Reeves, Hope
Manage Discussion Entry

My view of Dissociative Identity Disorder

Before last year, I had little to no knowledge about dissociative identity disorder. In fact, I did not even know that the name had changed from multiple personality disorder. There are many myths, such as Dissociative Identity Disorder being fake, that skewed my own understanding of this disorder (*Myths About Dissociative Identity Disorder*, 2017, p.5). Fortunately, one of my professors suggested that I read a book called "*First Person Plural*" in order to better understand the disorder as a whole. I learned so much about Dissociative Identity Disorder and was able to recognize all the struggles that come with having Dissociative Identity Disorder. This book was fascinating and taught me about alters and all the roles that they play. Alters come out at different times for different reasons. A majority of the time Dissociative Identity Disorder develops from child abuse and alters almost always appear to protect the person they have become part of. I view Dissociative Identity Disorder as a very real and universal disorder. I understand the skepticism because of its unique characteristics and the nature of the disorder, but I believe that the living proof should outweigh those doubts. There are real people who struggle daily with Dissociative Identity Disorder and have to figure out how to handle living such a drastically different life. Many individuals, such as Cameron from "*First Person Plural*", do not even discover that they have Dissociative Identity Disorder until they are adults. This is yet another reason why this disorder makes functioning regularly so difficult. These are just a few of the many things that I have learned about Dissociative Identity Disorder and just a small look into my personal perspective on the disorder and the trials that come along with it.

How might the Christian Worldview inform your understanding of DID

As a Christian, my faith informs my understanding of everything. This does not cease when it comes to mental health disorders. Dissociative Identity Disorder is an extremely challenging disorder and one that can be looked at with love through a Christian worldview. God promised us that we would never be alone and through all of our doubts and confusion, he is there giving us clarity. One of the key parts of being a Christian is loving without an agenda and striving to understand even the most difficult things. We are never called to condemn people or fully understand life's mysteries. However, we are called to love our neighbor and put others before ourselves. Dissociative Identity Disorder has a long history of controversy that often brews hatred (Dorahy, Brand, Şar, Krüger (Links to an external site.), Stavropoulos, Martínez-Taboas (Links to an external site.), Lewis-Fernández (Links to an external site.), & Warwick, 2014, p.1). This hatred comes from uncertainties and disagreements. Nevertheless, Christians are called

to put aside fear and disagreements in order to love those in need. There is also a common misconception that individuals with Dissociative Identity Disorder are dangerous. However, the truth is that individuals with Dissociative Identity Disorder are hardly dangerous to anyone but themselves. Both physically and mentally, individuals with this disorder can cause damage to themselves if they do not have the proper resources and support. My faith and Christian beliefs push me to seek wisdom in these situations. Dissociative Identity Disorder is complicated and it takes both wisdom and patience to grasp it. Thankfully, God equips us with people and tools to sharpen our knowledge and better our understanding of complex things such as Dissociative Identity Disorder.

What do you think would be the most difficult aspect of living with DID?