

CW for allusions to self-harm and suicide attempts, and descriptions of suicidal thoughts (which will be placed under spoiler marks for optional viewing):

1. 00:19 - DD states that they were first diagnosed in 2017. Other content this has been mentioned in is "[HATE. DRAWING THE LINE. | Jade | Dissociative Identity Disorder](#)" (4:29); "[5 DID YouTubers in One Room!](#)" (14:08); and "[System Pride Day 2020 UNCUT EDITION](#)" (2:48)
2. DD also mentions having seen multiple specialists in the time since their first diagnosis. In 2020, they stated they had only referred to seeing a single specialist for three years ("System Pride Day", 7:20), however it's possible that they have seen multiple since then.
3. 01:18 - DD begins the story of a therapist they saw regularly between December 2015 and mid-2016 who they refer to as "L"(?); they were seeing L while simultaneously receiving care from a separate clinic. Through the clinic, they were diagnosed with BPD, medicated, and provided with DBT group therapy (group therapy is also mentioned in [page 45](#) of the TOI Magazine December/January 2019 issue that they are featured in).
4. 01:47 - According to DD, L is the first professional who suggested the possibility of DID. This appears to be the "first therapist" they have referred to in "[Dissociative Identity Disorder - The Basics of DID!](#)" (1:25); TOI Magazine Dec/Jan 2019, also page 45 (see point 3); and "[Sofa Chats with Chloe and Nan! Faking. Switching. Parents thoughts?](#)" (4:24, CW for TP). This therapist was first mentioned in one of DD's earliest videos, "[How I Found Out I Have Dissociative Identity Disorder... | Q&A 2](#)" (3:28). DD mentions that L considered psychosis before DID. **It should also be noted** that, while L is the first person in a *professional capacity* to explain DID, DD has previously recalled that they had heard of it in a documentary on YouTube that they saw when they were around 15/16 (see "Sofa Chats", 3:25).
5. From "Q&A 2" (see point 4):

"After months and months and months and months, I was seeing this therapist, and she said, 'Based on the fact that you lose time, the fact that you're very dissociated, that you have very differing opinions in your head, and that I've met people who say you don't respond to your name and seem very different from you— have you ever heard of multiple personality disorder?'

And I said, 'Yeah! I know what that is!'

And she said, 'It's dissociative identity disorder.'

That was the first time I was told that I have DID."
6. 02:31 - As in "Sofa Chats", DD states that they "burst out laughing in her face" upon learning what DID is. DD also mentions rejecting the notion of DID in their TOI magazine article (see point 3).
7. 02:41 - To explain why they would remember this, Kya briefly retells the story of how Chloe and Nina fused into Nin, who then fused with Kyle to identify as Kya today. They recall how forceful their laugh felt, stating, "...looking back, I know that that wasn't *fully*

Chloe's reaction". They insisted to L that there was "no way" they had DID, as Chloe was completely unaware of anything that was happening internally. After this revelation, DD says, another alter took control and ensured that they stopped attending therapy with L; they reasoned to L that they were occupied with exams, and simply did not have time to continue pursuing sessions. As DD says in "Q&A 2" (see point 4): "Maybe if I stopped talking about it, and stopped thinking about it, it would go away."

8. 03:29 - DD discusses Chloe's awareness of these events fluctuating, as gatekeepers and protectors apparently withheld the memory of ending communication with L in an attempt to "avoid seeking further help from somebody who might reduce that amnesia and let the host know, *you actually have DID*". According to DD, they were only aware of the memory when it was "absolutely necessary" for them to remember (e.g., in conversation with others who were also aware of the event, like the people who paid for their therapy).

DD claims this occurrence is an example of how gatekeepers function in DID and how they are capable of allowing, denying, and revoking access to memories.

9. 04:25 - After ceasing therapy with L, DD claims their mental health continued to decline: in the months before they began attending university, they saw an increase of self-harm and suicide attempts, some of which left them hospitalized.
10. 04:43 - DD shares [an email](#) allegedly from L that was sent to their university's admissions department. The email reads:

To Whom it may Concern

Re: Miss Chloe Wilkinson - Extenuating Circumstances

The following information is being released upon the request of Miss Chloe Wilkinson and with her full permission.

Chloe has been undergoing therapy with myself since December 2015. She has also had psychiatric support via the [REDACTED] clinic in [REDACTED] where she was prescribed the appropriate medication for her condition.

I haven't seen Chloe for a few months as she wanted to focus on her exams. Such was my concern for her wellbeing that I recently had a conversation with her parents, emphasising the importance of her continuing to receive some kind of psychiatric support/monitoring from one source or another.

This was an unusual intervention on my part but I felt it necessary as Chloe's mental health is still extremely fragile and she is prone to serious suicidal thoughts. Stress and anxiety exasperate this tendency and I felt very concerned that the pressure of the exams would lead to a deterioration in her mental state and place her at high risk. Unfortunately, having communicated with Chloe, it would appear that my prediction was correct.

Chloe suffers from depression, anxiety and a dissociative disorder which varies in intensity depending on her circumstances, but always present. The combination of the exams and [REDACTED] proved to be too much. These combined factors led to her experiencing a major episode which was extremely distressing and very difficult to deal with.

The positive outcome is however that it has allowed Chloe to recognise that she needs to continue with therapy, which she intends to do.

11. 04:54 - DD claims that, at this point in time, they began to experience Non-Epileptic Seizures. Specifically, they say, "Although we didn't know what was causing it at the time, alters like Gregory taking front, having flashbacks, and reliving trauma while Chloe was experiencing amnesia and denial resulted in 'fits', which we now know is NES, or Non-Epileptic Seizures."

DD proceeds to reference a description of dissociative seizures from the [Mind website](#), as well as read from a page about NES from [Epilepsy Society](#).

12. 05:53 - DD states that they've received referrals from their GP for future neurological exams to find out "exactly what is going on", and are currently on a waiting list. They say that these seizures have been witnessed by family, friends, paramedics, and GP nurses; and that the onset of the seizures occurred shortly after L suggested DID, "and the system was working overtime to try and bury that".

According to DD, the seizures continued into their time at university, increasing in severity as "the system turned inwards on itself": some alters wanted to be known and communicate, whereas others did not. This led to some kind of internal conflict, exacerbating preexisting symptoms.

13. 06:35 - Before attending university, DD decided to attempt therapy again, although there was not much time before they were going to move for school. This new therapist was unaware of DID. Jade wanted to introduce the system to DID and subsequent treatment slowly and safely, and so posed as Chloe during an introductory session with the therapist to explain L's previous potential diagnosis. According to DD: "She wasn't looking for a fix, she was just looking for control to keep us alive through the crisis." This is the therapist that DD referred to in "[\(3/3\) CHLOE INTEGRATED. MEET NIN! | Dissociative Identity Disorder](#)" (43:57, link directly skips to time. **NOTE: In the linked video, Nin backtracks while telling this story, stating that they saw this therapist before their *second* attempt at attending university, in which they were not allowed back in**). In today's video, DD explains that they only attended three sessions, explaining:

"She researched DID on her own time and came back with resources for us, like printouts from [PODS](#) (the former name of Carolyn Spring's blog, featuring articles about DID, trauma, and treatment), which is a charity called 'Positive Outcomes for

Dissociative Survivors'. Chloe remembered very little of this and very little of what was discussed in these three sessions, but she was accepting of the fact that we could have a dissociative disorder, just not dissociative **identity** disorder. However, in our *third* session, art supplies were laid out for us. A little fronted in the session and drew a picture of herself, along with writing down a name. When Chloe fronted again, she reacted very badly, she panicked completely, and denial and amnesia came down so *fast* and so intensely, like a wall. For a few years, she actually forgot that we saw this therapist at all. For a few years, she actually forgot that we saw this therapist at all. There have been times as well over the last few years that even I've forgot, even though I'm fine with that now, I'm very aware that we have DID! Because it caused such stress and was traumatic and frightening for Chloe, that makes sense. As I am not in role of the host, sometimes memories get jiggled around and it can be a little bit... *unpredictable*. Unsurprisingly, after this therapist, going into complete denial, and having amnesia come down very strongly; and other members in the system pushing her away from this information and pushing her away from wanting to go back, we did not return to that therapist, and we then went to university."

14. 08:45 - At the time, DD claims they were convinced that everything would change when they went to university and essentially got a fresh start. They discuss this as well in their TOI issue on page 45 (see point 3). They felt independence was the solution to all of the symptoms they struggled with, getting out of the small town they'd lived in all of their life and experiencing new things. DD suggests they can discuss their thought process behind this and its repercussions in another video.
15. 09:14 - DD's system no longer had to protect themselves or react in the same way they had been to their abusers, because attending university meant no longer having to hide from them. This confused alters, because they had no longer fit into their idea of roles; and despite having access to more autonomy , they were unsure of what to do that wasn't their "jobs".

The first month of university was "fine", however afterwards DD began to lose full days of time, unaware of where they had been or who they had been with. They missed meetings and appointments; they had been trying to set up appointments with various therapists, alluding to a time when they had been on the bus for a therapy appointment, lost time, and then found themselves walking around town hours later. Investigating their emails and calls, they found that they had not actually attending the appointment. This is also discussed in their TOI magazine profile, page 45 (see point 3). DD also touches on their time at university in "Q&A 2" (see point 4; time marker 4:46).

16. 11:11 - DD begins to expound on the darkest part of their time at university; they were finding [notes on their mirror](#) ("You are STRONG"), knives, makeshift nooses, and broken shower curtain rails in their bathroom. They also found sharp objects hidden in drawers and under their bed, as well as items they didn't remember buying, such as alcohol and toys.
17. 11:26 - DD describes occasions where they would find themselves coming to in a room surrounded by friends, specifically referring to one instance where a friend of theirs

started recording DD "speaking in a childlike voice, very, very distressed"; apparently, a child alter did not understand where they were and was scared because they expected to be in their childhood bedroom. Things like this happened to DD on a daily basis, if not multiple times a day. Other experiences include going fully catatonic and unable to be roused by friends, further suicide attempts, and an increase in fainting and panic attacks. In "Q&A 2" (see point 4, time marker 6:05), DD has previously claimed that their inability to regularly attend classes, along with their declining mental health, led to the university warning them of potential expulsion if their record did not improve, apparently explaining that DD was "not fit to study". They claimed in 2018 that this only worsened things: they attempted suicide three more times, their grandfather passed away, their partner broke up with them, and the university had "officially" kicked them out. **(Note: They were still reportedly a student as late as April 2017, when the student paper published an article on their crowdfunding page for their treatment.)** All of this culminated in the incident that occurred at the end of 2016.

18. 13:15 - DD then begins to describe their suicide attempt from December of 2016 in the woods *near the lake* of their university campus: they were reported missing by the police, and were the subject of a search by emergency services. A lot of people, including emergency services, assumed that DD had drowned in the lake and sent boats out to search as well. They were found and [hospitalized](#). DD also discusses this in "Q&A 2" (see point 4, time marker 6:57). In "Q&A 2", they claim that the attempt and hospitalization prompted them to find out more about DID, so they began joining and interacting with support groups online, as well as researching both the disorder and specialists who could treat them.
19. 13:57 - On February 1st, DD was taken to the Pottergate Center, which was located in the same town. They estimate that assessments took around 5 hours, and claim that it took most of the day. DD specifies that the assessment used was not for DID so much as a dissociative disorder in general. They also state that they underwent [multiple evaluations](#), including the [DES](#), the [SDQ-20](#), the [A-DES](#), the [SCID-D](#); as well as an interview. Throughout this evaluation, notes were also made regarding DD's [body language and behavior](#). Some months after this assessment, they received the [primary diagnosis of DID](#); more specifically, they received [responses](#) in [March](#) and June. In April of 2017, DD's [school newspaper](#) reported that DD was crowdfunding for treatment for DID.
20. 17:30 - DD claims that a psychiatrist through NHS diagnosed them with DID again some years later while they were in an inpatient facility.
21. 17:45 - "The main takeaway points from this video **should be**: not everybody discovers their DID in therapy. Some people figure it out outside of therapy. If you are looking for starting your journey to diagnosis and trying to figure out if maybe this is right for you, or you are a loved one and your loved one is searching for this, be aware that it may be extremely— *maybe*, not *definitely will be*, *maybe!*— extremely dysregulating for that system. Be prepared to support them; be prepared for amnesia; be prepared for frustration, confusion... and be careful.

If you have a patient that you suspect to have DID and try to tell them, be aware that some of the system may try to sabotage the host becoming aware of that; that could be things like pretending there's technical issues and hanging up the phone, not returning to therapy, or just the host having complete amnesia about you giving any of this information. We know this from, obviously, our own experiences; but also, we are in a very unique position to be able to see and interact with not only a lot of professionals—because of the work that we do— but also a lot of systems themselves, and researchers who are in the community.

Also, please note that there is no **shame** in believing that you have DID, and then finding out that either you're given the wrong diagnosis; or more information has come to light that steers you in another direction. If you do get a diagnosis of DID, know that it is not the end of the world. Yes, the road ahead will be difficult, but it's always been difficult. This is just a new type of challenge. You *will* be okay, there are people who can help guide you through it— there *are* professionals out here who **are** worth their weight in gold; and there are communities that you can find support in."

22. 19:26 - "Channels like ours raising awareness of DID, de-stigmatizing DID, and making it palatable and easy to understand for systems and people who **aren't** systems may also be helpful, so have a look at what media there is out there; be careful what you consume and make sure that you're not taking your advice **only from random people on the internet**. Listen to your professionals, and also make sure they're good ones, reputable. Using a healthy mix of both is a good idea, and **making your own decisions, not blindly following what somebody else is telling you**, because at the end of the day, it is *your responsibility* to make sure that you are educated, that you are listening to yourself and your own system; because every system is unique. What may work for one system may not work for your system. Staying aware and in tune and in touch with yourself is very important as much as you can.

If you need advice and you're looking for ways to improve communication with your alters, for example, we have various videos about that: one on internal communication methods, one on external communication methods, one on the "buddy system" method. We have lots of advice on the channel, so we **would** recommend you going and having a look at what videos we do have. We also have educational videos that are primarily for providing access to information which has been created by professionals."

23. 20:38 - At this point, DD continues to advertise their channel to viewers; they mention that they try their best to be thorough, but they stress again that they are *patients*, not professionals, and they are just doing their best to make a positive difference in the world, and do what they wished they had access to when they were starting their journey. They advertise their crowdfunder fundraiser, as well as the video they published explaining why they're in court, and then encourage people to share this video. They give more words of encouragement to viewers before the outro, and the video comes to an end.