

A document to help you and your system for when you are blurry and need help figuring out who you are. Ask yourself some of the following questions and see if it matches anyone in the system.

- Age range. Little, middle, teenager or adult works if you're not sure about a number.
- Pronouns, genre of terms you use (andro, masc, fem).
- Sexuality. Are you attracted to girls/women, boys/men, non-binary people?
- Color of hair, eyes, skin, etc. If you're able to guess any of these, it can narrow it down quite a lot depending on the system.
- Do you have any typically non-human physical characteristics? Such as horns, sharp teeth, wings, tail(s), claws, more or less than two eyes?
- Do you feel connected with the idea of being a human? Do you feel connected with any specific species?
- Your favorite color?
- Your favorite (type of) food?
- Your favorite animal?
- Your favorite fictional character(s)?
- Your favorite song/show/movie?
- What's your favorite genre of music?
- Do you have any hobbies, interests, or hyperfixations/special interests?
- What do you do/would like to do in your free time?
- What color would you main in Among Us?
- What element would you bend? (ATLA)
- What Hogwarts house would you be in?
- Are you non-verbal?
- If applicable, do you have feelings for anyone that alters in your system are dating/have feelings for?

Make sure to take deep breaths (in for four seconds, hold it for four, out for four) and ground if you need. You're safe, it is completely normal to feel dissociated and/or blurry at times when you're part of a system. You can take your time, there's no rush.

If you need some help grounding, try listing five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste. If your system cannot do one of these, you can either skip to the next one or add the amount of items to another sense (e.g: if you're deaf, try listing more things you can see or touch). If you can, wash your face and hands/wrists with some cold water, temperature helps with grounding.

I hope this is helpful. Remember you're loved and cared about, and you can take your time to unblur. /genuine

— 0313 from the Kalmia Riot! System.