DID Reflection Paper

My knowledge of Dissociative Identity Disorder was minimal before I learned some more about it. I had heard about the disorder in movies or shows, like *Split* (2016), for example. I've also seen *Hide and Seek* (2005), which is a thriller/horror, in which (spoiler alert) the movie's psycho killer is actually a personality of the devoted father. Both films' portrayal of DID is dramatized, of course, instead of providing a realistic picture of how it affects real people. I can't deny I'd been a little skeptical about the disorder when I heard about it before. I've never had anyone in my life affected by DID, so it was strange to wrap my head around. I couldn't understand how someone could separate their consciousness somehow and be unaware of it. But, after learning that it's a response and coping mechanism for dealing with trauma, it makes a lot of sense. It makes sense how people's minds can take over like this to deal with the phenomenal amount of stress.

So with that, my understanding of DID changed for the better. I didn't know that people develop DID due to severe child abuse and that the disorder is an emotional escape. It also surprised me that people with DID only develop it during their early years, not adulthood. Another surprise is how many personas some people can have: as many as 100.

If someone asked me what I knew about DID, I could say that it's more complicated than even experts know. I can understand how someone might not believe that DID is legitimate; it sounds pretty wild. But, I would tell them what I learned: that it's developed due to severe childhood trauma as a coping mechanism. That's how I understand the disorder better.

I wonder how long it takes to therapize people with DID until their disorder is gone or reduced in intensity. Does it actually go away completely? I know they don't usually know they have it, but I wonder if people and those around them can somehow live their whole lives without knowing they have the disorder. I had never heard this called Dissociative Identity Disorder before; I had only heard it called "multiple personality disorder." My thoughts about it are that, like many other mental illnesses, entertainment media loves to use these genuine mental disorders and romanticize them or make a horror movie out of them. I hope that changes.