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RAINBOW'S

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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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The Autumn
Opening Meeting
Is taking place

on

Saturday 23rd

November 2013

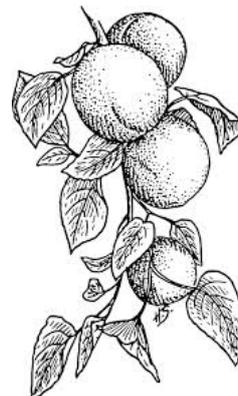
11am-4pm

at

15 Priory Street

York, YO16ET

Details will follow soon



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 any time** 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 time 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 **December 2013**; any contributions for consideration for inclusion in that issue must be with us by **29th November 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

Thank you to everyone who gave so generously, including those who sent their best wishes and those who gave money enabling us to produce the second DVD. We quickly reached the minimum amount required and money keeps coming in. One of our members did a sponsored cycle ride. Of course it was the first wet Saturday for weeks but she did it. So an enormous and heartfelt thank you to everyone. We can now start filming the second week in October and our aim is to have copies ready for sale by the end of March 2014. That may seem a bit optimistic but why not set a deadline! I personally am much more anxious this time round, I think there was a certain naivety with the first one.

The new office base is nearly fully furnished and offers a lovely working atmosphere. Kathryn and I are already beginning to be able to separate out FPP work and our lives at home. Of course in so many ways they are interlinked, FPP is very grounding for me and can often give me the reason for getting going in the morning. I finished paid work earlier this year and slowly understand more fully how important it was for keeping me grounded and orientated in the present. I am sure as with most dissociative situations they are the same for everyone just a little further along the spectrum with complicated layers for us.

It has also been quite isolating, again something that I had not envisaged at this level or in the way we are experiencing it. My friends who are not dissociative and are a similar age as the body give us all this worldly advice about how we will find being retired that our sixteen year old finds impossible to hear and remain civil. We are fighting with the feeling of being forced into a very adult world, the reality of which feels so alien to all of us. It has little bearing on our internal reality. She wants to be planning her career path and the limitations of this are felt deeply by us all. Retiring has aspects of loss for most people, work can contribute to a sense of who we are, gives us a daily structure and of course money! I have been very proud of all of us that our identification was definitely not built so strongly around work as it once had been but I had totally misjudged the amount of stability being in a safe environment at work still brought us all. Most if not all life changes bring many different challenges and feelings and then you put DID into the mix and another layer or two are added. And then of course I know how very fortunate we are to have been able to find a job that was possible to manage alongside our DID and that most of us enjoyed. So many conflicting truths that seem to be a very important part of living with many.

I would like to apologise for the need to shut-down the members' forums. For those of you who use them I know how important they are to you and also that you will have been aware of the on-going problems we have experienced over the last few months. What has been happening has in no way compromised the safety of those who do post on them and Kathryn as the main administrator has been regularly dealing with the on-going situation. It is very frustrating that there are people who have the technical ability and obviously too much time on their hands who can create this major disruption remotely to so many sites. I suspect it would make little impact even if they were able to comprehend the initial distress it caused to those who were posting until Kathryn was able to reassure you about your concerns over the safety of the forums; the amount of work it has involved and continues to do so has added up to many hours. Unfortunately it will take a little while to set the forums back up again as we are looking to host them in a different way that will still ensure the confidentiality of all those who do use them.

Warm wishes Melanie

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I'm going on holiday and I won't be able to see you that week:

Abandonment and the therapeutic relationship

by Ruddy

My therapist went to a conference this weekend. I felt like she had abandoned me and was running away from me. My session was a day late and it felt like I hadn't seen her for years. We were in constant contact but it felt like she was avoiding me.

These are difficult feelings to manage, particularly when my safety relies on the consistency and stability of the therapeutic relationship. These feelings are even harder to tolerate when I feel like I'm being unreasonable and irrational. This article will look at why I feel like this, in the hope that it will apply to you too, and it will suggest ways to manage and reduce these feelings of abandonment.

Why do I feel abandoned?

There are a number of reasons that I have found for why I react in an extreme way to any disruption to therapy.

Firstly, it takes huge trust to go to therapy at all. I have been tricked and betrayed many times, and this and my abusive experiences in general make it very difficult to trust anyone, let alone to trust them with my secrets. It can often feel that I am putting myself in life-threatening danger to go to therapy and sometimes I feel very suspicious of my therapist. It requires a lot of faith in my therapist to feel confident enough to begin to tell my story and to feel that my therapist can be trusted with what I am telling her.

If I feel that therapy has been disrupted in even the slightest way, this feels like a threat to the safety and stability of the therapeutic relationship, and therefore a threat to my trust. If my therapist has gone away for a few days, I feel very suspicious that this is the point at which everything is going to go wrong, everyone will

find out my secrets, and I will be in trouble. I then often go further than that and feel that she definitely has abandoned me, which feels like a horrendous betrayal of my trust and is very destabilising.

Secondly, therapy requires me to be open about my needs – and I really need my therapist. Gradually I am more honest with my therapist about what I need from her and how important she is, so if she goes away, I feel like I have been humiliated as well as abandoned. There is a big risk in being open and the vulnerability of it makes me feel exposed, so I need things to stay very stable and consistent to help me to feel that the risk hasn't gone wrong.

Thirdly, I think in an all or nothing way. My therapist is either here and committed to me, or she has gone and I will never see her again. It is very difficult and requires disciplined thinking to even consider the thought that maybe it is somewhere in between and she has gone but is still committed to me – let alone to believe that thought. I find it uncomfortable to consider grey areas and it is much easier to think in black and white, even though the black thinking is very distressing and not very helpful.

Fourthly, I have Dissociative Identity Disorder, and there are parts of me who are children. These parts think in childlike ways, which are also very all or nothing, and their world view is based on traumatic experiences. These children believe that my therapist is there when she is there, but when something changes it is difficult for them to have a bigger picture or understand the concept of a long term and committed therapeutic relationship. These children just feel abandoned and sad. This doesn't only apply to people with Dissociative Identity Disorder, because I believe that everyone has elements of themselves which are more childlike.

Fifthly, I don't cope with change well. I like it when things stay exactly the same and I find this very reassuring. When things change, I feel frightened and threatened. The concept of a world

which is dynamic feels alien and threatening to me and I resist every change as strongly as I can. This is particularly important in the therapeutic relationship, which should be as stable and safe as possible. So when circumstances change, even if only temporarily, I feel very unsettled and anxious.

There are more reasons why I can feel abandoned by my therapist, but the simplest way to explain it is this: what I have been through has given me a lot of issues with attachment and trust, and I need my therapist to stay as safe and stable as possible so that healing through the therapeutic relationship is possible. If I feel that there is any disruption or unsettlement in the therapeutic relationship, I try to protect myself by making predictions about what will happen, and I act and react to that. However, these predictions are based on a world which is different to the one I live in now, so what should protect me ends up hurting me.

Why shouldn't I feel ashamed of feeling like this?

These strong feelings of abandonment, distrust, and fear are completely normal. I don't think I'm the only one who feels like this!

Feeling abandoned because of even the slightest change is a logical response to bad experiences. Further than that, the experience of therapy requires me to make myself vulnerable, in a safe and supportive place. It is important to become vulnerable and open in this way because it is only by doing this that I can be honest about what I need and move towards having those needs met. This vulnerability can at times be excruciating and can make me feel abandoned, but it is an essential part of the healing process through therapy.

If I turn the situation around to look for positives, I can see that these feelings of abandonment can actually be a sign that things are going well in therapy. For me to feel abandoned, I have to feel that the relationship is important. So if I am feeling abandoned, it means that therapy has

reached the point of becoming important and valuable to me, and that I am becoming attached to my therapist. This might feel scary but it is actually a very positive thing that shows progress.

Also, it is important for me not to forget that my therapist is a professional. The majority of us who have therapy go through a phase (mine has been a very long phase!) of feeling so vulnerable that we feel abandoned after the slightest disruption. This is part of therapy, because it is an aspect of relearning attachment. So this is a part of my therapist's job, and she has seen this many times before.

What can I do to make the feelings more tolerable?

Here are some suggestions which have helped me to cope with feelings of abandonment:

- Make contact with your therapist. This depends on the therapist and on the boundaries you have in place, but if you are able to send a text or an email, do so. Don't feel proud or isolate yourself. If you're missing them, contact them.
- Start a countdown. Work out how many days it is until they are coming back and allow yourself to look forward to it.
- Distract yourself. Arrange other things and meet up with other people. Try to make the time go by pleasantly rather than isolating yourself.
- Talk about it. Maybe you could do this with a friend or other supportive person, maybe with your therapist, or maybe with yourself in your journal or out loud. It is helpful and important to acknowledge what is going on and how you are feeling.
- Tell your therapist. It can feel excruciating to do this and it can feel like a big risk, but it probably won't be a surprise to them. Therapy is about being open and honest, and it can be a step forward to talk about how you are feeling about it. You might also be able to put things in place to make it easier next time,

or talk about ways for your therapist to notice when you are feeling like this.

- Do other therapeutic things. Just because you are feeling like this about your therapist doesn't mean that therapeutic work has to stop. Carry on with any expressive things that you do like writing and being creative. If you go to other therapeutic groups or activities, carry on with them.
- Look after yourself. Be aware that these feelings of abandonment will have an impact and might make you feel a bit low. It also might make you more sensitive with other people in your life. Be aware of it and look after yourself.

What can I do when the abandonment turns into anger?

It is quite common for feelings of vulnerability and abandonment to turn into anger. This is a defensive mechanism to try and protect you from being hurt if you are feeling vulnerable. However, it is not helpful to keep it inside or to make decisions based on it.

I have found that it is a good idea to talk to my therapist about what is going on. It is important to acknowledge my feelings and it is helpful for her to know how I am feeling and that they have had an impact on me. She might be able to tell me her side of the story and explain anything that I feel hurt by. It can be very helpful to be able to tell my therapist that I feel angry with her and to talk about it, and it can feel very healing to be met with a listening and accepting response, and even to get an apology.

I try to be aware of the reasons for why I feel angry. It helps me to remember that it is a defensive response to feeling vulnerable, and not necessarily a response to my therapist doing anything wrong (unless she has also done something wrong). This is important to remember because it would not be sensible to take action like quitting therapy based on these feelings. It is always more helpful and effective when I deal with the root cause of a feeling, and in this case the root cause is how the openness and

vulnerability of the therapeutic relationship makes me feel and why.

It helps me when I find ways to express how I am feeling. Anger is a difficult emotion to cope with. I try to be creative: I draw, paint, write about, sing about, and generally try to be creative in expressing how I feel. Sometimes I try doing something physical like going for a run. Occasionally I allow myself to express it by having a little shout or a cry. It is crucial that I express how I am feeling in some way, and before it turns in on myself and becomes destructive and harmful.

Sometimes a disruption to therapy can have a negative impact on therapy, and it is important to try and deal with this as soon as possible. When my therapist is back, it is very important to address the issues and talk about them. Every rupture which is addressed and dealt with is a big achievement and will strengthen trust – but it is essential that it really is addressed and dealt with. It is also important for me to try and hold onto hope that things will get back to normal. I read through old emails to remind myself that my therapist is worthy of my trust, and try to get through the period of rebuilding that trust.

How can I prevent this from happening again?

Unfortunately, I can't, or at least not for the time being. These feelings are part of the therapeutic journey, as I become open and fully engaged with my therapist, and as I start to heal. I have found that the foundations of the therapeutic relationship have got much stronger over time, which helps me to stay rooted. However, there are things I can do right now to make it more manageable, which might help you too: forewarned is forearmed.

- Know about yourself that you feel like this when there are disruptions in therapy. That way it won't be a surprise and you will be able to recognise it more easily.

- When your therapist tells you that they are going away, start to plan other things to make the time more bearable in between.
- Talk together about when you can be in contact.
- Be open with your therapist about how difficult you find it.
- Ask your therapist to write or record something to remind you that they are coming back and that they don't hate you and haven't abandoned you.
- Have some kind of check-in with another professional while your therapist is away, like going to see your GP.
- Arrange interesting and fun things so that you don't feel like you are missing out. Talk together about when you can be in contact.
- Be open with your therapist about how difficult you find it.
- Ask your therapist to write or record something to remind you that they are coming back and that they don't hate you and haven't abandoned you.
- Have some kind of check-in with another professional while your therapist is away, like going to see your GP.
- Arrange interesting and fun things so that you don't feel like you are missing out.
- Write or tell yourself reminders that your feelings are normal and logical.
- Read old emails from your therapist to remind you of how the therapeutic relationship is.

Above all, try to look after yourself during the gap time and remember that your therapist is still committed to you and that how you feel is normal and logical.



Poem
byNadiene

As a child I learned, as an adult I understand
Abuse and dissociation, go together
hand in hand

You can't remove you're body, too
young to get away
you're mind splits off to cope with
it, and face another day

Normality of trauma, inside a child's
mind
Lets someone else take all the pain,
so you can leave it all behind

But when you're grown and
stronger, it only takes a trigger
for memories to all come flooding
back, and other parts get bigger

The other personalities, I made to
take the pain
I never knew that they'd come back,
reminding me again.



Finish This drawing



Play

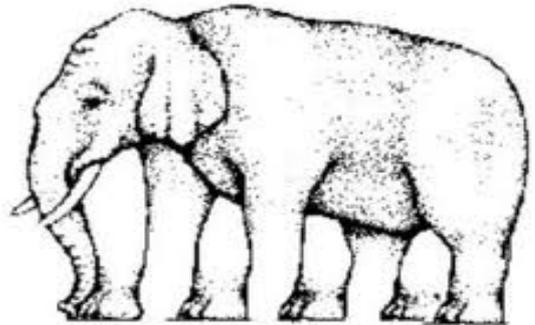


Can you use these squiggles as starting points to create your own drawings?

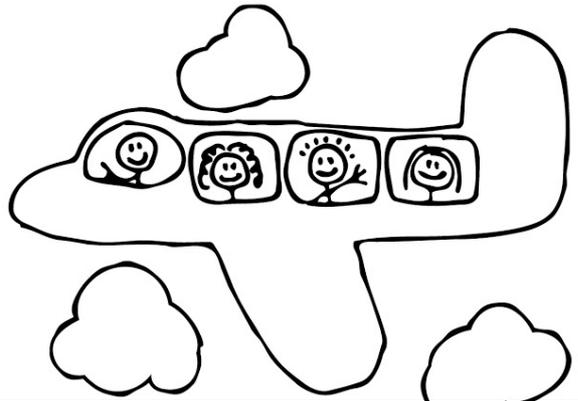


Optical Illusion:

How Many Legs Can You See?

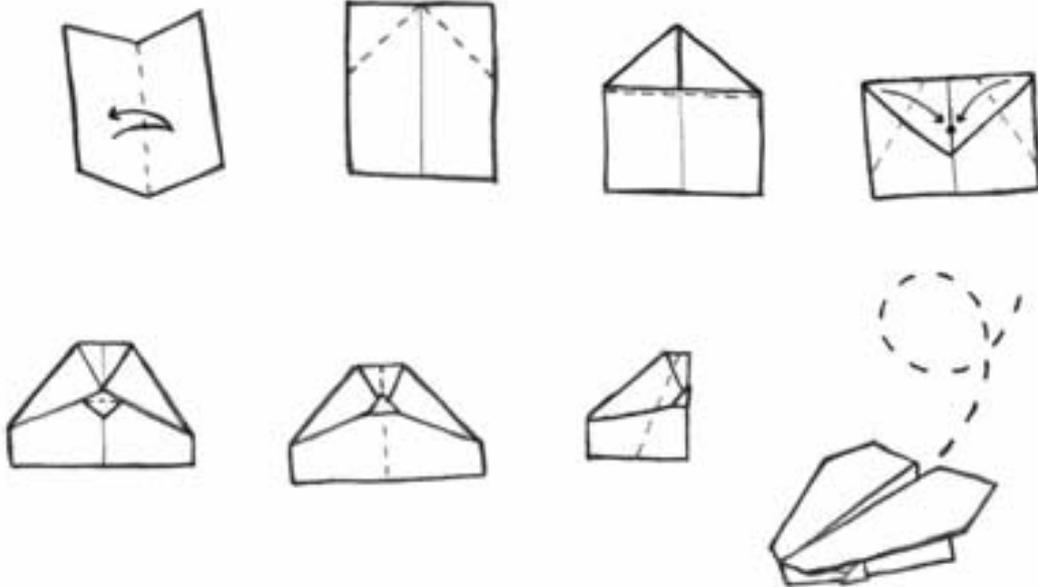


Centre



A Fun Thing to Try:

How to: Fold a paper airplane



Jokes:

Q: How do you get an elephant into the fridge? **A.** Open the door, Insert Elephant, Close the door.

Q. How do you get a giraffe into the fridge? **A.** Open the door, Remove elephant, Insert giraffe, Close the door.

Q. The lion, the king of the jungle, decided to have a party. He invited all the animals in the jungle, and they all came except one. Which one? **A.** The giraffe, because he was still in the fridge.



Raising awareness of dissociative disorders

By Recovering Insomniac

Recently I found out that Dissociative Identity Disorder alone affects between 1% and 3% of the population world's, which makes it at least as common as schizophrenia or bipolar disorder, but as we know there is much less awareness of dissociative disorders. I've had my own struggles to get diagnosed and found that local awareness is at best very inconsistent. My GP is great, but doesn't have any knowledge about DID, and my local NHS trust, for example, provide a comprehensive description of many different mental health diagnoses but not dissociative disorders!

The information available on DID and dissociative disorders generally seem very limited. The A-Z section on the Mind website <http://www.mind.org.uk/> is excellent- not surprising given that First Personal Plural worked on it - and they also have booklets available on the topic. Sadly, though, good information isn't in many of the places you would expect it to be. I've also found much of the information on dissociative disorders is separate from other mental health information - in reality I have a common mental health issue and not something that needs to be "kept away" from everything else.

Since learning about dissociation and trauma, and how my mind actually works, has been central to my recovery, I decided a while ago to try and improve the information and awareness of dissociative disorder. This is difficult because of the huge amount of stigma, including the perception that a significant mental health issue makes you someone who can't be trusted or relied upon (just in case you happen to switch to a younger alter at the wrong moment, or because you must be "crazy").

Some of the things I've done so far to raise awareness are:

- Asking my therapist to list DID in her description on the counselling directory, and to ask why Dissociative Disorders don't have a category yet
- Getting involved in a local time to change project, to speak about mental health generally and to be a resource for anyone who wants to discuss dissociation later
- volunteering for a mental health charity locally, and helping others there understand DID (we keep each other's diagnoses conditional outside the charity)

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- A formal complaint to the local NHS trust to get them to provide more information and training n dissociation (with support from an advocate)
- Contributing to a Wikipedia alternative about Trauma and Dissociative Disorders, <http://www.dissociative-identity-disorder.net/wiki> the real Wikipedia is full of misinformation and blacklisted a lot of good sources of information written by professionals
- Joining a few internet forums to find out about and share information with others who have DID or DDNOS
- Use social networking (anonymously) to share information on dissociative disorders research and child abuse, including ritual abuse

At first this was just a positive distraction from issues. But it's actually become really helpful in moving forward: after being powerless as a child, perhaps I can make a small positive difference as in adult.

It's allowed me to feel accepted, but also to help other people understand dissociation disorders. It's also helped me feel *listened to*, which is such a change from how my childhood was. I can always connect with others, and learn from them and that helps so much with the isolation.

If you are reading this and thinking it all sounds a bit too much, then here are some quick ideas of what you can do when you feel you can:

- Write a short book review on amazon or goodreads
- Make a few small edits to the wiki <http://www.dissociative-identity-disorder.net/wiki> - perhaps adding some books, forums or blogs to the resources
- Ask your counsellor to request a Dissociative Disorders category on findatherapist or the BACP/UKCP/ACC counselling websites.
- Send a small poem or piece of artwork into a newsletter

Maybe the Most powerful infectious thing is the act of
speaking the truth

Vera Nazarian

Understanding Misunderstandings - TRIGGERS

BY Melanie

This is the last in this series based around First Person Plural's 'Supporting Day'. The very word 'triggers' for some of us can have the body freezing and the brain feeling as though it is leaving to go to another planet. It is only very recently that I have been able to associate good triggers bringing up good memories. I think this is so common for those of us who live with complex dissociation. Having to shut down so much of the ordinary connection with the world to enable us to go shopping, go to work, drive safely, we automatically lose so many aspects of normality and for me it is only when I begin to experience something, probably for the first time, or at least the first time when I have the vocabulary to name it, that I begin to appreciate how much others take for granted, linked feelings, thoughts and perceptions we have never been experienced.

I found in the early days of trauma work so many things were triggering. Ordinary, everyday things like a smell of certain soap, a mannerism that I thought only one of the perpetrators made and now realise many people have very similar mannerisms. Cucumbers and carrots became very hard to peel, certain clothes, times of day the list was endless. In fact so many parts were near the surface at once that it made so many things difficult for at least some of them. I think so much of the early trauma work is trying to gain that split second before flight, fright or freeze take over so the whole becomes a reaction, to what at this stage is probably still unknown, disassociated from its source; this gained second allows us to start trying to ground the whole in the here and now. This can be terrifying, I use to stand there quivering like a terrified horse while I tried to send the message throughout, 'we are safe, it is a memory, try and not run away'. It really did not feel like that for many years. Gradually the past and present became more defined and although the triggers continued to affect us we learnt to differentiate between present, real and perceived danger.

At another level there are the objects that maybe used on a regular basis that triggers out the part who then deals with the impending situation, used in situ. I view these as triggers that are externally controlling situations through programming. The system is controlled by external programming that is internalised rather than an internally developed management system. They are deliberate not coincidental. Often they are the signal for all those who are not concerned with what is about to happen to go deep inside. Maybe this is one of the reasons that it seems to take a long time for the full picture to emerge and be accessible to work with. The depth to which most of the parts, including the external parts go prevents a leaking between parts taking dissociation to another level of profoundness. Often these items will be objects that are not uncommon in everyday life but are abused sending out a double connotation later in one's life probably when the amnesic barriers are no longer so impenetrable. An example is the use and misuse of a cross. I suspect this level of controlled triggering is often experienced with total amnesia making it very hard work in therapy. It would make total sense.

Deliberately planted triggers that I think are different from the misuse of objects are programmed ideas that may or may not be related to an item and are related to triggering out a certain behaviour or action. It can be a planted belief, I was told that they would always be able to see me whatever I was doing. I was in my fifties before this programmed belief surfaced and we were able to work through it

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and see it for what it was. I did not have a conscious knowing I was being watched, I lived in terror of something not known. When I was dealing with this memory I realised how hyper vigilant I had always been.

It can be an internalised trigger that is activated at a certain time or date that is known only to the part concerned and will carry out the programmed behaviour, possibly returning to a certain place or contacting someone. So many people find themselves back at a place where they used to be abused on a certain date every year without any conscious knowing that this will happen or why.

I have recently attended a weekend with Alison Miller on Mind Control. Alison is an amazing speaker and so sound in her work and beliefs. I found it very hard at times to grasp what she was saying; at other times it all slotted into place and made total sense. I am trying to make sense of what I know from my own experience, have heard from other people and what I heard during this weekend. Alison talked about really complex mind control that was strategically planned, premeditated and callously delivered. A lot was very hard to hear, she describes the therapy with this level of Mind Control like accessing the internal filing cabinet and being quite directive.

I think understanding at a theoretical level can help those who support us not to be frightened of what we are saying and our behaviour. The individuality of everyone's own triggers I feel needs dealing with in therapy but a basic understanding as to possible generic causes and obvious effects enables others to stay grounded offering us the best possible chance of them helping us to break through the terror and do a reality check.

The training sessions FPP is doing with helplines is naturally evolving around developing a basic understanding of DID, why we have used this coping skill and how it develops. I appreciate this is a 'fascinating' subject but it is important to move onto the skills they need to help a caller become less anxious, hopefully grounded. At a recent session the organisation's supervisor said, "You mean we take it back to basics, we listen, stay engaged and respond to what is being said, not worry about switching and trying to hang onto what each part is saying, if we do that it makes it so much less frightening and it feels possible". She totally got it. We also stress that during a supporting phone call is not the time to try and work out what has caused the present distress, chaos, we spend a lot of time sharing possible responses that are validating, calming but not probing or leading. We encourage the volunteer to try and get the different parts to look at and engage with what has helped them in the past to ground them, of course using appropriate age related terminology. A feeling of working together to try and resolve the situation can be empowering and I think helps to keep it safe as there is no way a volunteer can know what may cause more distress and be a negative intervention with someone who is DID. If the volunteer is experiencing high levels of anxiety because of the complexity of the call they will become paralysed and unable to be effective in helping us.

I do hope the series has aspects that are helpful, they are in no way a definitive solution, more a sharing of ideas and experience. Do please contribute to them through the newsletter, a wider approach gained from others is so important and very much what FPP is about.

Supposing I...



By Lily

*Supposing I'm acting, suppose that I'm mad,
Twisted and crazy, or hopeless and bad...
Perhaps I am lying, and what if that's so?
If I'm good at pretending, then how will you know?*

*Can I trust you to see what is false, what is true?
And I can't believe me, so why put hope in you?
That you'll be there to guide me, and help me be strong...
I think that I'm right, but then what if I'm wrong?*

*And what if they're right, and he really was good
And kind, warm, and funny, and I've misunderstood?
And what if that child whose "truth" I've denied
Is a liar, a mad thing, best silenced inside?*

*Why should I trust her? She's not safe, she's not calm,
She fills me with fear, and she bleeds from my arm
I can't bear to see her, she's hurting too much
So I silence her screams as I shrink from her touch*

*I hate her with passion because she was hurt,
Little and helpless, a temptress, a flirt
I hate her with strength no words could express,
Hate that sweet pretty face and the little pink dress.*

*A vulnerable female, just right to abuse.
Love was the gain, but what did she lose?
Safety and happiness, a sense of what's real,
Innocent trust, being able to feel...*

*Except for the fear, the terror, the pain,
Running away just to feel it again
And again it repeats in her mind, in her heart*

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Ripping and rending and tearing apart.

*No escape and no healing, no motherly arms
To hold and keep safe and protect from these harms
Nowhere to hide, nowhere to go
No one to tell, 'cos who wants to know?*

*So she cuts and she bleeds, and she shows them she's hurt
But still no one listens, they treat her like dirt
Because NOTHING is wrong with her, grown-ups know best,
So nothing is asked and no secrets confessed*

*Then many years later the secrets burst out
Not wanted, not planned, full of fear, full of doubt,
It couldn't have happened, it cannot be real
She's a liar, a mad thing, beginning to feel...*

*And again as she bleeds and asks herself why
And thinks she's gone mad, she makes herself try
To listen and make sense of the voice of her past
And finds too that someone else listens at last.*

*So I'm screaming inside, "please don't listen to me!
What if you believe me, then where will I be?
Please don't trust me, don't listen, the story's not true!
No one listened before, so why should it be you?"*

*"I'm so scared and so frightened, is it worse I should be
Twisted and crazy, or truthful and free?
Is it worse you believe me, or worse that you doubt?
That I'm upright and honest, or that you find me out?"*

*One voice cries "believe me! truth begs to be known!"
The other cries "Silence! Just leave me alone!"
And I want truth to win, and the coin has been tossed
But whichever side's chosen, I know that I've lost*

Forum Update

As some of you will be aware, unfortunately we have been having problems with the Members Only mutual support forums on the First Person Plural website. You may be aware that over the past few days the forums have not been accessible and in fact the whole site crashed. We have been working with our host service to fix this problem and the site is now open again. However, regrettably in order to get the site back online the forums have had to be removed. This is because it was the excessive spamming on the forums that the site crashed, and we haven't been able to find a permanent solution to prevent further spamming.

Please be assured this is simply a technical problem, and is nothing to do with any users of the forum.

We have been advised by our hosting service that to protect the site as a whole we will have to set up our forums from scratch at another online location and link to it from the site, rather than have the forums integral to the site. This will take some time for us to achieve. I'm not sure how long as it involves researching options and learning a new system to set the new forums up.

I am sorry, particularly to those of you who used the forums regularly, but we will not be able to provide a forum service until we can set up the new forums elsewhere. In the meantime, if you wish to be in touch with other DID survivors online you might like to try Mosaic Minds <http://www.mosaicminds.org/forums/> This is an American site but it does have similar community rules to the FPP forums and is well moderated.

Kind regards,

Kathryn Livingston, Voluntary Co-ordinator,