Merrell, Jade

Manage Discussion Entry

Prior to this course, the only knowledge I have obtained about Dissociative Identity Disorder comes from movies and YouTube videos. Each identity develops new characteristics, however none are completely independent of the hosts personality. This is why it is a controversial diagnosis because there are many key aspects each person must reveal to truly have DID. According to Essentials of Abnormal Psychology, people dealing with DID "may adopt as many as 100 new identities" (Durand, Barlow, Hofmann, 2018). In watching interviews of people claiming to have DID, I have witnessed some changing posture and facial expressions as well as blinking rapidly as if their minds are resetting. It is sad to me that in reading the text, I learned that DID is often a result of a traumatic experience. In the case of Jonah, his first identity developed after seeing his mother stabbed by his father. His next identity came about after Sammy, this was King young. Given the fact that mother had been dressing him as a girl in private before King Young came about, it makes sense that this identity handles sexual activities that would allow Jonah to feel manly. Later, Usoffa Abdul emerged after Jonah was racially targeted and maliciously attacked (Durand, Barlow, Hofmann, 2018).

As a Christian, I have always understood and been taught to be empathetic to those around me and to treat others like I would want to be treated. I am saddened to have learned that DID develops from traumatic events such as rape and abuse. Developing these identities allows for a person to escape these traumatic events by creating identities that can hide them from their pain. It is important that people with DID are understood and cared for with. patience. Like in Jonah's case, he would black out when his alter, Usoffa Abdul, would come to surface and he would act violently and harm others. It would be easy to say he should be put in jail, however that is not treating the actual problem. As we learned, God can take our sin and the bad in our lives and turn it into something good. Jonah needed be listened to in order to find help through doctors and treatments or he may still be hurting people as a way to mask his past trauma. Those who sin and act unrighteously do so because others have harmed them act out because they need to witness God's love. This is not to say that developing different identities is a sin, however, if these identities like Jonah's act in harmful ways then it becomes sin. This is only due to the fact that they have been wrongfully hurt and abused. God can still act to bring this darkness to light.

Dissociative Identity Disorder can be faked and used as a shield for someone who aims to cause harm without punishment. This is wrong, and we know as Christians that these people will face ultimate judgement with God. The Christian worldview and the Word of God helps me to acknowledge that people suffering from Dissociative Identity Disorder should be reminded of their worth given to them when God created them. Years of abuse and harm have caused them to unconsciously repress these events so that they can feel in control. This is why it is so important to address those around us with love, even if they have wronged us or harmed us because we never know who truly needs to feel loved.

Question: As a child, did you ever develop an imaginary friend? Did this friend ever help you deal with emotions or feelings you didn't understand at the time?