

Understanding Dissociative Identity Disorder

More Than One, Still One.

Dissociative Identity Disorder (DID) is a complex mental health condition where two or more distinct identities, or “alters,” exist within one person. These identities may have their own names, memories, personality traits, and even physical characteristics.



DID is not a choice. It is a *survival response* to severe trauma, most often in childhood.



What is DID?

DID is a dissociative disorder that involves experiencing two or more identities or personality states. It is estimated to affect approximately 1–3% of the population.

It is often misunderstood, but with compassion, awareness, and support, healing is possible.

Common Signs May Include:



Memory gaps or time loss



Feeling like different identities are in control



Feeling disconnected from self or body



Changes in behavior, thoughts, or preferences



Confusion about identity or sense of self

What DID is NOT



It is not possession.



It is not attention-seeking.



It is not a sign of weakness or being “crazy.”



It is not created by television or movies.



It is a real and valid mental health condition.



How DID Develops

DID almost always develops in response to overwhelming trauma before the age of 9. When a child experiences fear, pain, or helplessness with no way to escape, the mind creates **separate identities to cope and survive**. Each identity may carry memories, emotions, or roles to protect the person.

Living with DID

can be challenging, but healing is possible.



- ♥ Building safety and trust is key.
- ♥ Therapy with a trained professional can help.
- ♥ Support, patience, and self-compassion make a difference.
- ♥ Integration or cooperation among alters is the goal—not erasing them, but working together.

“All parts of you exist for a reason. With understanding and compassion, wholeness is possible.”



You are not alone. There is hope. There is healing. You deserve support.



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when all parts of you
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