

**THE STEP
BY STEP
GUIDE TO
TRANSFORM
YOUR D.I.D.
SYSTEM
INTO A
TEAM**

HOW TO USE THIS GUIDE

Hey there! We're so excited that you're interested in turning your D.I.D. system into a team! This guide will take your system step by step through the various things needed to get you closer to your goal of having a united system.

Quick disclaimer: We're not therapists. Please see our site for more information.

For each task, we've included links to articles and courses that go over each topic in more detail.

Where (post) and (course) are both listed, the course just goes into more detail but the post is still very helpful.

Please don't be overwhelmed by the length of this guide! Some of these tasks can be completed in a very short amount of time. While some tasks may take longer, they're all worth it!

This guide has been laid out in the exact order that we typically recommend but you know your system best! While each task on here is important, we've bolded the critical tasks for ease of reference.

Go ahead and work through this guide at your own pace. Good luck!

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STEPS 1/3

- ☐ **Build A Safety Kit ([post](#))**
- ☐ Learn Terms And Concepts ([course](#))
- ☐ **Improve The Way You See Your Alters ([post](#))**
- ☐ Know Your Treatment Options ([post](#)) ([course](#))
- ☐ Common DID Myths ([post](#)) ([course](#))
- ☐ Frequently Asked DID questions ([course](#))
- ☐ **Quickly Come To Terms With Your Diagnosis ([post](#))**

- ☐ Who To Share Your Diagnosis With ([course](#))
- ☐ What To Expect When You Share Your Diagnosis ([post](#))
- ☐ What To Do When Someone Doesn't Respond Well To Learning About Your Diagnosis ([post](#))
- ☐ What To Do When You're Told That DID Is Not Real ([post](#))

- ☐ Address Common "Back And Forth" Thoughts ([course](#))
- ☐ **The Golden Rule of DID ([post](#)) ([course](#))**
- ☐ Map Out The Body's Daily Routine ([course](#))
- ☐ Create A Simple External Communication System ([course](#))
- ☐ Use Journaling To Externally Communicate ([post](#))
- ☐ Set Up Your House ([post](#)) ([course](#))

STEPS 2/3

- ☐ Red Flags To Watch For With A Therapist ([post](#))
- ☐ **Traits Of A Good DID Therapist ([post](#))**
- ☐ Know If Your Therapist Believes In DID ([post](#))
- ☐ Get The Most From A Therapy Session ([post](#))
- ☐ What To Do If You Can't Get Therapy ([post](#))

- ☐ **Meet Your Alters ([course](#))**
- ☐ Develop A Relationship With Your Alters ([course](#))
- ☐ **Bring All Alters To The Present Day ([post](#))**

- ☐ Get An Internal Communication Device ([course](#))
- ☐ **Create Team Meetings That Work ([course](#))**
- ☐ Understand How The Internal Landscape Works ([course](#))
- ☐ Design Your Internal Home ([course](#))
- ☐ Build Your Internal Home ([course](#))
- ☐ Help Alters Move Into The New Internal Home ([course](#))
- ☐ Create An Internal Home Atmosphere ([course](#))

- ☐ Find Room For Improvement Among Your Alters ([course](#))
- ☐ Start Training Sessions Inside Of The Headspace ([course](#))
- ☐ Teach All Alters How To Read ([post](#))
- ☐ Get To Know How Your Alters Think ([course](#))

STEPS 3/3

- ☐ Practice Starting And Stopping Co-Consciousness ([course](#))
- ☐ Learn To Use A Shield To Keep Information In And Out ([course](#))
- ☐ Practice Staying In The Front For Longer Periods Of Time ([course](#))
- ☐ Learn To Switch In And Out On Command ([course](#))

- ☐ Help A Triggered Alter ([course](#))
- ☐ Find A Missing Alter In The Headspace ([course](#))
- ☐ Tips For Facing A Panic Attack ([course](#))
- ☐ Identify Triggering Times For Your System ([post](#))
- ☐ **Prepare For A Trauma Trigger ([post](#))**
- ☐ Survive Multiple Triggers In One Day ([post](#))
- ☐ Build A Support System ([post](#))
- ☐ Work With Another Person ([post](#))
- ☐ Prepare For An Abuser Coming To Town ([post](#))

- ☐ Improve Your Relationship With Food ([post](#))
- ☐ Handle Sickness As A System ([post](#))
- ☐ Get All Of Your Alters What They Want ([post](#))
- ☐ Create A Wardrobe For Your Whole System ([post](#))

DID THIS HELP YOUR SYSTEM?

Our goal is to help as many systems as possible to live their best lives. If this guide helped your system, we'd love to hear about it! Testimonials are always very appreciated and they really help for us to spread our message!

If you'd like to send us a quick testimonial, you can reach us at system@thehappyheadspace.com.

Thank you!!

WOULD YOU LIKE CUSTOM HELP?

We really hope that this guide has helped your system to quickly become a united team!

While we structured this guide in the order that we think is typically most helpful, every system is unique!

If your system thinks that they would benefit from customized help from a DID coach, we're here to help!

We offer 1:1 DID coaching sessions where we'll help your system to come up with solutions for your specific situation.

[BOOK MY SESSION](#)

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