**Dan’s Diary The CTAD Clinic**

**www.ctacclinic.co.uk**

16/10/2018

Entry 5

Its been a while since we made an entry, but today we finally managed to get the motivation to do another (mainly thanks to Matthew!). Its been a tough few weeks but things are a bit better today.

Around this time of year (October, November, December) we always struggle a bit more than usual. There's most likely a subconscious reason for this, and we will overcome it eventually.

The brain is an amazing thing, and even though we've lost a lot of time recently, deep down we know it's our brain trying to protect us by shifting responsibility to someone who it feels can deal with the situation better.

Its tough when things get dark, but there's always a light at the end of the tunnel. Never give up. Keep fighting. Make your life the best life you could live. You deserve to be happy, and so do we. We'll all get there.

Best Wishes,
Lucy x

12/11/2018

Since nobody else seemed willing, and after speaking to Mike today, I guess it’s time for my diary entry. My name is Oscar. I love to write, and I love to explore new ideas, and believe that everything should be approached with curiosity and inquisitiveness. I don't speak verbally, so sometimes it's hard for me to communicate with Dan and the rest of the team, however, me and Dan communicate a lot through writing entries in our notebooks. I like to describe myself as a curious philosopher, but I'm not really sure how anyone else would describe me. I enjoy writing out theories and questions and trying to find the truth in every answer. I also help Dan by giving him questions to answer in our notebooks, as I know he wants to improve his intellectual abilities. Lately me and Dan have been "bonding" a lot, as we all feel safe, so I now have time to teach Dan many subjects and to talk to him about things he - and the rest of us - may be interested in. I understand that James, Matthew, Meeko and Lucy have their roles, and therapy with Mike has helped me to come to terms with that. Because we have felt endangered a lot, they have all had to deal with the threats and keep the rest of us safe, but now that we generally feel safe, I've had time to get to do work with Dan.

I want to help him discover his own interests, passions and strengths. I watched him struggle through college, but didn't really have chance to help him, because there was so much going on in our system at the time, certain things had to be prioritised, and I'm glad they were. Even though I haven't found my voice yet, I've found it through Dan. I feel understood and accepted finally, and I enjoy helping him with his research, writing and exploration of he world's possibilities. This entry is rather long now, so I'm going to end it. However, I'd like to thank anyone reading this for taking the time to try and understand us. I also hope you are reading this, Dan, and I hope it helps you know you're not alone. I look forward to working with you again Dan. As for everyone else, I hope these entries shed light on what life is like with Dissociative Identity Disorder, and how its not always a negative thing. We're all here to help, its just everyone tries to help in their own way, which might not always be apparent at the time, but we are all just trying to survive with our own skills in the ways we know best. Again, thank you for reading this, and farewell.

Yours sincerely, Oscar