

RED FLAGS

TO WATCH OUT FOR
WITH A D.I.D.
THERAPIST

RED FLAGS

BELOW ARE SOME RED FLAGS TO WATCH OUT FOR WHEN WORKING WITH ANYONE FOR YOUR D.I.D. HEALING. THE ONES WITH X'S ARE ESSENTIAL FOR THAT CATEGORY BUT IDEALLY THERE WOULD BE NO RED FLAGS FOR ANYONE YOUR SYSTEM WORKS WITH.

	anyone	therapist	D.I.D. therapist
DOESN'T BELIEVE IN D.I.D.	X	X	X
FEELS UNTRUSTWORTHY	X	X	X
GIVES UNCOMFORTABLE VIBES	X	X	X
DOESN'T SPECIALIZE IN TRAUMA		X	X
DOESN'T WORK WELL WITH CHILDREN		X	X
DOESN'T WORK WELL WITH ANGER		X	X
DOESN'T WORK WELL WITH SUICIDAL THINGS		X	X
PUSHES MEDICATION		X	X
BELIEVES IN INTEGRATION			X
EXPECTS YOUR SYSTEM TO NAME A "MAIN PART"			X
ONLY SPEAKS TO ONE "PART"			X