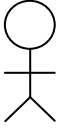


The Generic Alter System

- Common Alters Systems Found in Dissociative Identity Disorder

KIDS



The Kids:

- have the memories
- react out of fear
- are locked in time



Usually these kids are around age 5. The kids are the ones who lived through the original abuse. They carry most of the horror and shame of what was done to them and what they were forced to do and witness for their abusers. Once these kids are able to release their memories, they become very creative and learn to be happy and playful!

ENFORCERS/ PROTECTORS



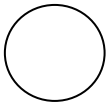
The Enforcers/Protectors:

- protected the child
- are controlling
- punish the Kids & Host
- block healing or therapy
- act like the abusers
- defends abusers
- use addictions to control
- may use fear to protect secrets
- may harm the body to control, like cutting



Enforcers/Protectors are usually between the ages of 9 and 12. They were created when the child was very young. They had to be older to help keep the child in line so he/she wouldn't be killed or tortured. In therapy, they tend to block recovery out of fear. They believe the client is in imminent danger and that their abusers or cults are always watching. They were taught to protect the secrets at all costs. In reality, abusers and cult members are not as powerful as they claimed to be. Breaking the secrets and speaking the truth helps the healing process. They hold the system's energy, courage and loyalty. When they learn to protect in new ways that help the system now, they become vital to the client's recovery process instead of impeding progress.

HELPERS

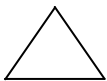


The Helpers:

- have wisdom
- give guidance
- hold spirituality
- know what is happening in the system give the system balance
- provide comfort to the Kids

Learning to use them for guidance; learning to go inside for wisdom vs. reacting to internal reactions will aid in recovery tremendously.

DOERS



The Doers:

- have specific jobs or talents, such as the student, the cook, the one who works, the doctor, the one who drives the car
- may not talk with other parts of the system (other alters)
- may do their job at expense of the rest of the system



HOST



The Host:

- the one who is out in the body the most
- the one everyone else is protecting
- gets to make it all work



OTHERS

Others: there are often other parts that are not listed above.

- They may just be feelings
- They may be angels, devils, demons, or other spiritual entities
- They may be animals
- They may only have one role, such as the one who has sex, the one who feels rage, the one who feels fear, etc.

