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Dissociative Identity Disorder and Relationships

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Dissociative Identity Disorder and Relationships



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Omaha North High Magnet School 2022

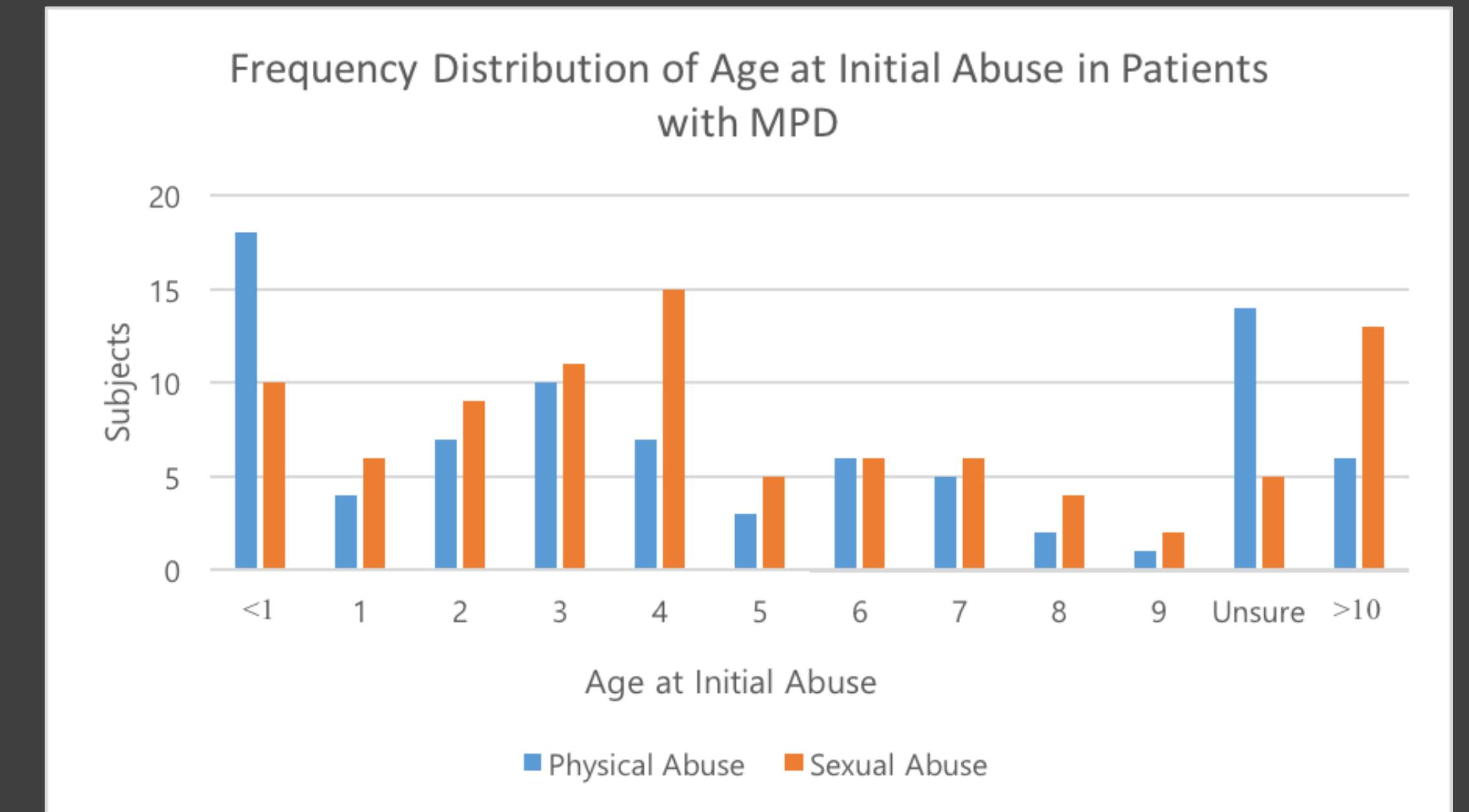
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Abstract

Dissociative identity disorder (DID) is a mental disorder that involves a coexistence of two or more personalities in one person. "DID is very rare. The disorder affects between 0.01 and 1% of the population. It can occur at any age. Women are more likely than men to have DID." (Cleveland Clinic, 2021) Most people with DID may not even realize they have it, as when another personality (referred to as an alter) fronts, which is when an alter takes over, they experience it as a loss of time and do not realize that it is instead an alter fronting. People with DID have what they call a system (refers to how many alters there are, as well as the host, the person whose body it actually is). Systems allow for each alter to front at allotted times and interact with the real world. They make friends, and each alter usually has a different preference for friendship. Such disorders can be detrimental to the host's mentality and physical ability when maintaining a healthy relationship.

Key Points

- DID is a mental disorder that affects around 15% of people and stems from a form of trauma. It is most easily described as a person having multiple personalities or behaving like a completely different person at times.
- Not all of the alters in a system have the same preferences in a relationship. Different alters may feel attraction to people that the host or other alters feel repulsion or dislike of.
- Some alters may not be as mentally mature as the people that other alters have relationships with. Many times, a person with DID has a child alter in their system. This usually is a mentally immature version of mindset of the person and often stems from the forms of abuse that they suffered from as a child.
- Communication with others can be stressful and unhelpful if they don't understand the way DID works and how they aren't always talking to the same person.



Conclusion

Someone with DID may have a challenging time with healthy relationships, but they can have one. It would involve communication and trust between not only the host, but the alters and their partners, taking into account the diverse needs of certain alters, and understanding that certain alters may not have a good relationship with the host's friends or partner. It can be hard and stressful for those involved in the relationship to understand exactly how to respond in situations where an alter fronts, but if there is proper communication and understanding, relationships for people with DID can be successful.

Works Cited

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