Basics

Dissociation: *An internal disconnect between outer reality and inner (mind) reality; Symptoms include: slow/fuzzy/disjoined/nonsensical thoughts, feeling disconnected to one's body or surroundings, not recognizing oneself in the mirror, derealization/depersonalization.*

Derealization: *The dissociative sensation of feeling like oneself isn't real.*

Depersonalization: *The dissociative sensation of feeling like the world around oneself isn't real.*

System: *A collection of alters residing within one body.*

Alter: *Alternate State of Conciousness/Identity. The fragmented selves/people that reside within a system.*

MPD: *Multiple Personality Disorder. The outdated and stigmatized term for DID.*

Polyfragmented: *Refers to a complex system that splits easily, has a large/complex innerworld, has multiple subsystems, more fragmented alters, and a large headcount.*

DID: *Dissociative Identity Disorder. A dissociative disorder developed during the ages of 6-9 due to repeated childhood trauma, characterized by the presence of 2 or more distinct alters that are separated by dissociative amnesia walls.*

OSDD: *Otherwise Specified Dissociative Disorder. A catch-all diagnosis for dissociative disorders that don't fall within the criteria of the main dissociative disorders.*

OSDD 1A: *A subdiagnosis of OSDD similar to DID. The alters present are indistinct/fragments, (ex: an older version of the body, a younger version of the body, an alter who only does the dishes, etc) but there is still the presence of dissociative amnesia between parts. Developed between the ages of 6-9 due to repeated childhood trauma.*

OSDD 1B: *A subdiagnosis of OSDD similar to DID. The alters present are distinct, but there is incomplete or lack of dissociative amnesia between parts. Developed between the ages of 6-9 due to repeated childhood trauma.*

Singlet: *A person who has not developed a system, and thus is the only consciousness/identity state within their body/mind.*

Fronting: *The alter (or alters) in control of the body.*

Cofronting: *Multiple alters fronting at the same time, to varying degrees.*

Cocon/Coconscious: *An alter (or multiple) who is close to the front, and thus is aware of the outerworld and what is happening up front, but has no direct control over the body.*

Passive Influence: *Refers to (often accidental) "intrusions" from another alter (or multiple) who isn't close to the front. This may come in the form of disowned thoughts, memories, emotions, urges, actions, skills, preferences, etc.*

Innerworld/Headspace/Mindscape: *A world within the mind wherein alters reside and interact with each other when they aren't fronting. Can take the form of anything, from a cozy little house to whole galaxies, with varying degrees of detail from system to system.*

Outerworld: *The "real" world, where the body resides.*

Split: *To split is to form a new alter due to additional stress/trauma. A split refers to the new alter.*

Headmate: *Referring to another alter within the same system.*

Subsystem: *A system within a system. Refers to multiple alters presenting as one alter, as if that alter is a system, themselves.*

Subgroup: *Refers to a specific group of alters with a similar purpose or identity to one another, often with a link or bond or lowered amnesia barriers between each other.*

Sidesystem: *A secondary system, or group of alters, within the same body. Often separated from the "main system" or other sidesystems through dissociative barriers, different areas of the headspace, or both. Exclusive to RAMCOA Systems.*

Layer: *A group of alters distinguished by system awareness; similar to sidesystems but more “vertical” or overlapping with each other.*

Switch: *Refers to the act of changing who is currently in front. Can be slow, rapid, planned, triggered, consensual, or forced.*

Switchy: *A sensation where one feels an oncoming switch prior to such. May or may not be accompanied by dissociation.*

Integration: *May refer to the lowering of amnesia walls and the growth of communication between parts; May refer to the merging of two or more alters to form a new alter, or the merging of one or more alters with the collective consciousness.*

Fusion: *Refers to the merging of two or more alters to form a new alter, or the merging of one or more alters with the collective consciousness.*

Dormancy: *One or more alters going inactive for a prolonged period of time (typically weeks to years).*

Resplit: *Wherein an alter who previously fused/integrated splits into existence again due to additional stress/trauma. The resplit alter may present in a similar form as they did before, although some changes to their form is a common experience. The resplit alter may or may not remember their previous existence and experiences within the system.*

Faceclaim: *An image that an alter claims as similar to what they look like in the innerworld.*

Voiceclaim: *A sound or voice that an alter claims as similar to what they sound like in the innerworld.*

Pluralkit/Tupperbox (Pk/Tupper): *Discord proxy bots designed to allow alters to talk as themselves on the app.*

Simply Plural (SP): *An app designed to allow systems to log switches and organize alters into folders/subfolders, among other things.*

Alters

ISH: *Internal Self-Helper. An alter who holds vast amounts of knowledge about the system, alters, trauma, and/or internal workings.*

Gatekeeper: *An ISH whose role is to control the front, switches, access to certain areas of the innerworld, or access to certain alters or memories.*

Age Regressor: *A person (singlet or alter) who regresses mentally/emotionally in age, typically to the age of a child, either on purpose or not. Typically regression is used to cope with stress or trauma, and it's seen as an age range separate from the typical age of the regressor. (Ex: Bodily 18, little age 3-6)*

Age Slider: *An alter whose age changes on one range from day to day, moment to moment. (Ex: An alter has an age range of 5-15; they may be 5 one day and 13 the next and 8 the next and then later that day be 12) Similar to age regression but seen as one age range as opposed to two.*

Caregiver: *An alter who looks after alters within the system, typically the littles.*

Caretaker: *An alter who takes care of the body, body's children/pets, household chores, and any daily outerworld activities other alters may be unable to perform.*

Fragment: *An alter that is indistinct; not fully formed; or represents a single function, memory, emotion, or idea.*

Introject: *An alter based off of an outside source, be they fictional or irl. An introject may or may not identify with their source, or have pseudomemories from their source life.*

Sourcemate: *An introject who originates from the same source material. (Ex: Golden Freddy and Foxy are sourcemates)*

Double: *An introject based off of the same source. (Ex: two Golden Freddys are doubles of each other)*

Fictive: *An introject based off of a fictional source. (Ex: Foxy from FNAF or Katara from ATLA)*

Factive: *An introject based off of an irl source. (Ex: The body's sibling, or childhood pet)*

Big: *A term for physically adult alters, aged 18 or older.*

Middle: *A term for physically adolescent alters, aged 13-18.*

Little: *A term for physically child alters, aged 0-13.*

ANP: *Apparently Normal Part. An alter who doesn't hold any trauma.*

EP/TH: *Emotional Part/Trauma Holder. An alter who holds trauma, either subconsciously or through conscious memory.*

Host: *The alter(s) who fronts the most often and does most of the daily living. Systems may have one host, multiple hosts, (can be equally shared, or with primary host(s) and secondary cohost(s)) or no hosts. Hosts tend to be permanent or semi-permanent, official or unofficial, and some systems may change hosts frequently, occasionally, or not at all.*

Persecutor: *A misguided protector/trauma holder who uses harmful coping/defense mechanisms.*

Protector: *An alter who protects the system, internally or externally, from emotional, physical, spiritual, sexual, or social harm.*

Avenger: *A more aggressive/assertive protector; could be considered an outward persecutor (perpetrator/prosecutor) by some.*

Nonhuman: *An alter who presents in the innerworld as any nonhuman entity.*

Symptom Holder: *An alter who holds a majority (or significant amount) of a particular symptom that other headmates cannot handle. Examples include pain holders, mania/depression holders, tic holders, hallucination/paranoia holders, etc.*

<u>Controversial Terms</u>

Core Theory: *The theory that systems are initially developed by splitting off of one original alter, known as the core. Conflicts with the Theory of Structural Dissociation.*

Theory of Structural Dissociation: *The theory that systems are initially developed due to an inability to integrate/fuse the ego states that initially make up a person's identity. Conflicts with Core Theory.*

Core: *The original alter in a system, according to Core Theory.*

Traumagenic: *A system originating from trauma.*

Endogenic: *A system not originating from trauma.*

Tulpa: *A willingly/purposefully-made alter.*

System Hopping: *Endogenics use this to mean an alter from one system hopping from their brain to another system's brain to live in their innerworld. Appropriated from RAMCOA systems who use the term to mean an alter traveling from one sidesystem to another within the same system.*

RAMCOA: *Ritual Abuse, Mind Control, and Organized Abuse. Do not research further without the supervision of a professional therapist/psychiatrist.*

<u>Glen's Terms</u>

Mixed Introject: *An introject based off of multiple sources. (Ex: Harley is a mixed introject of Harley Quinn (DC Universe) and V (V for Vendetta))*

Subhost: *The host(s) of a subsystem.*

Spinfix: A mixture of Special Interest and Hyperfixation, typically used when one has no clue which category the topic falls under, due to the overlap in both terms.

Spinfix Keeper: *An ISH who tracks, manages, and holds the system's spinfixes. Additionally, they may be in charge of managing system introjects.*

Major: *The opposite of a minor- an adult (bodily or not)*

Primary Dormancy: *Alters who went dormant for the first time; alters who went dormant before system discovery.*

Secondary Dormancy: *Alters who went dormant again after the first time; alters who went dormant after system discovery.*

Debut: *The first time an alter fronts after formation or after awakening from dormancy.*

Internal Blackouts/Amnesia: *Blackout amnesia exclusive to the innerworld or system awareness. Has nothing to do with outerworld affairs or daily life. Can occur due to subsystems/sidesystems/layers that don't have access to each other, innerworld trauma, or other causes.*
