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RAINBOW'S

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Volume 14 Issue 1

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

Registered Charity No: 1109464



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The
Next Opening
Meeting
will be held in
York
on
Saturday 23rd
November 2013

More details will
follow nearer the time



Editorial Statement:-

Thank you so much for all the contributions we have received! It is great to hear from so many people, and we would love to hear from more.

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 **September 2013**; any contributions for consideration for inclusion in that issue must be with us by **26th August 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

Since the last newsletter we have held our AGM and Spring Open Meeting. We welcome Kim and Christine as new members of the executive committee. The other members are Kathryn, treasurer, Oriel, secretary, Ruth, Sandra, Carol and Paul. We are meeting in Oxford in July and hope to manage another face to face meeting during this year. One of the biggest challenges facing us an organisation is we are national and small. Several years ago we made the decision to hold most of our meetings as conference calls; we could not justify the travel costs incurred and meeting six Saturdays a year was no longer feasible. Conference calls bring several challenges, not insurmountable but at times not easy.

Rumour has it we have some budding harpists amongst our membership. Yet again this activity was very much enjoyed by those who gave it a go at the Open Meeting. The three who brought the harps were lovely and added to the whole occasion. Also a big thank you to Julie and Jean for hosting the event, it was an ideal venue, all together a really enjoyable day.

FPP is moving to an office in Wolverhampton that means it is easily accessible for Kathryn which is essential as the organisation's Voluntary Coordinator. When we have settled in we hope that some of the administrative jobs will be done by volunteers; if you live locally to Wolverhampton and would be interested in this do please get in touch. We officially move in on 1st July.

We held a DVD evening in Cardiff in April that was very well attended and we will be in Exeter late June. The bookings for June are going well. This year we were determined to go further afield with the evenings hence Cardiff and Exeter, Brighton in the autumn feels nearly 'local'. Kathryn and I did an 'Understanding Dissociation' day in Exeter for NHS Mental Health workers. The day was well received, the audience very much on our side while acknowledging they are more restricted than ever with what they can offer. I felt that many are as demoralised as me about the situation. We discussed if they could think of any small things that could be implemented now that might be helpful, no wonderful light bulb moments but many felt that the dissociative experience scale (DES) would be a useful tool, available for free and no training required! Let us hope that some tiny steps may come out of the day.

I think a big change we have seen in the last twelve years is most of our audiences have heard of DID, have a basic understanding of what they would do in the ideal, or even quarter ideal world and are frustrated by the inflexibility and often humiliating process they have to implement to achieve a negative outcome. Twelve years ago Kathryn and I would get quite excited if a couple of people had any understanding and the level we pitched the day at was completely different. Attachment, trauma and dissociation were only just beginning to be connected; we now take this totally for granted; so we have come a long way. I suspect it will not feel like it for many of you where understanding is definitely not translating into long term therapy being available.

FPP is committed to running two mini courses comprising their 'Understanding Dissociation' and 'Supporting Day' next year. The first is probably in London but if anyone would like us to consider their area in the autumn, do please get in touch. We have just completed one course in Rugby and the next is in Swindon. The details are on our website, we would really appreciate you promoting it to individuals

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and organisations who you think would be interested or benefit from it. The four day Foundation Course is in Norwich this autumn, again the details are on our website and circulating as far and wide as possible would be helpful. The therapists and counsellors who have attended the three courses we have run with the European Society for Trauma and Dissociation – UK network have been very well received; it is slowly helping to build on the network of therapists who have had experienced training in working with dissociative clients.

Warm wishes Melanie

Review of

The second meeting of the Campaign for the Recognition and Inclusion of Dissociation and Multiplicity.

9 March 2013, Regent's College Conference Centre, London NW1 4NS

Dr Joseph Schwartz

As a clinician working with survivors I found the meeting extraordinarily helpful in a way that professional meetings of therapists simply cannot equal. Supported by FPP, NAPAC, PODS, RAINS, The Survivors Trust, and TAG, the day-long event was entirely devoted to the experiences of survivors and their close relations. A particularly effective feature of the event, organised by Deborah Briggs, was the absence of any questions from the floor. I believe this structure enabled the survivors to speak eloquently and openly about their experience without having to endure the fear of possibly hostile or disbelieving questions from unknown persons from the floor.

Every talk was a powerful example of what the various experiences of DID are like both for survivors and for those living with them. Shoshana spoke about the hyperthyroidism that all too frequently accompanies the sequelae of trauma. She also spoke of the experience of sex as a DID survivor and how sex is a birthright not to be denied. Two mothers spoke eloquently about the pain and suffering they had to endure about their children being taken away from them because they had DID.

Other speakers covered almost every aspect of the DID life experience. Oriel spoke about the ups and downs of friendship when one has DID. Katy spoke about being a daughter, Rowan about being the partner of Joli who spoke about her experience of having DID and dealing with the mental health system. Rivi spoke eloquently about being a priest and his discovery later in life that he had DID. And Kathryn spoke about her powerful experience of making the FPP DVD with survivors

Understanding Misunderstandings: Use of language and tone – by Melanie

In continuing the series of 'Understanding Misunderstandings' that are based on FPP's 'Supporting' training day I am going to talk about how a dissociate caller may communicate, the inability of any sense of a timeline we so often experience at times of chaos.

The use of tenses with the constant interweaving of the past and present without any conscious awareness by the caller must significantly add to the volunteer's feelings of confusion. I often find it hard to differentiate between now and then even if I am the dominate part in the body. When it is a difficult time I, as the outside part can experience a considerable residue of the pain and chaos being relived and experienced internally. This leads to a feeling of disorientation that makes focusing impossible. For many parts it is quite literal the past is their present, our present in that moment. I think the volunteer needs to stay with this, remove all the peripheral thinking and validate that part's reality. I do not think that during a phone call to a crisis helpline, often talking with someone you have never met before is the time to have this pointed out. I don't think it would be safe and very unlikely to make any impact on the caller, just add to their confusion.

Often with dissociation the increasing complexity of the memory and its impact will make you talk in a monotone. This can be hard to listen to, cause a sense of disconnection between the volunteer and the caller which makes the job of the volunteer harder. The need for them to maintain a sense of connection that can be very grounding as long as it is measured is vital. I feel the solidness of the person listening to me pulls me back down, grounded; if the listener loses the sense of connectedness I continue to float and remain disorientated.

You, me, we and us can all be used interchangeably, appropriately for the person with DID but very confusing to the listener. I use to say 'you' as there was no 'me' or 'I'. It led to many an argument with my husband when I said 'you' and meant 'me'. He felt I was always accusing him so would act defensively, quite understandably. I have found that we automatically regulate in the use of we and I. When I am with non-dissociative friends or at work I automatically use I. When I am training or with my DID friends we use we! It is totally unconscious; I only know I am doing it when inevitably that question comes up during training.

We stress that the use of age appropriate words is vital and tends to happen naturally if the listener is really focused on what the caller is saying. Also to be aware words like 'trust' and 'safe' may have absolutely no meaning to the younger parts and older parts can often be triggered by the connotations this may have for them.

Having taped our therapy sessions I have been amazed how differently parts hear and react, expressing individuals' reactions. It was very useful to be able to listen to how several parts reacted to the same discussion and for us all to reflect so that it slowly enabled us to moderate our often extreme reactions. For the listener having this explained can help them to stay with what is happening and not become defensive. An understanding of the general, not specific reasons (this is not necessary and can be counter-productive) can help the listener to stay engaged during what otherwise tends to feels like a jumble of contradictions.

All the issues we share are to help give an insight into why these things happen. We ask them not to analyse, interpret make suggestions but having a basic understanding enables them to put aside their natural questioning and stay engaged with what is happening in the interaction not why

Good times

By Melanie



The last FPP Open Meeting with 'harps' linked up three very positive memories I treasure from the last few years. In training we talk about connecting up thoughts, feelings, perceptions, previous experience and many other ingredients that help to make a memory three dimensional. I am sure this is what makes these three memories so special.

The first happened when the whole internal system was falling apart but I had never at that stage heard of dissociation. We were attending a training day on counselling skills, as so many of us do when we are trying to make sense of what is happening to us. It was a small group and I felt safe, as indeed did we all although I was to be totally unaware of how many of us attended that day for several years to come. We did a guided walk and I had a very quiet, gentle lady who led me to different objects so I could experience them by sound and touch. I can still hear the noise a gong made when touched and the feel of the design on its surface. I can also remember the reluctance to move on, at some level I knew this was very important. So why was this so memorable? It was complete, we were gently held and physically guided, all external stimuli was removed by being blindfolded and we were relying on the other senses that we so often are bypass for survival. I felt whole, safe and overwhelmed all at the same time without having to dissociate, magical.

The second complete memory was in Australia. I had not flown for thirty years or been away from home overnight for ten years but I had promised one daughter that I would see her in Australia that autumn and I never ever promised my children anything unless I was certain I would make it happen. The time was right to take this enormous step and begin re building my relationship with my external family. For ten years my energy had gone on surviving at great cost to so many aspects of my life. So two weeks down under with my three daughters was a real milestone for us. Again I felt safe being with them and having no responsibility for any plans. All I had to do was hold it together and be with them. One trip was to go on a tall ship sailing round the Whitsunday Islands for a few days,. For a lot of the time I was zoned out but in a good enough way, not really believing we were doing this. One afternoon we went swimming, everyone else was snorkelling but our co-ordination prevented us from doing this, so we were taking great big breathes and swimming under water looking at the amazing shoals of fishes. Suddenly someone said there is a turtle over here. We went over and ended up swimming along, above the



turtle, surrounded by the shoals of fish. As I am writing this my head is aching as so many are present. At the time there were so many using the eyes it is hard to describe but I know you will understand. We were all together sharing all the senses so the experience is stored as a whole that we can recall and hold.

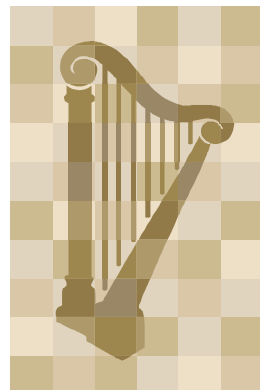
In our collection of books and jigsaws we have many relating to sea-life that suit all ages. Over

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the year following this experience I would often find another item added to our collection. No one was allowed to look or touch any of them for years except us, now they are in my grandchildren's collection of toys at my house and we all share the enjoyment they bring.

I am smiling at remembering how there was a rope we could swing out over the side of the boat and jump from quite a height into the sea. The body was in her mid-fifties by now but the nine year old had a wonderful time, jumping and rushing back to queue for another go. I can now share my daughters' slight embarrassment with their mother as they were quite happy to read and sunbathe after a couple of goes!

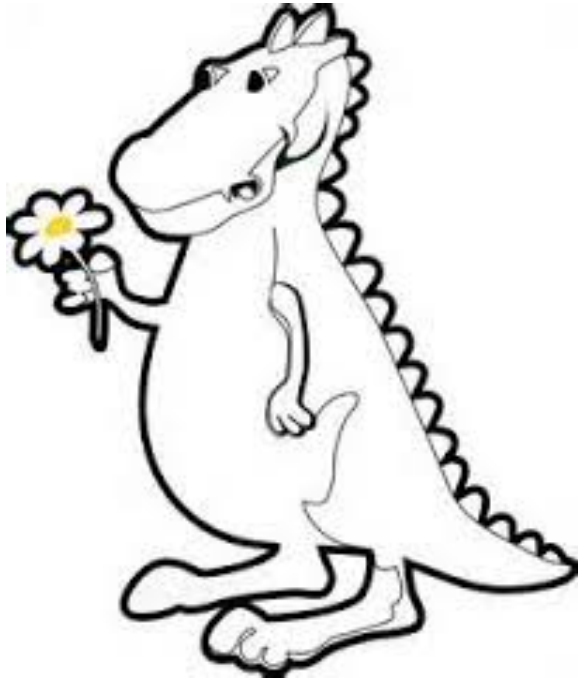
The third experience is when we had the harps at an Open Meeting for the first time. It was sort of surreal. I was sitting in a room in Coventry with seven other people who are DID, each of us playing a harp. When I first started out on my healing journey there was still the myth that it was not safe to have two people with DID in the same room. I have never managed to get to the bottom of this but it is partly why I take such pleasure in all of the work I do with FPP, nothing like a challenge. That particular meeting was so relaxed, we felt held by the music which was being played by Liz quietly in the background. It lowered so many anxieties, it was tangible. The feedback from the other people there confirmed they experienced the day in a similar way. The fact that the harps can be tuned to sound melodic all the time helps to make this such a good experience. No nasty, grating noise, imagine if it were violins! I think we all approached a harp with some trepidation at the beginning of the day but somehow when you are sat down and tentatively start plucking at the strings something magical happens and it is really hard not to become lost in this world. I am not musical in anyway, probably the only person who has ever failed grade two piano! But the whole of us became totally engrossed and we even managed to play Old MacDonald, perhaps not exactly harp music but so what.



These three experiences have made big, good dents on my memory; we still become animated when thinking about them. We can still feel the excitement and pleasure they generated at the time and we have managed to hold onto. Each place is clear as they are nothing but good memories. I am cross that so much was denied us as children in this way but what a treasure to be able to do this now.

*"We don't stop playing because we grow old;
we grow old because we stop playing."*

George Bernard Shaw

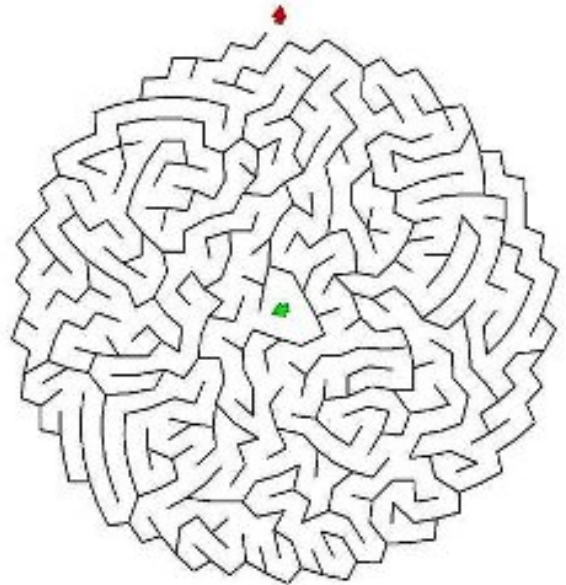


Pictures for your to colour



Play

Can you find your way to the centre of the maze?



Riddles:

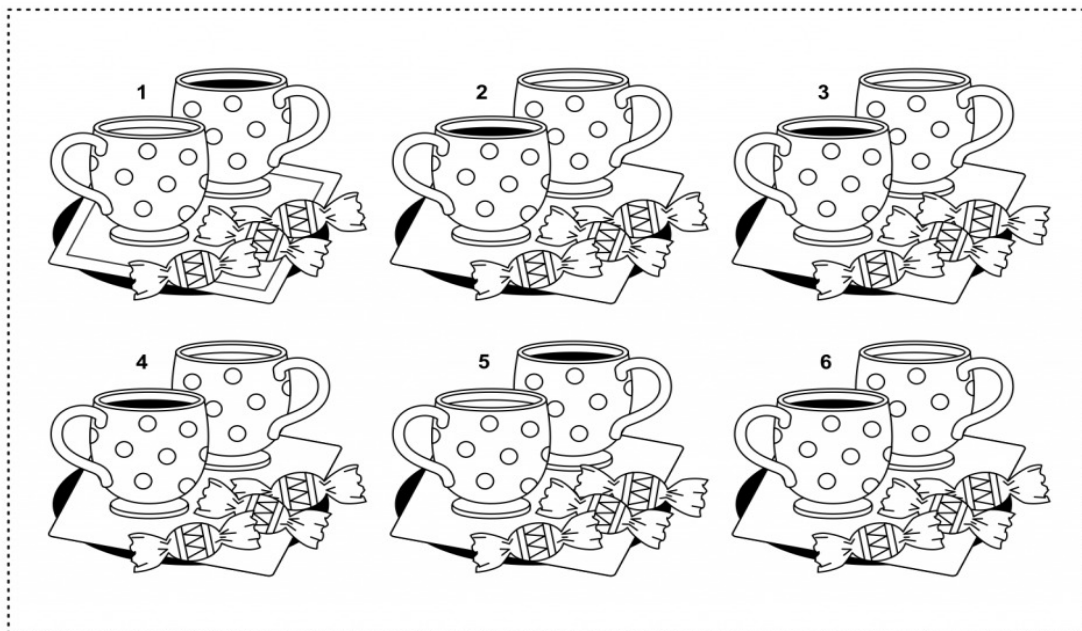
- a) What can travel around the world while saying in a corner?
- b) What is light as a feather but even the world's strongest man cannot hold it for more than a few minutes?
- c) What occurs once in every minute, twice in every moment but never in a thousand years?

Centre



Matching Game

Only two of this pictures are identical.
Can you spot the matching pair?



ANSWER: 4 and 6.

Dipped Marshmallow Recipe

You will need:

Marshmallows, Chocolate, Cake Sprinkles, Lolipop Sticks



Method: Melt the chocolate in a bowl above a pan of boiling water (ask a big for help with this). Put the marshmallows onto the sticks. When the chocolate is melted, dip the marshmallows into the chocolate and then into the cake sprinkles. Put them in a tall glass, stick down, until the chocolate is set. ENJOY.

Answers To Riddles: a) A Stamp, b) His Breathe, c) The Letter M



Ideas for Coping with **Flashbacks**

Reprinted with kind permission of
Bristol Crisis Service for Women

1. Tell yourself you are having a flashback and that this is okay and very normal in people who were traumatised as children (or as adults).
2. Remind yourself that the worst is over - it happened in the past, but it is not happening now. The 'child' inside you who was abused is giving you these memories to use in your healing and, however terrible you feel, you survived the awfulness then, which means you can survive and get through what you are remembering now.
3. Call on the 'adult' part of yourself to tell your 'child' that she is not alone, not in any danger now and that you will help her to get through this. Let your child self know it's okay to remember and to feel what she feels and that this will help her in healing from what has happened to her. However hard it is for you, she is communicating in the only way she can.
4. Try some of these ways of 'grounding' yourself and becoming more aware of the present:
 - stamp your feet, grind them around on the floor to remind yourself where you are now
 - look around the room, noticing the colours, the people, the shapes of things
 - listen to the sounds around you: the traffic, voices, the washing machine, etc.
 - feel your body, the boundary of your skin, your clothes, the chair or floor supporting you
 - have an elastic band to hand - you can 'ping' it against your wrist and feel it on your skin
 - tell yourself that feeling is in the now, the things you are re-experiencing were in the past
5. Take care of your breathing: breathe deeply down to your diaphragm; put your hand there (just above your navel) and breathe so that your hand gets pushed up and down. Count slowly to five as you breathe. When we get scared we breathe too quickly and shallowly and our body

panics. This causes dizziness, shakiness and more panic. Breathing slowly and deeply will stop the panic.

6. If you have lost a sense of where you end and the rest of the world begins, rub your body so you can feel its edges, the boundary of you. Wrap yourself in a blanket, feel it round you.

7. Get support if you would like it. Let people close to you know about flashbacks so they can help if you want them to. That might mean holding you, talking to you, helping you to reconnect with the present, to remember you are safe and cared for now.

8. Flashbacks are powerful experiences which drain your energy. Take time to look after yourself when you have had a flashback. You could have a warm, relaxing bath or a sleep, a warm drink, play some soothing music or just take some quiet time for yourself. Your 'child' and you deserve being taken care of, given all you went through in the past.

9. When you feel ready, write down all you can remember about the flashback and how you got through it. This will help you to remember information for your healing and to remind you that you did get through it (and can again).

10. Remember you are not crazy - flashbacks are normal and you are healing.

About Bristol Crisis Service for Women

www.selfinjurysupport.org.uk

Bristol Crisis Service for Women (BCSW) has been supporting girls and women in emotional distress for 25 years. We particularly help women who harm themselves, often called self-injury.

We offer a national text and email support service called TESS, Monday to Friday 7-9pm, for girls and young women up to age 25yrs who are affected by self-harm. (Until 2011 we also ran a helpline offering support to older women; we would like to be able to offer this again and are trying to get funding for it.)

We also offer training nationally to workers, to enable them to understand more about self-injury and how to respond helpfully.

We have lots on our website, such as an interactive resource with ideas and inspirations to support yourself to express different feelings, called '*Dealing with Feelings*'. Our paper '*Rainbow Journal*' is useful if you like to express yourself through writing or drawing. There are also Information Sheets on our website – these are in the 'TESS' section of the website as they were written for TESS, but people of all ages might find them helpful.

A Healing Connection with Everyday Life

By Oriel

Having thought the worst of the raw trauma work was finished, I discovered recently, as I am sure many of you experience, that there was another level, another period of flashbacks and pain and feelings consumed by trauma once again. It is better this time round, though, I notice. There are more edges and a bit more sense of an on-going life alongside it. And this has made me acutely aware of the vital things which exist alongside, which are not therapy but incredibly therapeutic and just very 'normal'.

Pets

We now have a hamster, who is a wonderful resource in terms of bringing us back into the present. If he needs anything or just wants a cuddle, it seems immediately to make us return from wherever we have gone inside and attend to the here and now. Because he needs us and needs care, there is also a sense that it is important not to get too lost in flashbacks and to be present for his sake.

Crafts

Several inside people do crafts. And being able to make something beautiful (whether it is weaving, or card making or jam making) alongside horrendous memories is a good way to connect with beauty, and is also incredibly satisfying that we have managed to make something, and there is tangible evidence of something achieved.

DVD Boxed Sets

I find boxed sets of TV series incredibly helpful, on several different levels. Unlike reading or films they often do not require such a high level of concentration which is hard to manage in the middle of trauma. And unlike television, I know (more or less) what the content is likely to be so

there are less unexpected triggers. Each episode is relatively short which means I can go to bed and watch just one, or watch several in a row to help get through difficult nights. The content helps distract us, and getting lost in fictional lives for a while is a relief. And sometimes the stories might show me a new way of thinking about something. For us, for example, Doctor Who can be useful as a metaphor and Grey's Anatomy is amazing at illustrating attachment trauma.

Plants

Plants seem to be a wonderful resource. In our home I think they add to a sense of beauty, which can be so important when things inside seem so far from beautiful. And like pets they need care, which will often ground us in the present. And they also offer a very immediate reminder of the cycles of life, it is so lovely to wake up one morning and discover something has flowered overnight.

Pillow

We have a pillow which moulds to our body, which we cuddle. This is very helpful, especially when we are in pain. If I wake in the night disoriented, I can sometimes be aware of the familiar feeling and it reminds me where I am. It also offers comfort either when there is no one around to give me a hug, or when contact with another person feels impossible and intrusive.

Photos of Good Times

Although this can feel bitter-sweet, especially during a period where I am unable to do much at all, I find photos of good times really important. It reminds me that there is a life alongside trauma, a real on-going present life. I have photos of friends and happy memories visible so I don't have to have the internal energy to take an album out. I hope they remind me that those times will come back one day!!



Book Review

Twenty-Two Faces: Inside the Extraordinary Life of Jenny Hill and Her Twenty-Two Multiple Personalities

by Judy Byington, M.S.W., L.C.S.W, ret.

Written by Notallthere

The book starts with a poem written by Jenny, a forward from Dr Colin Ross and a chart showing the structure of Jenny's twenty-two personalities, which I found useful to refer to. The book is written in the third person throughout, and the first chapter begins when Jenny is five, describing her frequent confusion and the how-did-that-happen thoughts caused by dissociative amnesia that I think all of us with dissociative disorders will relate to. Five-year-old Jenny seems trapped between her emotionally abusive mother, who has already convinced Jenny that she is a "crazy girl", and a seemingly protective father who prefers time alone abusing his eldest daughter to meeting the needs of her jealous mother.

Jenny's life worsens as her dissociative splits increase due to her extremely abusive teenage neighbours, and her experiences with a mind control expert she refers to as "Old Man"; this culminates in a very distressing and detailed description of satanic ritual abuse. However, this section is brief, and in documenting the horrors of what Jenny (and her system) survived they are really telling us they *did* get through this, and the power of this message is something I will always remember.

Despite the abuse, Jenny survives, using her strong faith, and her alters to get through her childhood. Jenny's adult life is also very difficult, and eventually she spends time as an inpatient with a therapist who has no experience of DID. The latter third of the book describes her coming to terms with her diagnosis and beginning to heal. The book did not end as I had expected, with a major shock on the last page. At the back, the author's notes give a history of sacrifice and mind control, a copy of the occult calendar and an extensive bibliography.

I would definitely recommend this book as a well-written biography; author Judy Byington (a former therapist and friend of Jenny's) provides excellent descriptions of the dissociative identities, and how they work together. The long term impacts of childhood sexual abuse, emotional neglect, DID and mind control are covered. Whilst it does not offer any particular strategy for healing, it will be extremely helpful to anyone working with survivors of ritual abuse, domestic violence, incest or dysfunctional families. Some sections are very triggering for survivors but overall this is a helpful, positive book.

Jenny has shown incredible courage in having her biography and journal extracts published; the disguises used her ritual abuse means she does not know the identity of many of those who abused her, and no doubt many of these individuals will vehemently oppose Jenny's brave determination to be a voice for the ritually abused. The first chapter can be read at <http://www.22faces.com> but I would not recommend survivors watching the video of Jenny Hill's testimony

Pain is the breaking of the
shell
that encloses your
understanding

Kahlil Gibran

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Being Me
by Emmie Benbow

I'm not sure who I am today, sometimes I am not sure at all,
I could be the strong courageous lass who stands up straight and
tall.

I could be the woman who listens, the one who can be kind,
But I could also be the timid, frightened
child who always looks behind.

I could be the social butterfly, the party's life and soul,
I could the impression I've achieved my every single goal.
I could be the girl who knows when to smile and always answers
right,
Or I could be the shivering wreck who cries herself to sleep each
night.

I could be the picture of confidence; the one they say is so nice,
I could also make the right noises when giving out advice.
But at times I hide behind this façade of strength and normality,
For deep inside there's still this child who hides from reality.
Behind the child and the cheeky grin
Lies the desperate being deep within.

A lonely creature, waiting for her fate,
And feeling so inadequate.

When the doors are closed the tears will fall,
And the ones I should love, I hate them all.

So filled with pity and eyes so red,
Sometimes I even wish I was dead.

So what's the point of going on and keeping up this act?
Wouldn't it be better to make some suicide pact?

But hey, hang on a bit y friend, this mess might well be mine,
But I have to say, it goes away and I don't feel so bad all the time.

At least the pain was in the past, I'm not going through it now.

Just memories keep bugging me and make me wonder how
I did achieve a thing or two even though they weren't so great,
I might never conquer mountains, but in truth, I'm not such a bad
mate.

So for those who can't accept me and those who can't understand,
I'll let you get on with your own lives while I float in my own little
land.

I know there are some genuine folk who actually really care,
So today I'll be one of those and if needed, so call me, I'll be there.

UPCOMING TRAINING EVENT

First Person Plural presents two one-day
introductory training workshops

DAY 1

Understanding Dissociation and Complex Dissociative Disorders

in **Swindon** on **Saturday, 5th October 2013**, 9.30am to 4.30pm

DAY 2 – (attendance at Day 1 or equivalent
training/experience necessary)

Supporting Adult Survivors of Childhood Trauma who have Dissociative Identity Disorder

in **Swindon** on **Saturday, 16th November 2013**, 9.30am to 4.30pm

COSTS : one person **£40** for one day, **£70** when both days booked
together

£35 one day / **£60** both days for second & subsequent persons from
same organisation or group
if booked at same time as one full rate place

Fee includes delegate pack, attendance certificate and hot/cold drinks

Bring your own lunch

**For details of how to book contact or more details on who
should attend contact:**

fpp@firstpersonplural.org.uk