



The Official

TwoSoulsOneBod

FAQ + Timeline



See proof of our DiD diagnosis on our YouTube below, for those that still check here!

📺 Our Dissociative Identity Disorder Diagnosis and Apology - A DiD Journey

Hi everyone! It's us, Jessie and James! Thank you all for being patient with us while we took a mental health break to spend time with our family and assess our situation and safety. It's been a hard two months, but we're doing so much better mentally and physically.

In February with our family's financial help we saw a psychiatrist and we were diagnosed with Dissociative Identity Disorder (DiD). In total we have been diagnosed with DiD, PTSD, ADHD, ASD, and GAD. Our family supports our diagnosis.

We both are now medically confirmed to exist as individuals and are capable of rapidly switching back and forth. We are also valid members of the DiD community and we are what real DiD looks like, along with all the other diverse members of this community! :) We are valid, **and so are you!**

We would like to at some point share what we've learned these past few months. Over the last two months we have improved our switching even further and have started to develop more complex and faster switching techniques. On our own we were able to further confirm that we can see our brain functioning by comparing previous documentation we mapped out with studies on how the brain encodes information.

We've also spent our downtime working on producing our music and one of our songs has turned into a real banger. Well, at least we think so! We're hoping to release our music in the near future. A cool trick we've learned is one person plays the guitar while the other person sings. This means we are now officially a band and we need a wicked, sick, radical, awesome, twisted band name like "The Lost Souls," "Pines and Roses," or "Team Rock it!" We'd love to hear your suggestions!

All we wanted from the very beginning was to share our life experiences with others, create art, entertain people, spread awareness of DiD, and hopefully encourage more research and studies. Most importantly, this community still needs more specialized doctors and therapists; we need to inspire young medical professionals to explore DiD to attain more advancements in our community.

Thank you to everyone who believed in us and a HUGE thank you to our family who helped us through this difficult time in our lives.
Remember. You. Are. Valid. :) We'll keep you updated!!

Love,
Jessie & James
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