

24/09/2018

Entry 1

My name's Dan. I'm currently in treatment for DID (Dissociative Identity Disorder) and me and my therapist thought it would be a good idea to have a place to catalogue my thoughts, but also let people have a read through them so they know they're not alone in how they're feeling. I checked with everyone, and they all seemed fine with it, so I've decided to go ahead and write my (or our) first entry.

It's a Monday, so like every Monday we had therapy today. One of the big problems I encounter with DID is losing time, by this I mean that sometimes I will "wake up" and have no idea how I got somewhere or why I am there, and time has passed since I was last aware of what I was doing and where I was. These memory gaps are very common for me, and everybody else in my "system". Today the first thing I remember wasn't waking up in bed, or getting dressed, or even going downstairs. I became aware sat on the couch in the living room of my house with my Nan. She told me that one of my alters or "personalities" called Marcus had been out this morning, which explained why I was unaware of what had happened before hand. My Nan and I are quite used to this happening, so after the initial thoughts of "Oh god! What happened? Why am I here?" I can quickly calm down and understand where I am and what I am doing. I asked what Marcus had been doing and my Nan told me, and said there was nothing to worry about.

Before I understood what was happening to me, or got diagnosed with DID, this used to terrify me. I used to think I was mad, or possessed. I even asked my doctor if I had Dementia! (I'm only 19 years old!) and I've heard that it's extremely common for people with undiagnosed and untreated DID to come to these assumptions, which in a way are logical, as you have no other explanation!

In therapy today, the main focus was on the feeling I had of not having a "purpose" or no real reason to get up in the morning, which is when me and Mike (my therapist) got talking and eventually decided that making these posts could benefit some people who may feel alone and isolated with their experiences. You're definitely not alone, and you don't have to suffer in silence either. The road to recovery is tough and long but possible. Take small steps like I have today. If you're not in a mental health team and you're experiencing similar issues, it might be worth talking to your GP or even a trusted friend or family member. If you are already in a mental health team, I'd suggest talking to your Care Co-ordinator. My Care Co-ordinator is actually the very person who recognised I was showing signs of DID and got me referred to treatment! It doesn't hurt to speak up, but it takes a lot of courage. You don't have to fight alone.

I'm going to end today's entry here as it's quite long, and Butch (my 10-year-old alter) is being quite insistent that he wants to play Minecraft! He has about an hour each night to play a video game of his choice, and this was agreed between us, which we learned to do through therapy.

I'll be adding more entries as I continue my journey, so to whoever reads this thank you for taking the time to read my story, and if you're struggling, remember to reach out!

- Dan

Entry 2

Today was tough. Last night we didn't get much sleep. The last time I checked the clock was 6 AM. We were just lay there, waiting, hoping sleep would come, but it didn't for a long time. This is something we've dealt with for a very long time, so we're used to it, but it doesn't make it any easier.

The main thing we do before going to bed is our routine. Usually Matthew will take charge of this. He makes sure that everyone is ok, no one is hungry, and everyone is settled in time for bed. This usually consists of letting Meeko check the doors are locked, the stove is off there are no taps running, all downstairs windows are closed, all animals are inside and all the lights are off. Then Oscar will usually do some writing if he feels like it. After that Lucy will usually get us washed and changed into pyjamas. By this time, Butch, Alistair, Oliver and Kevin are usually tired and ready for bed, but sometimes Butch can be a bit hyperactive (probably like any 10-year-old you might know). Last night this was the case, so Butch got 15 minutes to color and draw. When most of the team were either asleep or ready to go to sleep me (Dan), Chris and James listen to music to chill us out.

This is the main routine we follow but of course sometimes it varies. But even though we followed our routine, most of us couldn't seem to drop off. Especially me and Meeko, we were the last to sleep. I guess a benefit of having DID is you always have someone to talk to, so when I was lay there waiting for sleep, I could chat to Meeko about things on my mind, and vice versa. Eventually Meeko fell asleep so I was on my own.

I'm sure there were many times I fell asleep briefly, but this obviously isn't substantial sleep. Anyway, we were all very tired today because of this, especially James. When we're tired its even harder for us to get things done and to organise what needs to be done. To add insult to injury, today things just didnt seem to be going our way. It seemed like everything that could go wrong did. Obviously this wasn't the case, but being in that emotional state, it felt like the universe was against us.

As the day became the evening, we started to feel more calm. Personally I'm a night owl, and I know James and Chris share this trait. Meeko could be classed as a night owl, but its mainly the fact that he's awake worrying.

As we write this we've finally managed to chill out and feel a lot less agitated. I think having an outlet that might actually help people is something that cheers us up. Hopefully tonight we'll have a better sleep, and tomorrow will be a better day. Tomorrow is exciting for me (Dan) as my partner is coming over to spend the night, so I'm sure I'll wake up in a better mood tomorrow.

We all sincerely hope that anyone and everyone reading this has had a good day, and if not we hope tomorrow is a better day for you, just like we're hoping for ourselves. Thank you for taking the time to read our thoughts, its nice to be able to share them. Best wishes.

- Dan and Co.

26/09/2018

Entry 3

Today was a pretty hectic day to say the least! But we still had a great day. Its a wednesday, so we have a therapy called DBT which stands for Dialectical Behavioural Therapy. That sounds really complicated and fancy but basically its a group therapy for people who struggle to regulate or control their emotions. Nine times out of ten we enjoy DBT, and we really enjoyed it today! We're quite close to everyone in the group so we always have a laugh, and they're all very understanding of our DID which is great, because we can be ourselves! After therapy finished we had to rush back home on the bus and get ready to go out tonight, as my (Dan) partner and me were going on a night out in Chester.

We got home with just enough time to eat something, shower, get dressed and pack. When we have very time constricted tasks like this, a lot of the time we can all work together to get it done when we're all feeling good. Its helpful to have a type of team behind you with tasks like this, and everyone in our system has different skills and can get different tasks done more efficiently.

We got there on time and had a great night out! We were all tired afterwards but really enjoyed it. My partner is really understanding of my DID and very supportive so we all feel comfortable with him. It just goes to show that even sometimes life with DID can be extremely challenging, sometimes it can be amazing.

Again, thank you for reading this entry and I hope your doing well. We're going to try and have new entries everyday, because it makes us feel great and like we have a purpose.

- Dan and Co