

DIMENSIONS IN DID, A CLIENT'S PERSPECTIVE COPING STRATEGIES UTILIZED BY ONE CLIENT

Across the board, persons with PTSD/ DID utilize a wide dimension of coping strategies to manage their time effectively and for those less functional, simply get through the day. As we develop, integrate and “grow ourselves up” we are able to create a dynamic system, albeit not always an effective one, in which we utilize various alter’s talents and abilities to strategize a plan for the day or for the week. The following examples are a sample of ideas I have implemented to increase my functionality, organize my time and manage multiple, no pun intended, tasks.

CREATION OF RULES

Creating rules to live by allows me to be better organized, manage my time more effectively, and feel less scatter-brained. The RULES, as I refer to them, are a means to keep my adult in charge and prevent bouncing from one project to another. They can also be used to solve recurrent problems that surface repeatedly.

JEWELS RULES: While it is true that diamonds are a girl’s best friend, keeping track of your diamonds with DID is another matter entirely! For years, I lost several expensive jewelry items, never to be found again. In fact, only last year, I sincerely thought that a family member had taken my favorite diamond ring only to discover several months later, that I had hidden it in a top secret place in the closet. Now, jewelry rules include storing rings only in the blue box, necklaces on a hanging rack, bracelets on a separate rack and earrings in a jewelry box with drawers. I manage to keep track of all my jewelry using this system, well except on Thursdays.....

BUY STOCK IN POST-ITS: Keep these little treasures handy at all times. As thoughts, ideas and insights emerge from the depths of my consciousness, I’ve found that they take flight very quickly indeed. Utilizing post-its and pads of paper to quickly jot down my thoughts before they are lost enables me to process more information. Carrying a notebook in my purse, the car and at work is one tool that I use to stay on track. I then transfer these notes into one of two notebooks I keep by the computer and on my desk. Post its can also be used to keep track of appointments, used as a daily reminder to complete a certain task or as a rule reminder. I especially find them helpful for remembering to take my medication and to attend church on Sundays.

DESK RULES: Over the years, I have discovered a variety of filing systems in my office and filing cabinets, which leads to surprise at the discovery of three files with the same title in different locations . I finally realized that different counterparts were doing the filing and working at the desk. This was difficult to own for me and frightening but clearly needed to be addressed. One strategy that I have implemented is to post a reminder sign in front of the desk that states AIC, which stands for Adult In Charge, under which I have a note that reminds me of

the current filing system I am using, so that I don't invent new ones. This difficulty, while embarrassing, represents the unique hard-wiring phenomenon intrinsic to DID patients like myself. As my integration and co-consciousness grow, I have been able to slowly become aware of my inner systems and begin to acknowledge, understand and improve my functionality through this exploration.

USE OF AFFIRMATIONS

I have found over the years that utilizing affirmations dramatically increases my ability to lead and sustain a positive outlook as well as to create positive experiences for myself. Additionally, the practice of daily affirmations, combined with spiritual practices, for example, prayer, has had remarkable impact on my growth, understanding and overall happiness. Some examples of daily affirmations I practice include the following:

I am abundant./ I am making great progress in my work and healing./ I will continue to integrate and heal my soul./ I am productive./ I will continue to develop healthy relationships./

Also, any sort of positive self - affirmations I have found to be highly effective for overcoming inner doubts, critical parent tapes, negative alter voices and replacing negative thoughts with positive thoughts.

THOUGHTS UNTIL NEXT TIME

It is my hope that this writing will be in some way useful to fellow survivors, those suffering from Battered Women's Syndrome and the many mental health professionals, therapists and Psychiatrists that serve to guide us along our journey to health. Please let us know, via the following link, [Feedback](#) if this column was in any way helpful to you. We look forward to your feedback.

Special thanks go out to Jane Parker MS, LMHC and Carol Conklin, MSW for their many hours and years of guidance.

Theresa and Company

MY SUGGESTED READINGS FOR CLIENTS

Lies at the Altar, The Truth about Great Marriages: Dr. Robin Smith

A Fractured Mind: Robert Oxnam

The Myth of Sanity: Divided Consciousness and the Promise of Awareness: Martha Stout, PH. D

Healing for Damaged Emotions: David Seamands

Reclaiming Your Inner Child: Ken Parker

Trauma Through the Eyes of a Child: Peter Levine, Maggie Kline

Ghosts from the Nursery: Robin Karr- Morse, Meridith Wiley

Survivors Guide to Sex: Staci Haines

A New Earth: Eckhart Tolle

The Power of Now: Eckart Tolle

There's a Spiritual Solution To Every Problem: Dr. Wayne Dyer

Ten Secrets to Success and Inner Peace: Dr Wayne Dyer

Law of Attraction: Michael Losier

The Secret: Rhonda Byrne

How To Raise Your Self Esteem: Nathaniel Brandon

Codependency: Pat Springle

Boundaries: Anne Katherine

Love is the Answer: Gerald G. Jampolsky, M. D., Diane V. Cirincione

Women Who Love Too Much: Robin Norwood

Why Do I think I'm Nothing Without a Man: Penelope Russianoff

A Return To Love: Marianne Williamson

A Course in Miracles

The Dissociative Identity Disorder Sourcebook: Deborah Haddock

The Post -Traumatic Stress Disorder Sourcebook: Glen Schiraldi

PTSD Workbook: Mary Beth Williams, Soili Poijula

Healing the Trauma of Abuse: Mary Ellen Copeland, Maxine Harris

The Ripple Effect