



December 2012

# RAINBOW'S END

Volume 13 Issue 3

Support & Information Newsletter of First Person Plural  
the national survivor-led association for dissociative identity disorder  
and similar complex dissociative conditions

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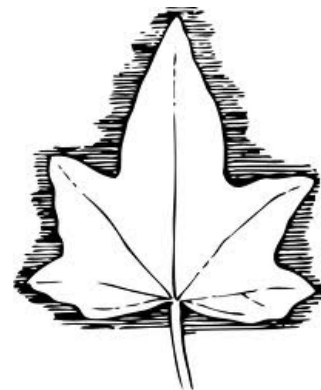


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*We know that  
Christmas and New  
Year can be a hard time  
and we wish all  
Rainbow's End readers  
as safe a time as  
possible, and hopefully  
some nice times too.*

*And lots of good wishes  
for 2013*



**Editorial Statement:-**

**Thank you so much for all the contributions we have received! It is great to hear from so many people, and we have tried to include as many as possible**

While every effort will be made to keep contributions complete and unedited we reserve the right to make amendments. Decisions about the inclusion and amendment of contributions are made by the editors and are final. Contributions do not necessarily reflect the views and opinions of First Person Plural, members of the executive committee or the editors. Inclusion of any reference to an individual or organisational resource is not a recommendation. The contents of this newsletter are for information and support purposes only.

The newsletter is not a substitute for individual therapy or professional supervision. It is an addition to, not a replacement for, other networks of support.

Contributions can be sent in **at anytime** stories; resources; book reviews; tips;

Personal experiences; articles and poems; brief snippets and black & white artwork are desperately needed It would really help if you can send your contribution as an email attachment. This saves times and resources. Please send to our editorial email address **newsletter@firstpersonplural.org.uk**. If you can't send by email, handwritten and typed material sent by post will continue to be accepted.

The next issue of the newsletter is due in **March 2013**; any contributions for consideration for inclusion in that issue must be with us by **23<sup>rd</sup> February 2013**  
 Originals returned only if a suitable stamped addressed envelope is enclosed

**IMPORTANT:-** When sending material for publication please clearly mark "FOR PUBLICATION" and say what name or pseudonym you wish to use.

**ATTENTION : -Material in this newsletter may trigger painful memories and feelings. Read with caution and appropriate support if necessary**

## **MAKING CONTACT WITH EACH OTHER? - - - REMEMBER SAFETY FIRST**

One reason people join First Person Plural is in the hope of connecting with other members. The newsletter and occasional members open meetings provide opportunities to do so but we suggest you use caution. Do not lose sight of the fact that, initially at least; other members of FPP may be strangers to you, as you are to them. FPP does not check applicants for membership. Anyone can become a member by completing a form and making payment. We have no reason to believe that any of our members are unsafe persons but conversely we can offer no assurances that someone is trustworthy just because they are an FPP member. Also non-members may have access to the newsletter. Clearly we are not saying never make contact but we do advise that you use common sense precautions as you would when meeting or contacting any stranger. Develop your friendship slowly before exchanging personal details such as telephone, mobile or postal address. Set clear boundaries for yourself about what kind and how much contact you wish to have with each other. Listen to & respect each other's need to set and change boundaries. Do not let desperation for understanding, support and friendship cloud your judgement or lead you to try to get more from each other than each wish to give

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Dear All

The last few weeks have been very tough for many if not all of us with the high exposure on the subject of childhood abuse in the press. I only hope that from this it will help to address the needs of survivors and with constant pushing when and where we all are able may bring about a slow change. For me it feels like it can never return to how it was but the way forward remains unclear.

The work of FPP continues with many more enquiries for awareness raising sessions and full days' training. The audience seeking this is definitely widening to include organisations like Family Action, local MIND groups, local Action for the Blind to name just a few. Working in a library has allowed me to talk to many organisations that I would probably never have considered and the genuine interest is growing. I hope to develop this aspect of FPP's work when I retire from paid employment in the New Year.

With that in mind we are going to ask all our members and a much wider audience to take part in an online survey that will be on our webpage, hopefully by the end of January. We hope that small research projects will gradually begin to address some of the gaps: one of the gaps we think we are able to address is nobody has any idea of how many people have an official diagnosis, how this came about, did it result in getting the specialised therapy required etc. We will aim to ensure that the data we collect is factual so is respected and useful. I am sure that some of us will feel frustrated by what we are not asking but hopefully from this first piece of work we can build on what we learn and maybe use a similar forum to gather further information in the future.

You will find another; very brief survey enclosed with your newsletter, and for those who receive it by post an enclosed SAE for returning it. We are at the planning stage for the next DVD and looking to submit funding bids that will possibly ask for objective data alongside anecdotal evidence. We would really appreciate you filling in the survey. If anyone has contacts that they can tap for donations please do. I am going to write to some of our local, larger companies, I appreciate this will have to come from a more personal approach and will not be suitable for many of you but I am determined to find this money and expect to do it through securing many small amounts. Also any ideas of sources of funding do please e-mail them directly to me [fpp-chair@hotmail.co.uk](mailto:fpp-chair@hotmail.co.uk) I have quite a list but all ideas would be appreciated. We have learnt so much through making the first DVD and one thing we addressing is supporters were not represented. Through this important feedback we are including someone who supports his wife, otherwise the team remains unchanged. This is for many reasons but primarily the trust we all built up and that proved to be the vital element that allowed us to achieve what have.

We appreciate the frustration that many people have when they discover FPP and in some ways what we are able to offer as support is limited in what they were hoping for. We took the decision in the early days that with the complexities of living with DID/DDNOS alongside the lack of knowledge about it we could use our resources to the greatest advantage by educating those who work with us and this hopefully will change things for all of us and consequently positively affect many more people. If anyone would like to consider starting a local support group or holding a local gathering along the lines of our Open Meetings do please get in touch. I was part of two groups that ran in Norwich and learnt an enormous amount about the positive aspects as well as some of the more challenging dynamics that occurred. Through our training days we are meeting many more survivors who are well on in their personal journey. I would suggest that you do need to be in therapy and at a certain stage where you feel this would be beneficial rather than an endurance test. In both the groups I was involved with it was very much about how we manage our everyday lives, not about what had happened to us. It worked really well for some of us and not for others.

I appreciate when many of you receive this newsletter you will be in a time of year that is distressing and causes so much pain. Please try and hold onto you are not alone out there and being held in many other members thoughts during this time. I wish you all as peaceful and enjoyable Christmas as is possible for you and look forward to meeting many more of you in 2013.

Warm wishes Melanie

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## TODAY

We went to FPP today  
 Where big ones met  
 And littlies could play!  
 Making things together was fun  
 And me being we was considered ok!



*Thank you to everybody, big and little, who makes these times possible.  
 We really enjoyed our first time with you all.  
 jennimay*

## **Thank You**

***Thank you to everyone who came to Brighton to the Open Meeting and to everyone who came and did beading with me.***

***I really liked sharing my beads with everyone and helping people to make things.***

***It was so nice to see what people made for their friends and children and partners and therapists and it made the world seem like a lovely place again.***

***We were having a hard time that day and it was really nice for me to be doing that and be with other people and helping them***

**Rowen**

## Understanding Misunderstandings

### By All of Us

We would like to share our experience of, and the ups and downs we have, of talking to a Helpline. We are in contact with a Mental Health Helpline that deals with all types of mental health problems. (Finding one that is specifically for dissociative disorders, in our experience, is nigh on impossible.)

We have been using this Helpline for just over 18 months now and would certainly find daily life without it much harder to cope with. However, we are still having problems with being able to 'talk' to them once we have got through. Just as Melanie put it, we reach out and then put up impenetrable barriers. It is so frustrating.

One reason for this is that, as the demand for the service is so great, the line is very often engaged for long periods of time. If we just need reassurance that they are still there and we just need a friendly, understanding (or wanting to understand) voice then this repetitive trying to get through is not too bad and we can usually stay 'switched on' enough to be able to say that we are just checking they are still there, and, when they say yes they are still there, we are able to carry on with the rest of the evening/night.

However, sometimes, if the continual recorded message is repeated too often that the line is engaged, then this can lead to a gradual build up of anxiety and panic, as we become more and more desperate to KNOW that they are still there, so when we do eventually get through we have dissociated so much that we can't 'feel' the reassurance that they are still there; they are just empty words, although of course, they are not empty words as far as the volunteer is concerned. Again, this is very frustrating.

Another problem is that, once we have got through, we never know who we will get to speak to. As other people with a dissociative disorder know, one of the problem areas can be in being able to understand and form relationships. We **do** understand that we are not able to speak to the same person each time, but it is very difficult to accept that each person we speak to will have their own individual way of 'coming across' and so our response to each person to each person is different, and this also affects our being able to 'talk' to them, or not. All our life/lives we have responded to what other people are saying or doing and then learnt to 'fit in' with their mood or agenda- not always successfully but it's how we have always coped; always looking for clues and signs in their voice actions; always being on guard.

Also, the younger ones of us especially are always on the lookout for a 'friend' and we are all having to learn that people who work on a Helpline are not personal friends and never can be. It is very hard for us to be able to understand what the Helpline actually offers as our boundary lines are almost non-existent. And this makes us all feel that we take two steps forwards and five steps back between one phone call and the next.

All of the above makes us feel guilty and selfish and we feel we are being difficult and deliberately putting up barriers, although volunteers have told us they don't see us as being obstructive or game-playing; that they realise we are trying to make sense of things. We are not asking for 'special' treatment, but we are all trying desperately hard to try and understand just what we **are** asking for.

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### **AN INTERVIEW WITH A THERAPIST:**

*Clare is a core-process therapist who worked with a DID client for 2 ½ years prior to formal diagnosis.*

#### **How the client get referred?**

She self-referred as she had been asked to leave her previous therapist. Her previous therapist had said had to 'grow up', and was attempting to enforce this by insisting, for example, on eye contact and not allowing a baby's bottle in the room.

#### **How did the client present in the first session?**

She was very clear about what she did and didn't want. And was very clear about needing certain things. She asked whether I would ever take her baby's bottle away, which seemed very important and I said that I would never do that and wait until she was ready to let go of it. But that we might talk about why it was so important.

She presented her mother as the current main problem.

#### **What were the presenting problems?**

She had had an eating disorder for many years, and there were issues around self-harming.

#### **What was your sense in the early sessions?**

I felt it was really important to allow her to be as she was, and allow her to feel safe enough to have her cuddly toy, for example, and be however she needed to be.

#### **Did the client report a history of severe trauma?**

Yes. But a lot of what was later revealed was not present early in the work. The client did not remember any early childhood trauma.

#### **What experience had you had with trauma?**

#### **How much did your training cover?**

My training does cover working with early trauma. My training covers working with trauma in a very embodied way, not just through language. In my work with this client, I found this very helpful. My approach was very congruent with what she needed. I had also

been working as an occupational therapist and a psychotherapist in the NHS mental health services for many years, which I think helped me not to be alarmed by the process.

#### **How did you work together on stabilisation?**

The beginning was about building a relationship. Then we worked on resourcing in terms of thinking together about safety, and about learning that I did not have an agenda for the therapy, which helped to build trust I think.

#### **How did the therapy develop? When did direct trauma work start?**

It was not at the beginning, the beginning was much more about her present life and talking about current relationships and whether they were safe. The early work was about her non-abusing parent.

After a couple of months, she began to talk about abuse she remembered, and at this stage this was very much in words.

After about 6 months, she started having flashbacks to new memories of abuse, and being very disoriented on waking. During this period she rang me a lot between sessions and needed a lot of help in order to remember she was in the present and come back into her body. On the phone I helped her to ground, and breathe and come out of flashbacks. This period also coincided with a lot of fear about being abandoned and being hated by me.

She rang me once from a restaurant toilet having just been very triggered by eating a specific food. I needed to help her to stop herself hurting herself. I reminded her of our relationship. At the end of the call she said 'bye mummy' which made me realise she wasn't fully in the present. This led onto a lot of very deep trauma work in the following months, and a lot of re-living through her body.

Together we found non-verbal ways of accessing material, and I was very open to allowing concrete things which helped into the session- ie we worked with food in the session, and the client often brought music in. This seemed to really help. It opened other pathways to memory, but also served as a resource, and helped her to learn feed herself between sessions.

**How did you maintain safety while doing this depth of trauma work?**

We both held onto the relationship. And also we never went searching for traumatic material. I trusted when it arose we could work on it. I always left time for grounding and resourcing. I also work with the body a lot and I helped her to ground by using touch.

**How did you maintain safety outside of session time?**

I told her she could try and ring me if she really needed to. I gave her a LOCKED diary and she learned to write scary things in them, knowing that it was safe in there. We talked about safe things, like making her bedroom safe, and I gave her small gifts to remind her of me.

**Did you ever feel frightened?**

I never felt frightened of her.

There was lot of fear in the process, but it did not frighten me.

**Did you ever get overwhelmed?**

Yes. One of the main difficulties was feeling that the level of need was more than one person could contain. I felt a team would be better. But I never felt angry with the client. It was not her fault that she needed that much but it was hard to contain sometimes. Sometimes I felt very alone with the process, as it felt outside of the experience of my peers or supervisor.

**What support did you have? What helped the most?**

I had a supervisor, and a peer supervision group. I changed supervisors in the middle and

started working with someone who had had experience of a client with DID. My peer supervision was the most helpful as they did not judge and just supported me.

**When did you realise there was dissociation involved?**

I sort of knew it from the start. The client reported early on that she couldn't remember things that had happened on holiday with family members, for example.

Gradually, the client reported things like waking up in the kitchen, or garden and not knowing how she got there. I didn't know what was going on but I trusted we would work out what was going on.

I was aware that there were different 'age states' while we were doing trauma work together, and I was aware that different parts held different things.

I had to leave the country and therefore she had to change therapists at exactly the point at which a lot of questions were arising about exactly what was going on, and the client was reporting not remembering her sessions. With her next therapist she continued to work out what was happening and was formally diagnosed with DID.

**Is there anything you would have done differently?**

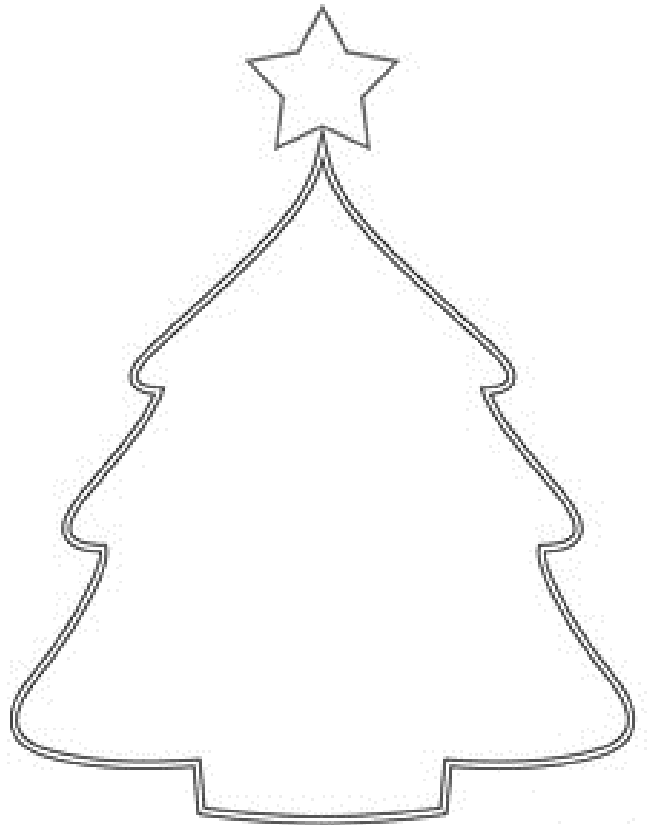
If I had known she had DID I would have looked for specialist resources. I was also aware of the need for a team. Although it would have been useful, I think an earlier diagnosis may not have been possible as our work had to happen in order to allow her to get to that point. What would have been useful is more understanding that DID existed and what it really was, so I might have been aware of it as a possibility.

**How is the client doing now?**

Through our work together, the client no longer has an eating disorder, and her weight is stable. An important part of our work together has been that we have stayed in contact.

# PLAY

A tree for you to decorate in your favourite colours and decorations



## Christmas Jokes:

**What's the difference between a cat on a beach and Christmas?**

*One has Santa Claus the other had sandy claws.*

**How does Good King Wenceslas like his pizza?**

*Deep pan crisp and even.*

**What do you call a snowman in the summer?**

*A Puddle.*

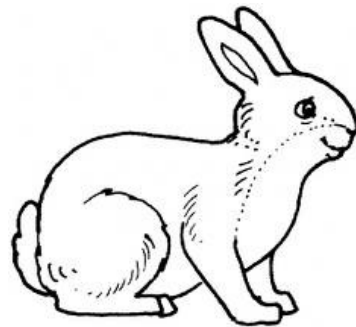
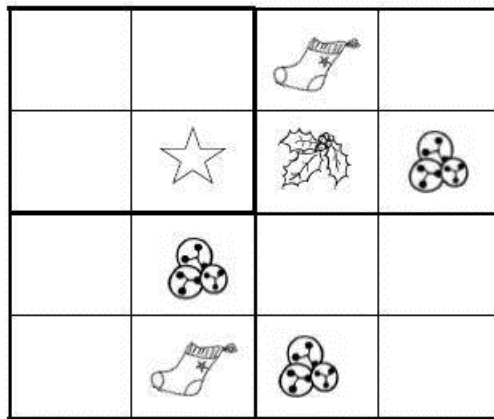
**What do you get if you cross a snowman and a shark?**

*Frost bite*



# CENTRE

## Christmas Sudoku Puzzle 1



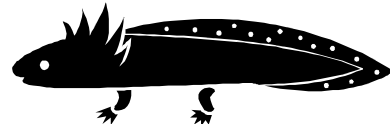
Pet

## Wordsearch

Cat  
Rabbit  
Kitten  
Dog  
Fish  
Parrot  
Hamster  
Pony

|   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|
| P | O | G | G | H | L | C | A | T | P | A |
| A | R | A | H | B | I | K | O | O | I | L |
| T | A | F | D | O | H | I | T | R | T | E |
| U | Y | H | A | M | S | T | E | R | N | M |
| P | R | A | B | B | I | T | F | A | G | L |
| W | R | I | T | P | F | E | H | P | Y | U |
| S | T | F | I | H | O | N | P | D | D | I |
| B | I | P | O | N | Y | T | U | D | O | I |
| F | U | S | A | S | N | M | G | U | P | G |

## Atonement By Salamander



I share this experience of an atonement in the hope it may be helpful for others. It seems to me now an essential element of the healing journey for many of us.

I wanted to do an atonement, but did not know how to do one. However, I draw my core spirituality from the Zen Buddhist monk and teacher Thich Nhat Hanh and his order of Interbeing centred at Plum Village in France. By good fortune I had heard Thich Nhat Hanh speak at the Royal Festival Hall in spring where he turned the evening into a vast meditation class. And there I first heard the beautiful 'Avalokiteshvara' (the Bodhisattva of Compassion) chant from the Plum Village community. It inspired me to get a CD of Plum Village chanting. This CD has a long chant which to me is a form of confession and forgiveness for misdeeds (or sins) committed. I took the start of the chant as a basis and adapted it for the start of my prayer of atonement.

There next came a list of reasons why I had done bad things in the past, and the comprehensiveness of that list made me fully realise that the child, young person and adult I had been, had absolutely had no choice. I knew some of the survivors of Auschwitz and the holocaust camps had had to participate in awful things and was sure they had been forgiven and were back in the human race. But beyond physical compulsion, slavery and constant death threats to ourselves or our loved ones, many of us survivors were trained from infancy into the ways of the gangs, systematically hypnotised etc. etc. and almost created as a multiple robot and slave. There was no choice. And this exonerates us from ultimate responsibility and blame for our acts. In the Atonement, my therapist read this section.

There followed a list of things I had done, written without notes and lists, and surprisingly (or not) comprehensive. At the end of each small section of this, I said 'I am sorry for what I have done' and my therapist said 'I forgive you'. It seemed important to have these personal words and commitment, rather than the impersonal 'you are forgiven'.

Then, in a section that may or may not be helpful for others, I prayed for forgiveness from everything on earth- sky, grass, trees, flowers, sun and moon and wind, going on to the unknown, unborn children and all those who were hurt.

After my reading the confessional, her response, and the prayer to everything, my therapist and I had a break just to chat and drink water after all the tension. This really helped me to begin to assimilate it- a process that is still going on, one week later.

It ended with my reading out thanks to everyone who has helped me on my journey, from childhood up to the present. My therapist said it seemed a good completion. It felt right, and I had written, along with the rest, at the same time.

Later on the same day I had the extraordinary good fortune to be, by chance and mistake, at a memorial service. Singing the lovely old hymns of my childhood helped bring me back into a world

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that many of my insiders felt that they had lost and forfeited for ever, and from which they had long felt outcast. I think that these hymns belonged with the Atonement, being from the religious tradition in which I had spent my ANP childhood.

Also most relevant is that around those days of preparing the Atonement, I kept realising that what I was forced to participate in was not my 'thing', not my project, not what I, my daytime self, the ANPs, would have chosen. That helped a lot.

What seems to have happened so far, in one week, is huge. The traumatic and horrific acts of the past seem distanced from me, as if they belonged to some old movie, and not my present life. Triggering has less power. I feel more assured in my present, among others and to myself. My therapist said, in the next session, that I seemed noticeably lighter. The insiders are still there, but more as old, hurt friends, than mostly pieces of trauma. Additionally we have worked through major elements of my relationship with my father, the most long-term and closest abuser.

I now realise that atonement and forgiveness are huge. When I looked up atonement I discovered in Judaism it is one of the seven things God created before the world was created, is the glue that holds society together as it provides a way for a wrong-doer back into society. In Christianity Jesus dies in atonement for human sins and confession and forgiveness are a central part of the Lord's Prayer. I don't know how it fits in Buddhism, but the chant whose beginning I adapted, has a long central section about good things, however small, that the chanter has done, and that all these good things gathered to go with the act of contrition to add to the store of merit in the world.

Making amends seems also important, but atonement is central.

Never be afraid to raise your voice for honesty and truth and compassion against injustice and lying and greed. If people all over the world would do this, it would change the earth

William Faulkner

## **The Healing Journey (No Longer a Victim)**

**By Amy and her Team**

I am pushing ever forwards, towards healing and hope drives me ever onwards in this journey. Gone now is my victim mentality, that once dictated to us who we were. I discovered that I was held back and dominated by it; Victim was more than just a word, it had defined who I was all of my childhood, and throughout my teens, stretching out way into my adulthood. I was held back from recovery by the very fact that I saw myself as a victim: Somebody who was to be pitied, someone to be crushed; walked on, used, and abused. I wore an invisible sign above my head that said "come and use me, hurt me, etc, you will anyway." But not anymore that old patterned way of being and thinking has gone. An inner strength has replaced all of that.

I am another step closer to healing now, I am not yet there, but now I know that one day I will be at the top of the mountain. The journey hasn't always been easy, far from it in fact, but it has certainly been worth it so far. I have met some lovely people along the way, both survivors and therapists.

The survivors that I have met at various training events that I have attended have been some of the loveliest, most genuine, and courageous people that I have met, yes we have DID, but that makes us all the more interesting, and I am so very grateful for their insight, and just for having met them.

I can finally look back now and see how far we have come and each victory (however small) that I have attained. I have learned so much along the way, for example that life is not all black and white, and that people are

not all good or all bad, they are a mixture of both. As for my life now I am making a life worth living. Learning that it is fine to enjoy life, life is not all doom and gloom as we once thought it was, it is not dark and dreary and without hope, there is so much hope for healing, and recovery. I know that now. So I am a survivor and no longer a victim! I refuse to let our abusers win. I am stronger now than way back then, I am changing old patterned ways of being and thinking.

Now I can finally say "Wow! I have come so far, I have learned so much, well-done me for doing that." A friend once told me that we needed to be less harsh on ourselves and start learning to praise ourselves for how well we are doing, and I hope that she will be pleased that I am now able to do that. I am grateful to her for her insight on my life; it has impacted upon it in a hugely positive way, and has enabled us to move forwards in our healing with a newfound positivity. That same friend also enabled me to look at and challenge my black and white thinking, and the way in which we were relating to the world, and in how we related to others, I have now changed all of that, and it feels like a huge weight has lifted. I am so glad that she was totally honest with me, because honesty is in my view always the best policy. I may not have known it at the time, but now I do.

It feels so good to no longer be a victim, and I am learning to draw off the strength inside of me, a strength that enabled us to survive all of these years. That strength is within all survivors, born out of an innate need for survival. It may not feel like it is there, but I have seen it within many survivors. My wish and hope for others who have been sexually abused is that they too will use that strength to drive them forwards on their own healing

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journeys. Now in saying that I am not saying it is always easy, far from it. I do know how hard it can be, I too have a way to go before I am on the last leg of the journey up the steep mountain that leads to total healing or recovery, and I know only too well that it can be two steps forward and two steps back at times, but that is the nature of DID. But one day it will be two steps forward and one back, and so on and so forth until the top of that rhetorical mountain is reached. I now keep the pinnacle of it always in my sight, I know now with a deep conviction that it is attainable. And now instead of thinking "Look how far I still have to go!" I now say to myself "You have come so far, conquered so much, keep on climbing" I refuse now to let our abusers have the victory and hold over me that they once did, we owe it to ourselves to relinquish that hold over us they once usurped, we need to take back the strength that the abusers stole from us so many years ago. And that is exactly what I am doing now, taking the power they once usurped over me and not allowing it to dictate to me any longer. I am not weak; I am not powerless now I can fight back. I can say "no" to my old patterned behaviour and thinking, because with them I impeded my own recovery; I was stuck, not moving forwards. I refuse now to be held back from moving forwards. Only I could change all of that, no one else could change the way in which I related to others, or the world around me. No one else could change my skewed ideology. I no longer look to other people to be the solution to my problems, they cannot be and I realise now that it was so unfair of me to want, need or expect them to be. I am more upbeat than I ever was before. The abusers have not won.

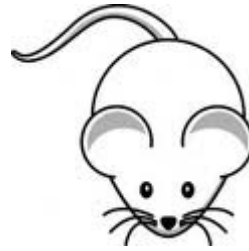
I will move ever forwards now, I owe it to not just myself, but also to the child I once was.

And I couldn't do it for her then, but I can now, finally I can have compassion for her and love her as she should have been loved. I am no longer angry with her, she does not deserve my anger, she was not to blame, so at long last I do not blame her, and I now can hold her in my arms and say to her "I am sorry I love you now." With that alone there has been so much healing, and a huge release of locked up anger... misdirected anger at a little one who was not strong.

I am sharing this in the hope that it will help other survivors to see that there is hope, and maybe to help them to have more compassion towards themselves, and their selves. You were not to blame. You too possess an inner strength, you are survivors. You are not alone for others share this journey with you, towards recovery and healing and hope.



**A response to 'Twitter, Blogging and Forums'**  
by Oriel



In the last issue of *Rainbow's End*, All of Us raised some very important questions about using the internet to connect with others. I can really relate to this. Perhaps because of the generation to which I belong, I never felt that I made a conscious decision to 'be on the internet', it happened more organically. However, this does not mean I have always felt I wanted to or not been concerned by some of the speed which it has been changing. But I do use it.

In the past I have found the online community *Mosaic Minds* very useful, especially in a period in my life when I felt unable to talk to people outside about being DID and I was just learning about it myself so I really wanted contact with people who understood some of the same things. The anonymity that the internet provides, in this case, helped me feel more secure and also provided the possibility of communicating with many different people from across the globe, which was really important in making me feel my experience was shared by others.

I use facebook to stay connected to friends, partly because I would feel even more disconnected from their lives than I already do if I was not following what they were doing on facebook, and it also can provide conversation topics when we do meet in person, which can be hard to come by sometimes. Also, there are periods of my life in which I am physically very unwell or in pain, and being on the internet helps me to stay in contact with the outside world at the times when I cannot physically be in it, and helps me feel slightly less isolated. At these times being on email for example is vital so that I do not completely stop life, and can continue to communicate with people and continue with things which I have committed to do.

However, there are very difficult and problematic aspects to it. For me, one of these is that I find it so hard to gauge the tone of what people have written, and things can sound cold or dismissive when they are simply factual. I can find this triggering and difficult to check out. Also, anything I write in any of these places, unlike the spoken word, are there forever and readable by anyone, which can be hard, especially if they were written when I was tired or triggered, and later want to retract. And again, not being with people in person can make it hard to check out what they have made of something I have written. It can also sometimes *add* to my sense of isolation to see what other people are writing to each other, to try and understand why people are responding to others' posts and not to mine, for example, or to discover via facebook that friends have met up without me. And of course, it simply cannot make up for meeting people face-to-face.

On the whole I feel that in my life the positives greatly outweigh the negatives, especially as living with DID already feels so separate from the rest of the world sometimes. But this certainly doesn't mean I think the extent to which our society is now dominated by virtual communication is not without its problems! Or that the safety issues surrounding it should not be taken very seriously.

**2012**

**Written on New Years Eve 2011**

**By The Poet**

(Contains SU and CSA References)

We long to be in 2012  
 2011 holds memories, feelings  
 we are desperate to shelve:  
 feelings of despair, shame, suicidality  
 and physical pain.  
 But in that awful, traumatic year  
 we also began to connect, to feel:  
 we found a therapist who could help us  
 heal.  
 Maybe I'm too harsh about 2011:  
 a year of growth, friendship and  
 compassion,  
 yes, it's been closer to hell than to  
 heaven  
 but this year I've made friends I adore,  
 discovered 'others' or alters, seven -  
 maybe more -  
 who are helping me finally make sense  
 of it all  
 each person so unique and special,  
 that I wonder how I managed before.

As 2012 approaches the amnesiac walls  
 begin to weaken, to crumble,  
 to crack and then fall.  
 I help, comfort and soothe my alters, but  
 secretly  
 I'm glad it didn't happen to me,  
 will denial be the worst wall to fall?

It's 2012 now: I wonder  
 what will I find out,  
 how will I cope with it all?  
 Who was that woman  
 who touched me that way, and  
 why did she choose my body to maul?  
 Why do I see part of her day after day -  
 - her most personal place -  
 but never once a glimpse of her face?  
 I see her aged, greying hair  
 and I think she must be dead now  
 buried in the earth, or cremated - ashes  
 scattered in the air.  
 It gives me comfort to know that WE  
 have survived  
 she has become ashes,  
 but we multiplied, and are still alive.  
 For if the source of our shame  
 lived on, it would be too hard  
 for us to let go of our blame.



Tiger Tiger burning bright  
 Yet lost somewhere in my soul's night  
 What now thy fearful roar proclaim  
 But the lonely echoing of my pain

And this fierce will within  
 Rips only at my flesh, my skin  
 And as I watch my life blood flow  
 My cat like anger grows and grows

Your tiger strength no man can cage  
 Has now become a fearful rage  
 Trapped within the cage of my heart  
 Your freedom and your passion start

Your powerful force man denies  
 And covers it with hate and lies  
 But no waters of the world can tame  
 A beast with such a fire filled name

And the fire in your eyes  
 Shows me wonders of the skies  
 Your fury and your fire gleam  
 And show me things I never dreamed

Tiger Tiger burning bright  
 Emerge now into light  
 Let your powerful roar proclaim  
 And leave behind my nights of pain.

# UPCOMING EVENTS

You are invited to attend the Second Meeting of the

## **Campaign for the Recognition and Inclusion of Dissociation and Multiplicity**

Will take place on Saturday 9<sup>th</sup> March 2013

10am- 4.30pm

Regent's College Conference Centre  
University of London, NW1 4NS

This is a day-long event to raise awareness and share experiences

Admission: £30 Survivors and supporters  
£70 Professionals (includes CPD certificate)

To book go to [www.pods-online.org.uk/campaign](http://www.pods-online.org.uk/campaign)  
Or Email [campaign@pods-online.org.uk](mailto:campaign@pods-online.org.uk) for more information

Please bring your own pack lunch and plenty to drink  
Please note this day may be triggering and it may be advisable to have a  
supporter with you

### **In 2013 First Person Plural will be running 2 one-day introductory workshops**

#### ***DAY ONE: Understanding Dissociation and Complex Dissociative Disorders***

in Rugby on Saturday, 19<sup>th</sup> January 2013, 9.30am to 4.30pm

in Swindon on Saturday, 5<sup>th</sup> October 2013, 9.30am to 4.30pm

#### ***DAY TWO: Supporting Adult Survivors of Childhood Trauma who have Dissociative Identity Disorder***

in Rugby on Saturday, 2<sup>nd</sup> March 2013, 9.30am to 4.30pm

in Swindon on Saturday, 16<sup>th</sup> November 2013, 9.30am to 4.30pm

For more information please contact [fpp@firstpersonplural.org.uk](mailto:fpp@firstpersonplural.org.uk)

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