

SPEAK TO YOUR SUB CONSCIOUS MIND

THE SURPRISINGLY
EASY WAY TO COME TO
TERMS WITH YOUR DID

HOW IT THINKS

TO BETTER UNDERSTAND YOUR SUBCONCIOUS MIND, IMAGINE THAT YOU'RE TALKING TO AN A.I. THAT HAS BEEN CREATED TO KEEP YOU SAFE NO MATTER WHAT. YOUR SUBCONCIOUS MIND IS:

- extremely literal: takes statements as fact and will act accordingly
- very cautious: sees nothing as safe and everything as a potential threat
- deeply committed to the job: determined to keep you alive and safe at all costs

HOW TO COMMUNICATE

WHEN SPEAKING TO YOUR SUBCONSCIOUS MIND, REMEMBER TO PHRASE THINGS IN A WAY IT WILL EASILY UNDERSTAND. THIS MEANS YOU WANT TO:

- be clear: speak literally!
Say what you mean and mean what you say
- show safety issues: start with physical safety issues and make it clear how things are connected
- show how this helps their job: make the benefits of your proposal super easy to see

HOW TO KNOW IT'S LISTENING

IN ORDER FOR YOUR SCRIPTS TO BE EFFECTIVE, YOU NEED TO MAKE SURE THAT YOUR SUBCONSCIOUS IS LISTENING. HERE IS HOW YOU CAN KNOW WHAT YOUR SUBCONSCIOUS IS TRYING TO SAY TO YOU.

how to know if it's listening:

you sense that "something" is watching or listening to you; like a light clicks on

how you'll get answers:

lean forward

for "yes"

something it wants

true statement

lean backwards

for "no"

something it does not want

false statements

other ways you may get answers:

may sense your head trying to nod or shake, may hear the answer, may have an image pop into your head, may scribble something down

SCRIPT

BELOW IS A SCRIPT FOR ENCOURAGING YOUR SUBCONSCIOUS MIND TO STOP HIDING YOUR SYSTEM'S DID. THE GENERAL FORMAT OF THE SCRIPT CAN BE TWEAKED FOR A WIDE RANGE OF TOPICS. IF YOU OR ANYONE IN YOUR SYSTEM IS STILL STRUGGLING WITH ACKNOWLEDGING THEIR DID DIAGNOSIS, START WITH THIS SCRIPT.

"I would like to speak to the part of me that controls my breathing. Are you listening?"

I understand that it's your job to keep the body safe. I understand that you think hiding our DID is keeping us safe. It is not. The body is undergoing physical, emotional, and mental harm. Each alter knowing that they have DID would solve a lot of those problems.

We do not need to know our traumas to be safe. We do need to know that we have alters. This will help every alter to make better decisions and to stay safe. Do you understand?"

Will you allow all of the alters to know that they have DID?"

SPECIFIC EXAMPLES

HERE ARE SOME EXAMPLES OF SOME COMMON DID ISSUES
AND HOW TO WORD THEM:

“The body is consuming far too much because the alters are unaware of what the others have eaten. Our stomach aches are because the alters don’t know about their DID.”

“The body is not getting adequate sleep because some of the alters are unaware of the body’s wake up time. The body is sleep deprived because the alters don’t know about their DID.”

“The body is unable to reliably perform at work. Our boss has noticed and we may lose our job. The body is in danger of losing their source of income because the alters don’t know about their DID.”

“The body frequently is harmed by alters. The alters are experiencing abnormally high levels of anxiety and depression and they turn to self harm as a result of those high emotions. The body is in danger of self harm because the alters don’t know about their DID.”

