

2019: Diary Entry 8

12th February

Hello everyone, and a (very late) happy new year, its been quite a long time since any of us last posted. There has been a lot of things happening and changing the last few months so none of us have really had much time to write a substantial entry. There have been ups and downs but thankfully quite a lot more positives than negatives. We have made it through the tough situations quicker and with less sadness and stress than we would have used to. We actually managed to turn most of the stress we would usually feel into energy and motivation to make positive changes in our life, and we have.

A big problem we all faced, but especially Dan, was a feeling of uselessness and having no purpose. Although we still struggle with this a big change we have made to combat these negative thoughts is that we have got a part time job! This is something we didn't really believe would be possible. When Dan first found out he had DID he was quite disheartened. He felt it would stop him from having a happy life and doing "normal" things. He felt like it was pretty much his future being written off. Quite the opposite!

Now that we all understand more about DID and attend therapy and treatment, and more importantly, the RIGHT therapy and treatment, we are growing in ways we never knew we could and overcoming obstacles previously too large for us to even think of conquering. Its a good feeling!

I will try and remind Dan and our other team members (alters) to keep posting more often! Take care, and thank you for reading.

Written collaboratively by:
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