CLÍNICA VIVALDI · FREE SHEET · DISSOCIATIVE

Dissociative identity disorder

Presence of two or more distinct identity states, with memory gaps in daily life. It is usually associated with severe and repeated childhood trauma.

COMMON SIGNS

- Significant memory gaps
- Feeling there are different parts of oneself
- Sudden changes in behaviour

TIPS FOR YOU

1. Seek specialist trauma therapy
2. Stabilisation is the first step
3. Keep a record to help you remember

FOR FAMILY AND FRIENDS

1. Listen without judging or questioning what they experience
2. Support them in seeking specialist trauma therapy

WHEN TO ASK FOR HELP

1. If there is risky behaviour or self-harm: 024
2. If the gaps put you in danger

TO OBSERVE AND NOTE DOWN

☐ I have memory gaps for things I have done
☐ I find things I don't remember buying
☐ I feel there are different parts inside me
☐ Others tell me I have done things I don't remember
☐ Sometimes I feel as if I were another person
☐ My personality changes abruptly
☐ I have a history of severe trauma
☐ These experiences scare or confuse me

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-identidad-disociativo
- Free guide: Trauma and post-traumatic stress: clinicavivaldi.com/en/guia-trauma
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112