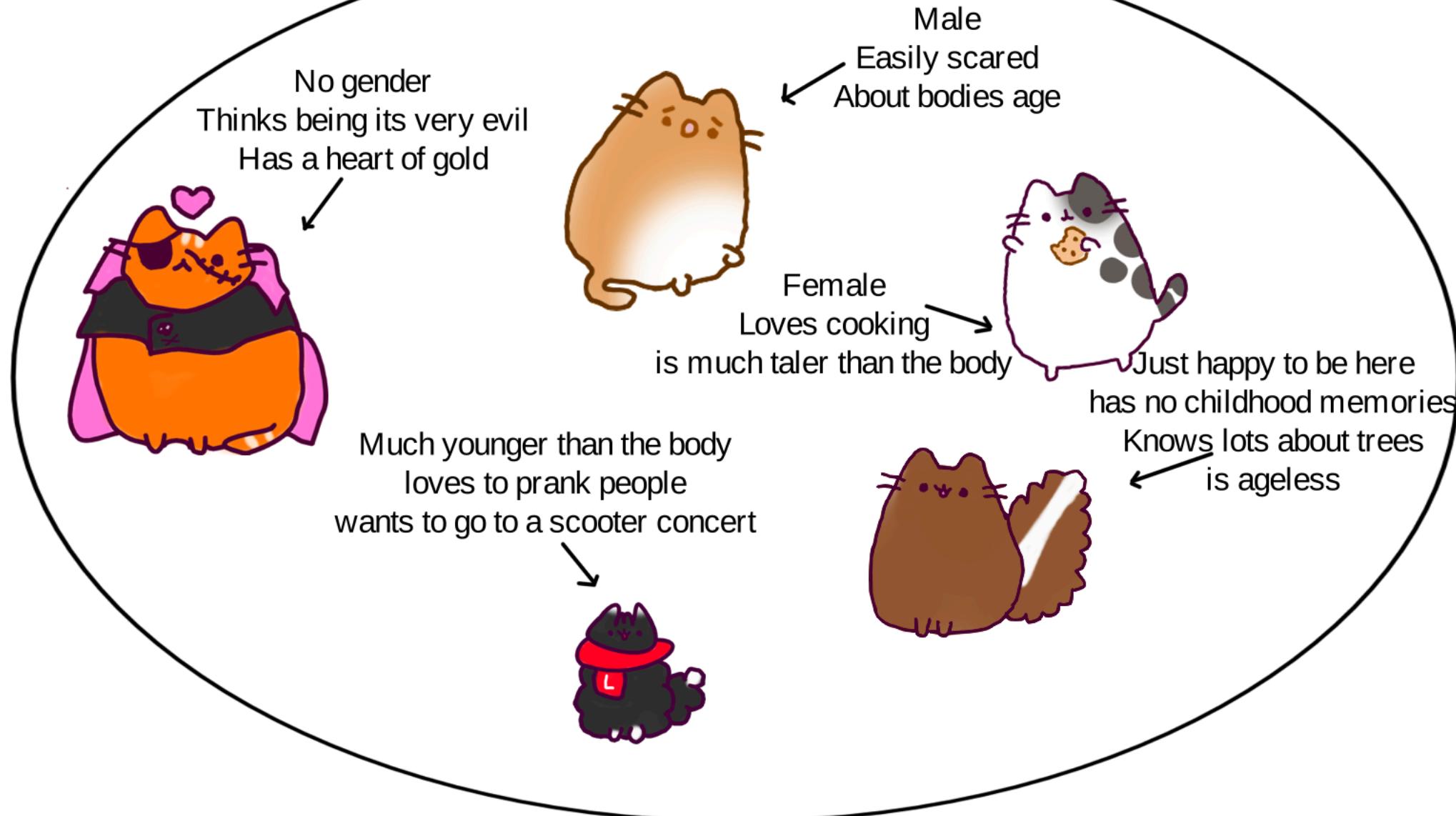


Person
Headmate
Alter
Kopfgremlin



Body
System
Collective
Vessel

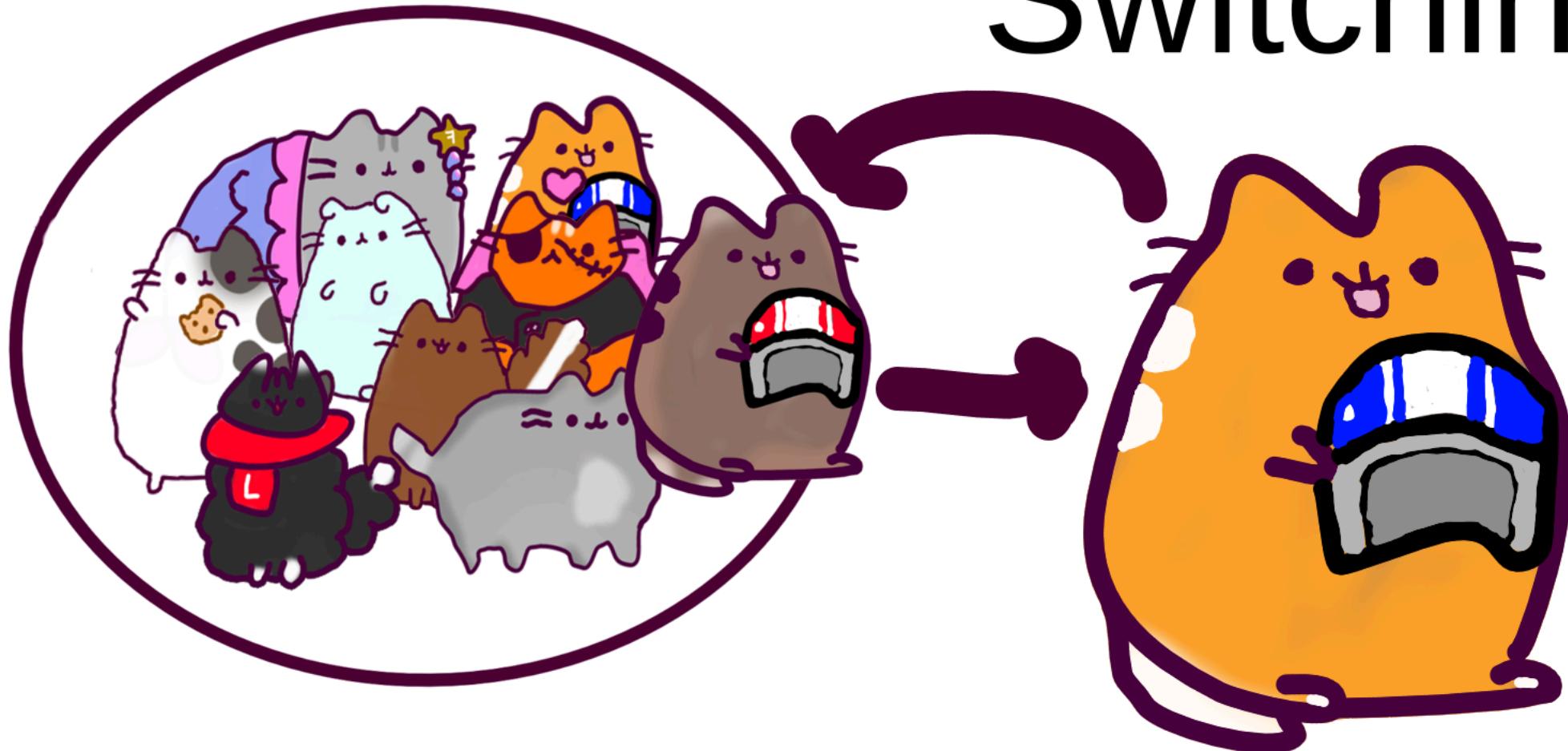
System



Fronting



Switching



Co-Fronting



Co-Consciousness



Choose your role

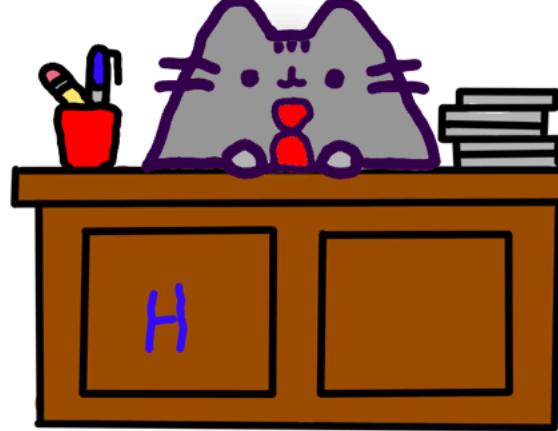
Fictive / Introject



Protector



Host



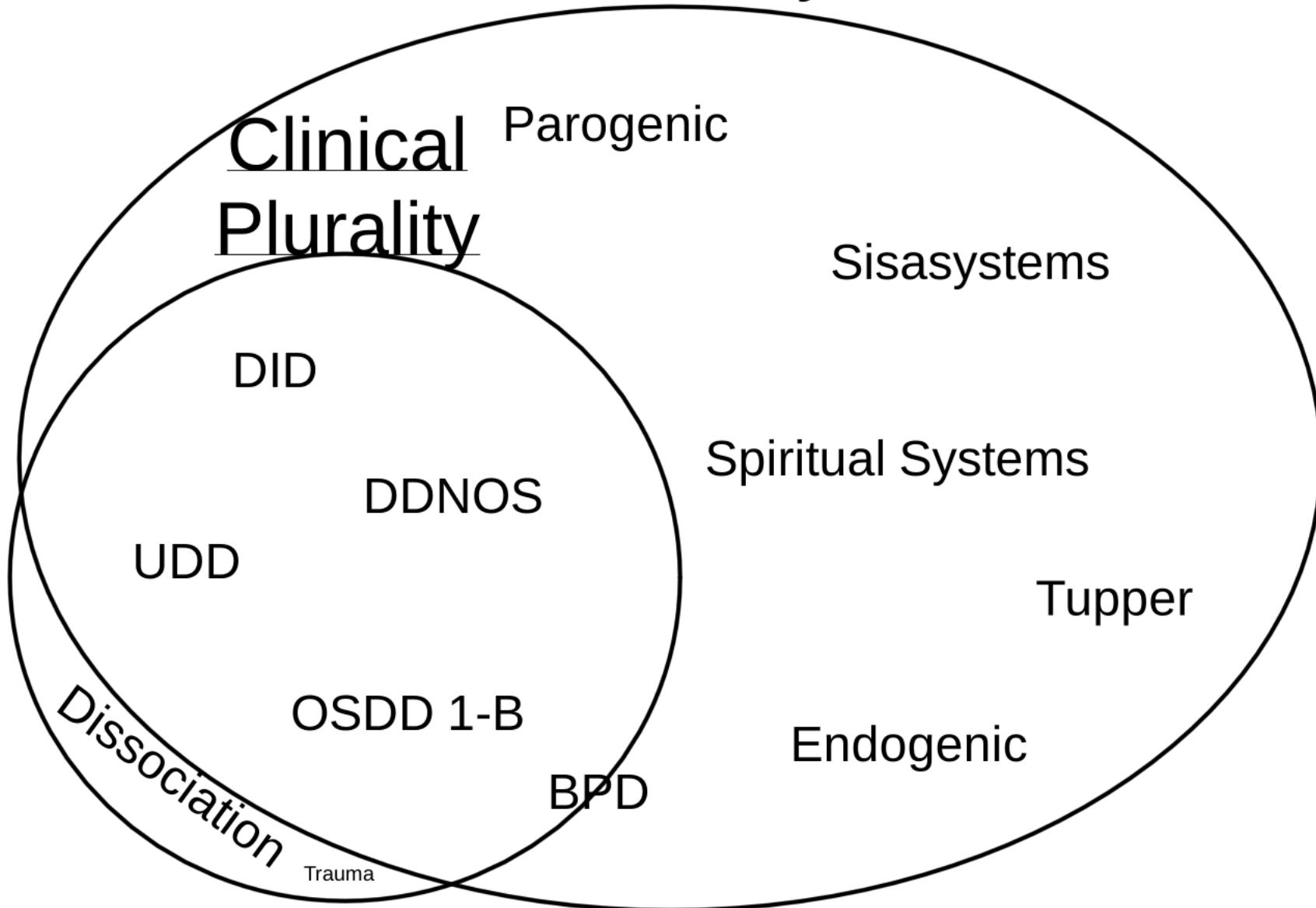
Persecutor



Little



Plurality



Medical system symptoms

- A. **Disruption of identity characterized** by two or more distinct personality states, which may be described in some cultures as an experience of possession. The disruption in identity involves marked discontinuity in sense of self and sense of agency, accompanied by related alterations in affect, behavior, consciousness, memory, perception, cognition, and/or sensory-motor functioning. These signs and symptoms may be observed by others or reported by the individual.
- B. **Amnesia** Recurrent gaps in the recall of everyday events, important personal information, and/or traumatic events that are inconsistent with ordinary forgetting.
- C. **Distress** The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- D. The disturbance is not a normal part of a broadly accepted cultural or religious practice.

Note: In children, the symptoms are not better explained by imaginary playmates or other fantasy play.

...

DSM 5-TR

System

Poop
with
Friends



Singlet



Poop
alone

Memes



They? What are
you multiple people?



Yes



Just when you think you know
all the alters in your system:

Another alter:



"I like your personality"

Me: thanks I have like 3 more





rustybutterknife

Microdosing polyamory by dating a system



rustybutterknife

#macrodosing polyamory by dating 2 systems

You. You're onto something.

I have
dissociative
identity disorder



DAYUM!!!
any of them
into me???



@roromiiie206



intuspluric-culture-is



...

anonymous asked:



insys dating culture is...

headmate 1: *sauve voice* i'll pay
dinner for you tonight baby ;)

headmate 2: ...we use the same
wallet.



If all the members of my system
are part of the lgbt+ community
does that mean



We're a pride?



what doesn't kill you
makes you...the proud
owner of a bunch of
unhealthy coping
mechanisms and an
alarmingly dark sense
of humor



Monday:
I'm gonna be super
productive this week



blinks



Thursday

"I literally told you yesterday, don't you remember?"

Me:

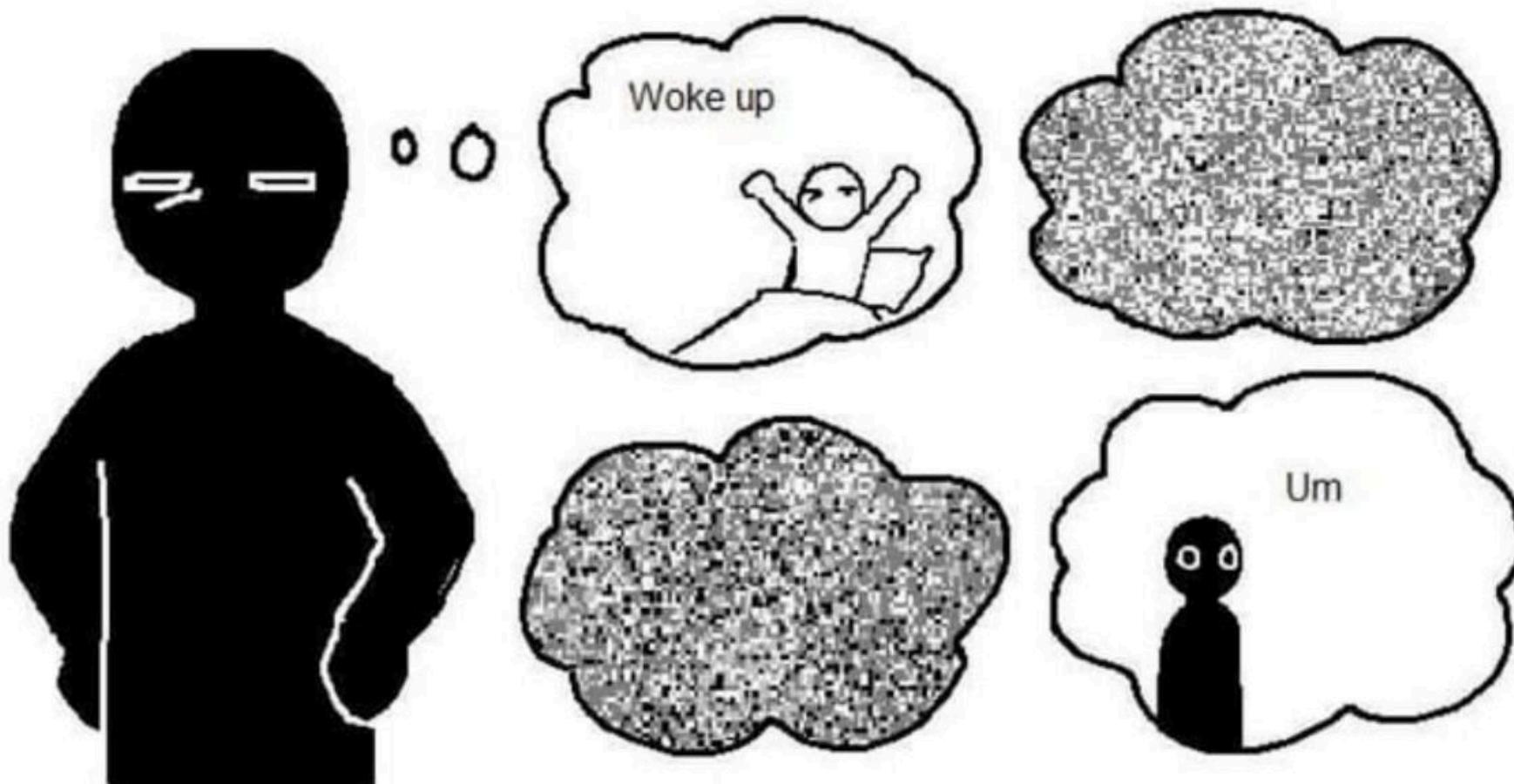




oursystemblog [Follow](#)

...

RECOLLECTION OF TODAY'S EVENTS



well i guess that's fine



January



Dissociation



June



My Friends

Me Who Has
Amnesia

Their Secrets



It's Time To

@danks4thememeories2.0

D-D-D-D-Dissociate



z z1 @ModernMecha · 8h

DID in media: this guy will turn into a crazy
freaking cycle path if he sneezes 😭😭😭😭
DID irl:



shaggy toenails 🎵 @nr1lesliefan · 1d

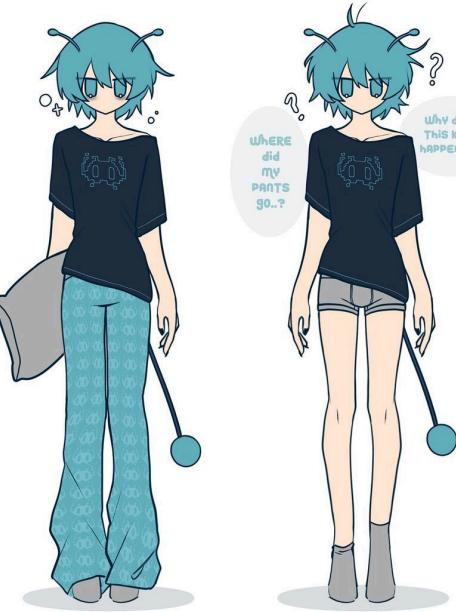
i hate being a did system WHO THE FUCK
ADDED INSTANT COFFEE TO OUR BATH



when someone says 'I love your outfit'
but u forgot what you're wearing



going TO BED → WAKing UP



→ WAKing UP



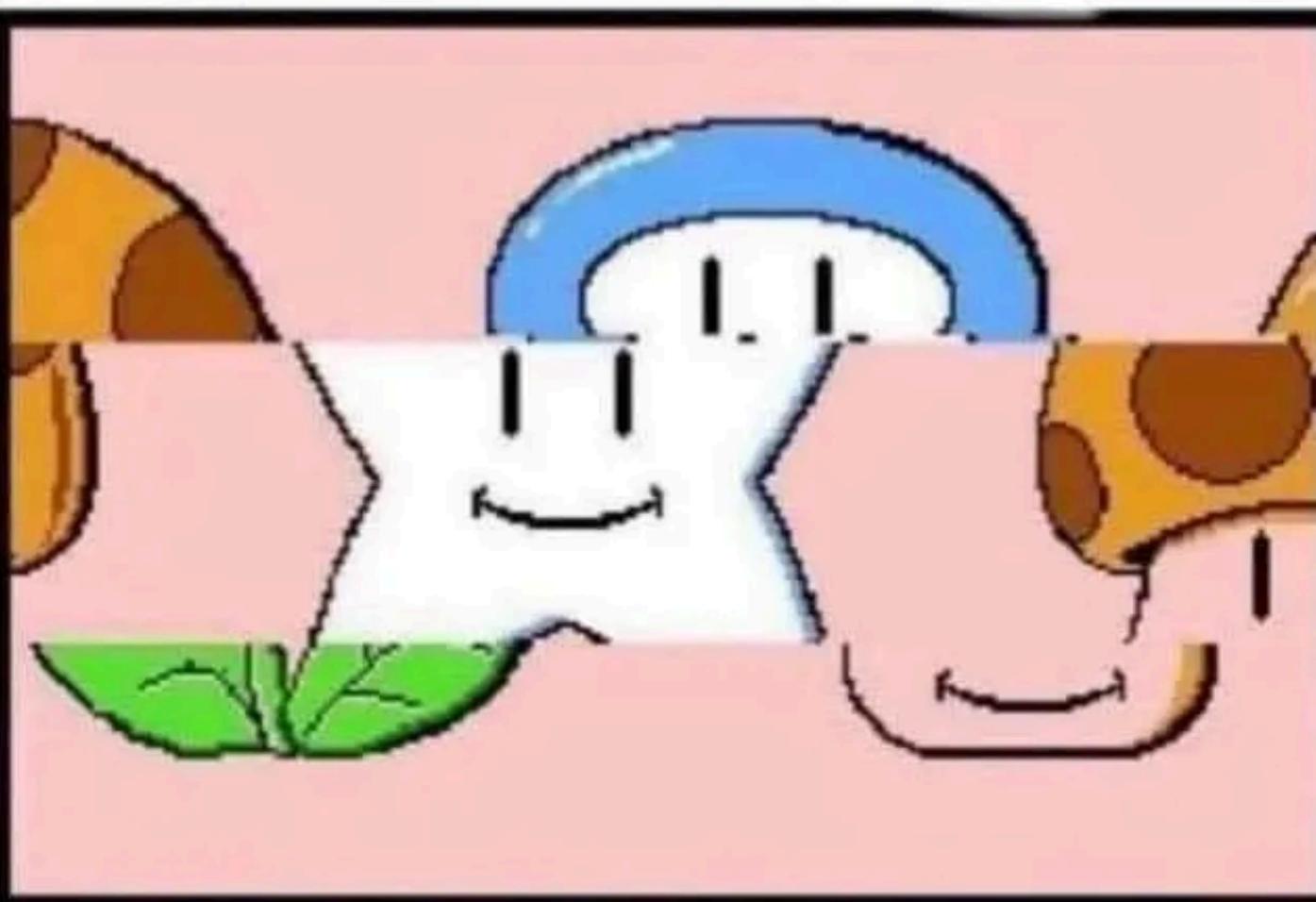
I hate meeting people who immediately start throwing riddles at me like "what do you do for fun" and "how are you"



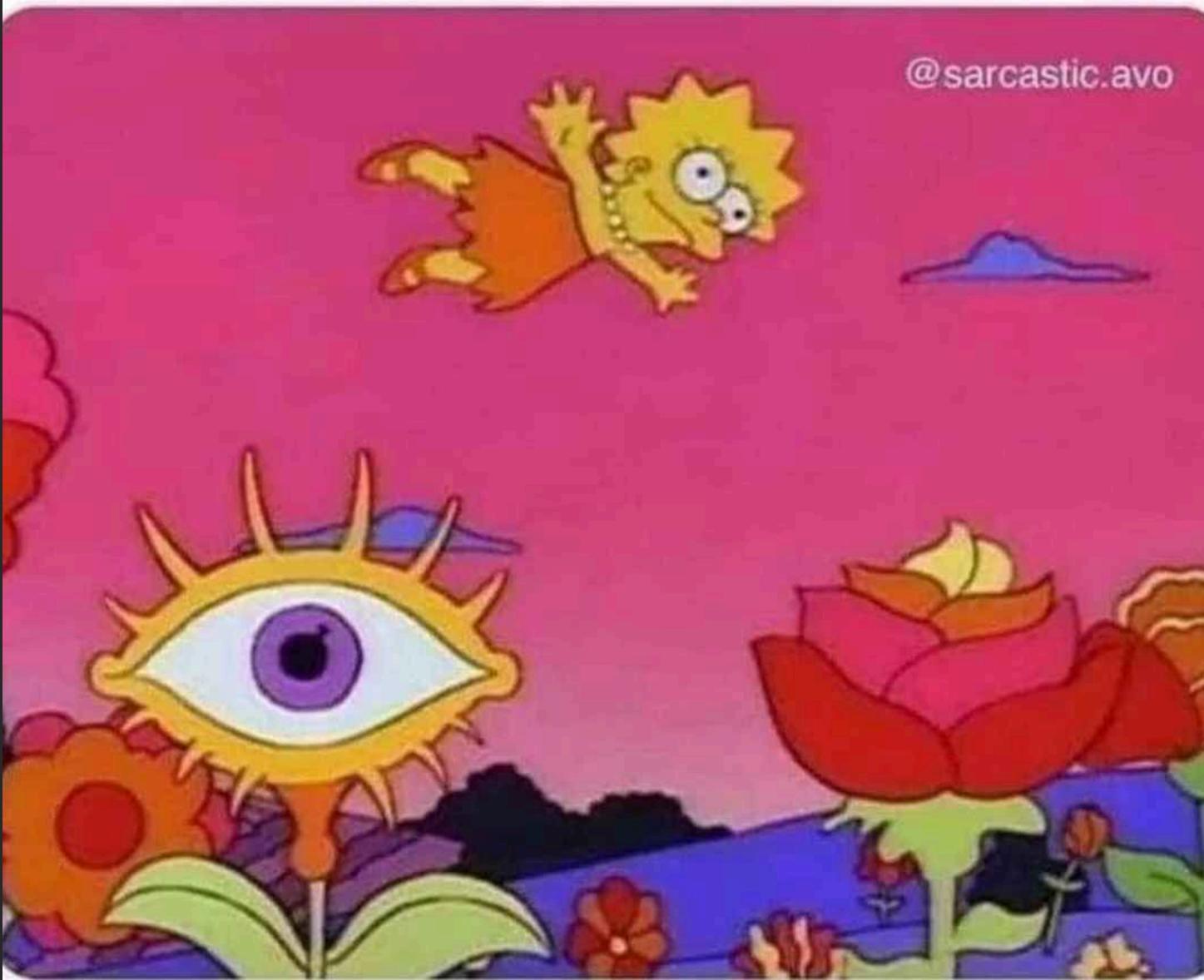


Who's fronting?

Me:



My brain going on a little adventure
instead of being present for the
conversation I'm having





stan @showerbandaids

...

putting on my active listener face when i'm
actually knee deep in the dissociation pool



Me messaging my friends after weeks of
disassociating like nothing even
happened



You call it trauma,

I call it:



when someone doesn't believe
you have trust issues because
you "open up so easily!"





Trauma?

Oh, you mean
My lore???

A dark, atmospheric scene of a town at night. In the foreground, a deer stands silhouetted against a bright, cloudy sky. The town below is visible as a cluster of lights.

**Be the thing in the woods that
terrifies the townspeople**



**NOT A
PERSON**



Everyone has
inner demons.



And we must
FIGHT them!





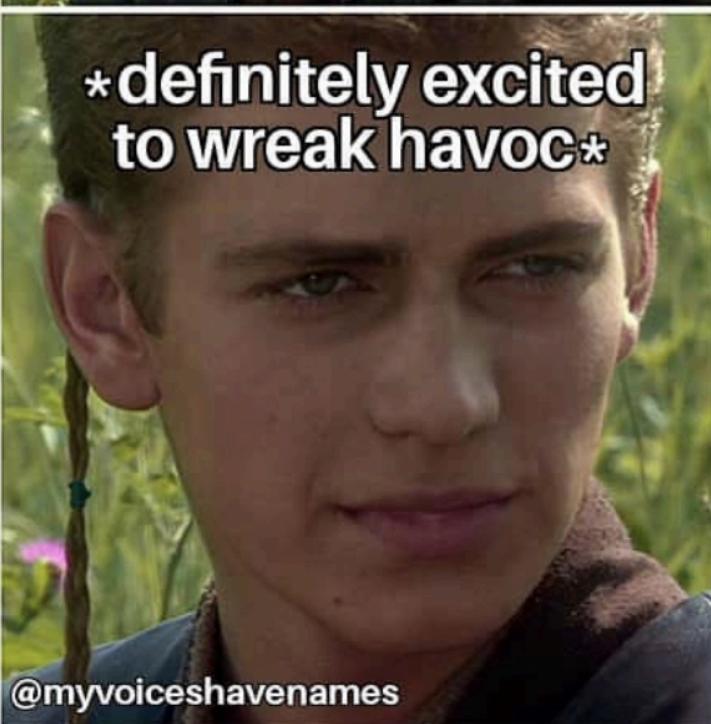
**That one alter with
spicy ideas**



The rest of the system



***definitely excited
to wreak havoc***



@myvoiceshavenames

The rest of the system



For the better, right?

This is Zeta. It's not her turn with the brain cell, so she will wait with you until it's her turn



**why is everything a
"disorder" or
"syndrome" maybe im
just cool**

When you make a decision the rest of the system disagrees with



• Several people are trying...



marxism-transgenderism



Follow

...

Shes a cynical bitch who's resentful of the whole world. She's also a wide eyed princess who sees everything through rose tinted glasses. How does she do it all you might ask ? That's easy ! With dissociative identity disorder !!

"It's a long journey, only pack the essentials"

The Little:





neurodivergenttales



Follow

...

The ‘you’re mature for your age’ to sleeping with a bed full of plushies in your mid twenties pipeline is real

#mental health #neurodivergent
#neurodiverse stuff #mental illness
#journaling #actually autistic ... See all



I'M NOT SURE HOW
NORMAL PEOPLE GET
THINGS DONE, BUT FOR ME,
I CAN'T GET THINGS DONE
THROUGH DISCIPLINE OR
STUFF LIKE THAT.



I GENERALLY HAVE TO
CONVICE MY MORE
IMPLUSIVE SIDE TO
AGREE ON DOING THE
THING I WANT TO DO.

PROBLEM IS THAT
MY IMPLUSIVE SIDE
IS A YOUNGER
VERSION OF ME
THAT ONLY WANTS
TO PLAY.

AND I
AM NOT VERY
PERSUASIVE.



vie-vie-vie-vie-vie-vie

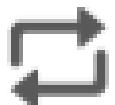


Follow

...

If the little fronts on the clock can you sue for child labor

196 notes



who wants to front



at work

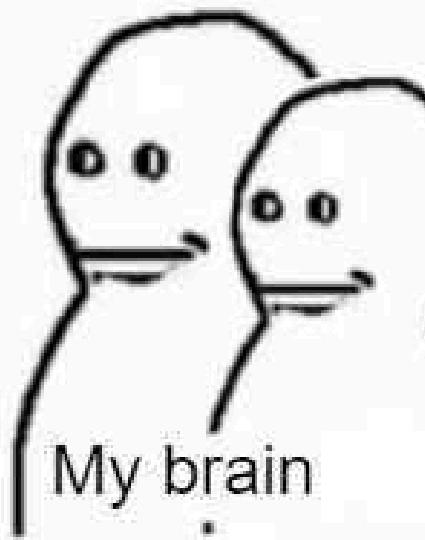
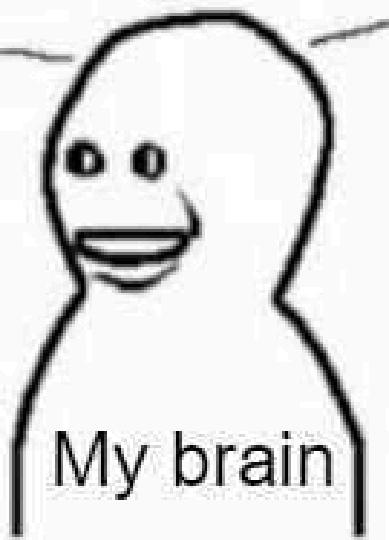


Me and my multiple
personalities trying to
figure out who's turn is
it to do the dishes



Oh boy a new
hyperfixation
I sure hope we
don't get any new f-

The splitterrrrr

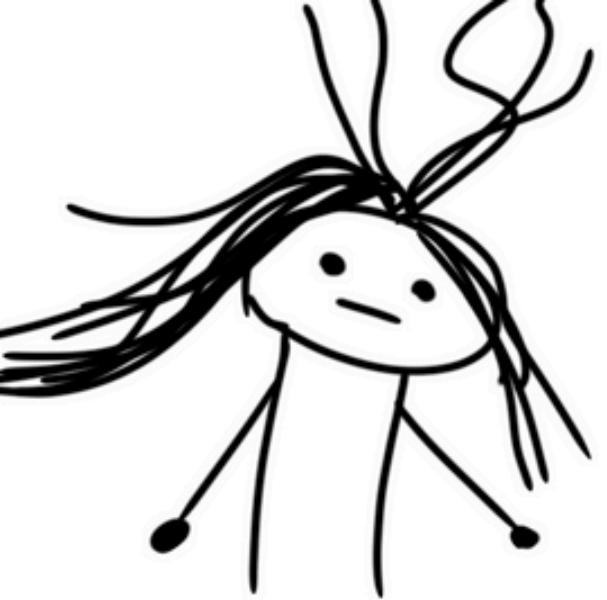


**waiter! waiter! more
fictives please!!**



Me in the theatre at age 12, silently
becoming an entirely different person
over the course of 90 minutes as I
download my new personality from the
coolest character in the movie

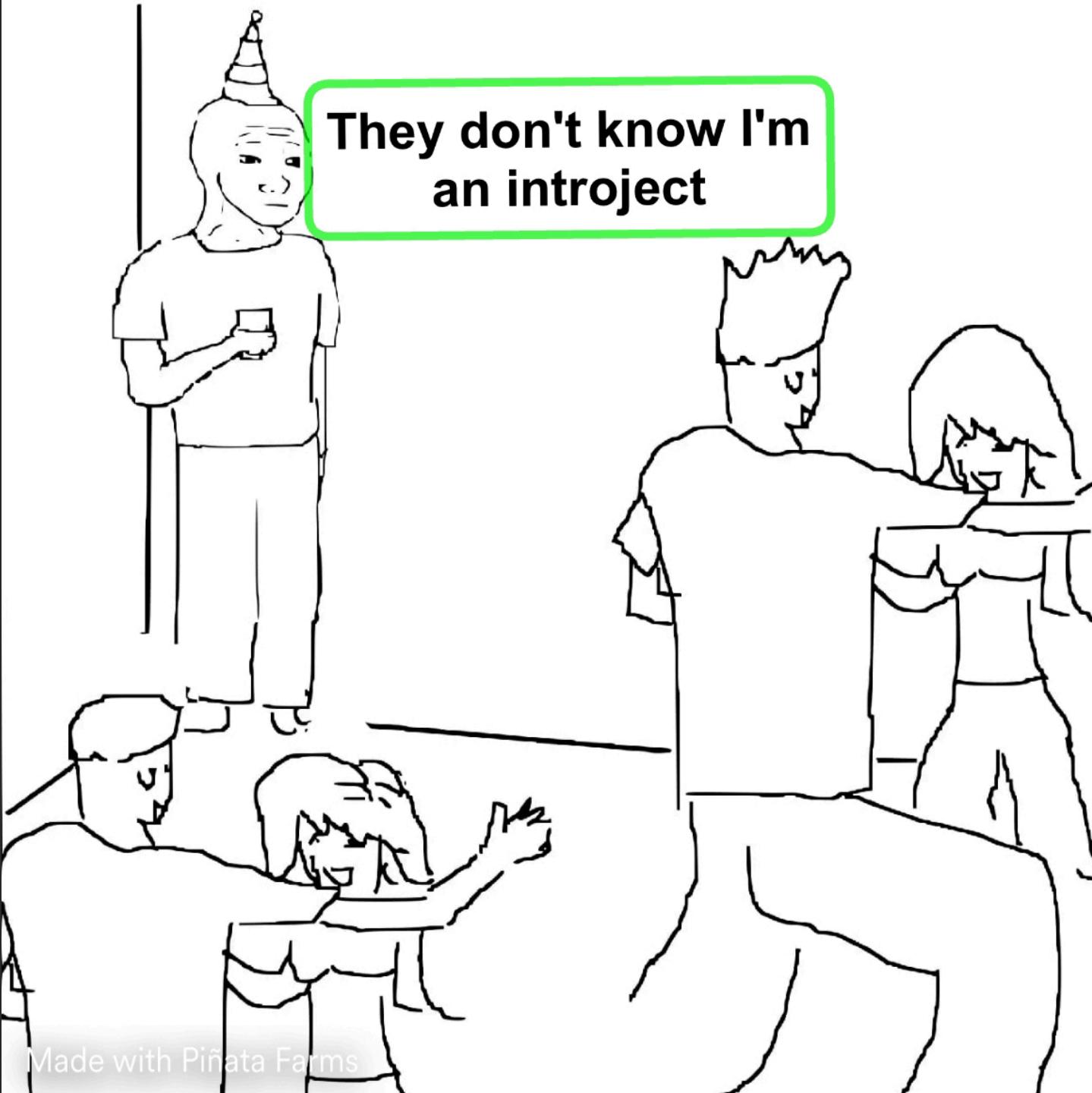




Playing as a
Relatable
Character



Playing as your
fictive headmate's
Source



“You’re probably wondering why I’ve gathered you all here today”



**When a headmate switches in,
devours your food then
switches out**



Karter arrives
at the front.



HAIR: DOWN



SHIRT: ~~ON~~ OFF



Karter is forcibly
removed from the
front.





lylylylylylylylylyly Follow

三

my personal goal is to be the girl u can't get
out of ur head no matter how much u try



foxgirlwitch [Follow](#)

三

@funnier-as-a-system





frierenburger



Follow

Jul 29

...

if you make a special box in your head called
"thoughts that aren't mine" and put every
thought that doesn't feel like your own into
that box. let's just say. something magical
happens



frierenburger



Jul 29

...

surely there will be no major consequences
if i put all my rage in the "not me" bin



frierenburger



Yesterday

...

by talos. something is happening with the
special box

622 notes





Katt

@sarcasticKatt

Writing a resume? You mean filling out the character sheet for my
worksona?

[Перекласти пост](#)

10:31 пп · 18 бер. 2024 · 519,2 тис. переглядів



**i have two sides:
clown (intentional) and
clown (unintentional)**



winged-void [Follow](#)

...

Tip: You can successfully relate to others by making yourself into a copy of them over the course of a few conversations, and then simply re-assuming that form whenever you speak to them!

224 notes





inhumanliquid



Follow

...

They're fictional TO YOU! I'm in a group chat with them.



the-nebula-sys

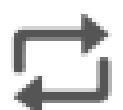


Follow

...

@funnier-as-a-system

906 notes





Have the
courage to
identify yourself.

GB10



purpleflameb0i



Follow

...

Sometimes being a system is like “most of my life is gone. I have nothing to prove what happened other than the symptoms I experience. I feel isolated and scared because of this, and nobody seems to understand.”

And sometimes it’s like “ouuuuiieee we have a tbh creature fictive named Yippee who we can hug in headspace when we’re stressed out :333”



I'm not where
I want to be



but I'm proud
I'm not where
I used to be

