

Dissociative Intimacy:

Navigating boundaries when there's more than one of you.

Micah/Crafting/"The Stitches"

Intro

Micah:

- Dx'd dissociative identity disorder, complex-PTSD
- DeafDisabled person with deep history of trauma, various relationship styles, and involvement in different aspects of kink.
- Currently working a couple of jobs (including Starbucks unionization)

Housekeeping

- ASL interpreters are present
 - Mainly for when the moderators or the audience are speaking.
 - Please indicate if you would like an ASL interpreter onscreen for when Micah is speaking as well.
 - Extra time/clarification may be needed for language access
- Write your questions in the chatbox!
 - Happy to read aloud your comments as well.
- Agenda
 - Overview of terminology that might be used, and then slightly-guided discussions!
 - Examples of how plurality might look in relationships/dynamics
 - What is system accountability?
 - Incidents, aftercare/followup, renegotiation

Terminology

1 | Alters

Alternative identities, within a system.

Often referred to as headmates, parts, etc.

Various ways that they can be formed, all systems welcome here.

2 | Singlets

People who are not a part of a system, that have one singular identity.

May also be referred to as non-alter people.

3 | Fronting

The action of an alter being present in the body

Can be several alters at once, can be one alter.

May happen by being triggered, or by switching (changing who is fronting)

System accountability.

- What's your understanding of this concept, before we discuss this further?
- Why is this important in regards to negotiations and relationships?
 - External consent to each alter being involved
 - What does it look like in action, when boundaries are crossed?

Practicalities of relationships & one-time events

- Examples of how this may look in dynamics, as well as more “vanilla” relationships
 - Relationship with only part of the system vs the entire system
 - Caregiver type role to some younger alters vs age-regression scene with other alters
- Disclosure
 - Sharing knowledge of triggers (for emotional activation and/or fronting)
- Day-to-Day aspects
 - Forgetfulness
 - “Rough days” needing more care

Oh crap, something happened. What now?

- Safety planning
 - Beforehand: contracts, conversations, reminders
 - In the moment: checkpoints, safewords
- Aftercare/followup
 - What are some strategies you already use?
 - What are some ways internal communication has changed as the result of experiencing scenes?
- Renegotiation
 - What are some ways in which you have revisited boundaries?
 - *Incidents happening, doesn't mean you're a bad person. It just means more vulnerability has become apparent that needs more tender care.*

How're we feeling

Goals, curiosity, ideas!

