

DID System Cards - Starter Guide

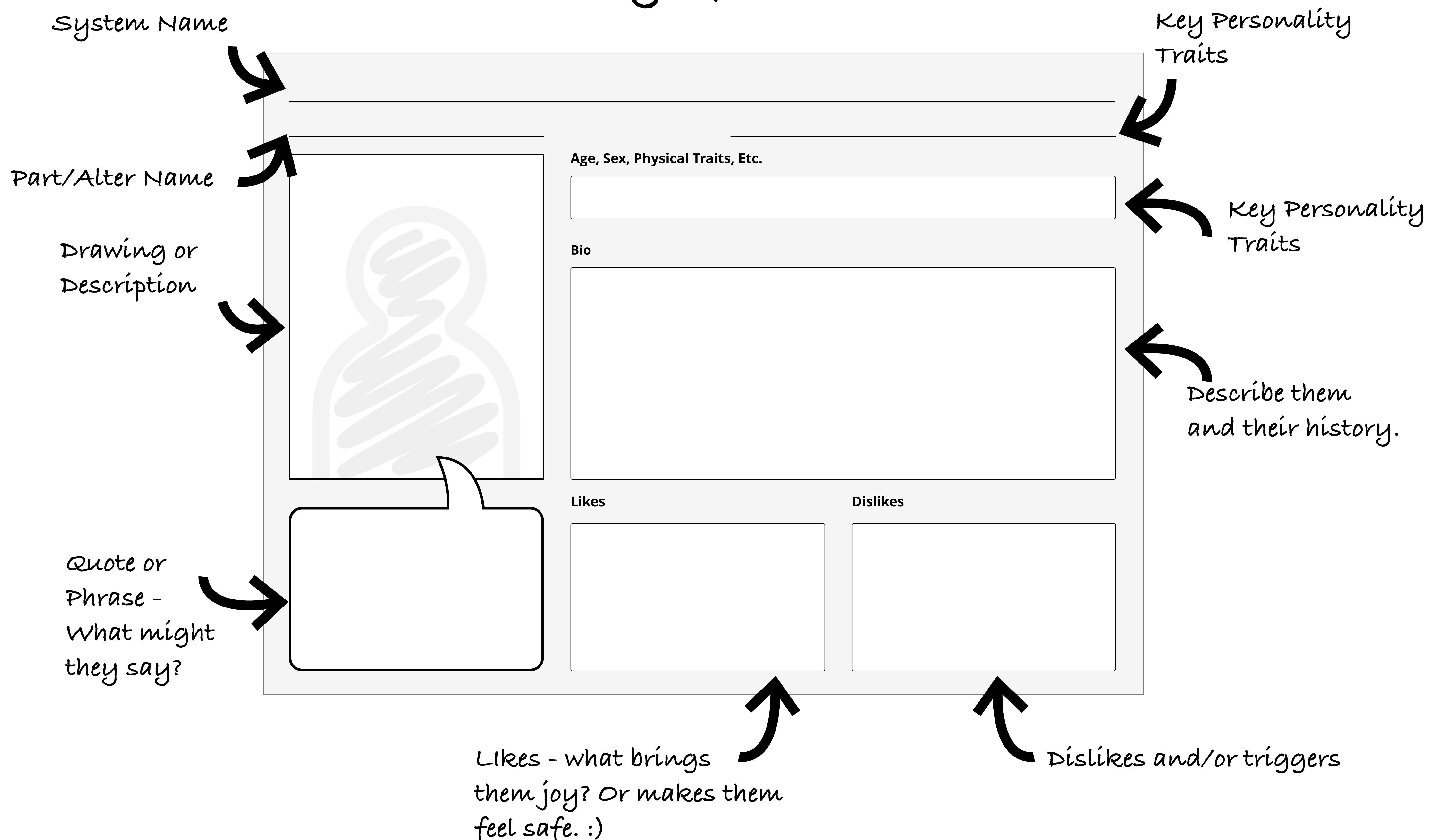
The DID system cards are a tool to help you create a picture of your internal system. When you first start learning about your system it can be helpful to begin to identify the strongest voices or personalities that you hear or feel for a number of reasons. Here are a few of the potential benefits:

- Discover their history to help understand your own timeline of traumatic experiences
- Learn about both their triggers and what helps them feel safe
- Track how your system changes over time
- Help your care team or therapist get a more visual understanding of your system

As you understand more about your system, how you view your alters or parts will likely morph and change over time. So even though these are printable resources your system is not static or unchangeable. We encourage you to revisit the cards and update them or create new ones if that is helpful for you.

You might even find that this tool may become less useful over time as you start to become more comfortable with your system. For many systems, parts/alters will often blend with one another, display co-consciousness, or co-front creating new “flavors” of yourself, so-to-speak. You may even find out that you have fragments or sub-parts and sub-systems. So while this tool can serve as an initial starting point, please know that systems are often far more complex than represented through the cards.

Anatomy of the card



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Here are some examples of how you might fill in a card. Feel free to use these as flexibly as you would like. If you want to cross out labels and replace them, go for it! You can also use the back sides of the cards to add more detail.

Examples

Ciara



Quote

Hi... um.. do you want to play?

Age, Sex, Physical Traits, Etc.

Six, Female, Brown Hair, Short, Brown Eyes

Bio:

This is the little part of me. She is shy and first appeared when I was with my family as a six year old. She wanted to protect her older brother from getting abused but she was pretty powerless. She doesn't like to be seen or heard, because it's scary.

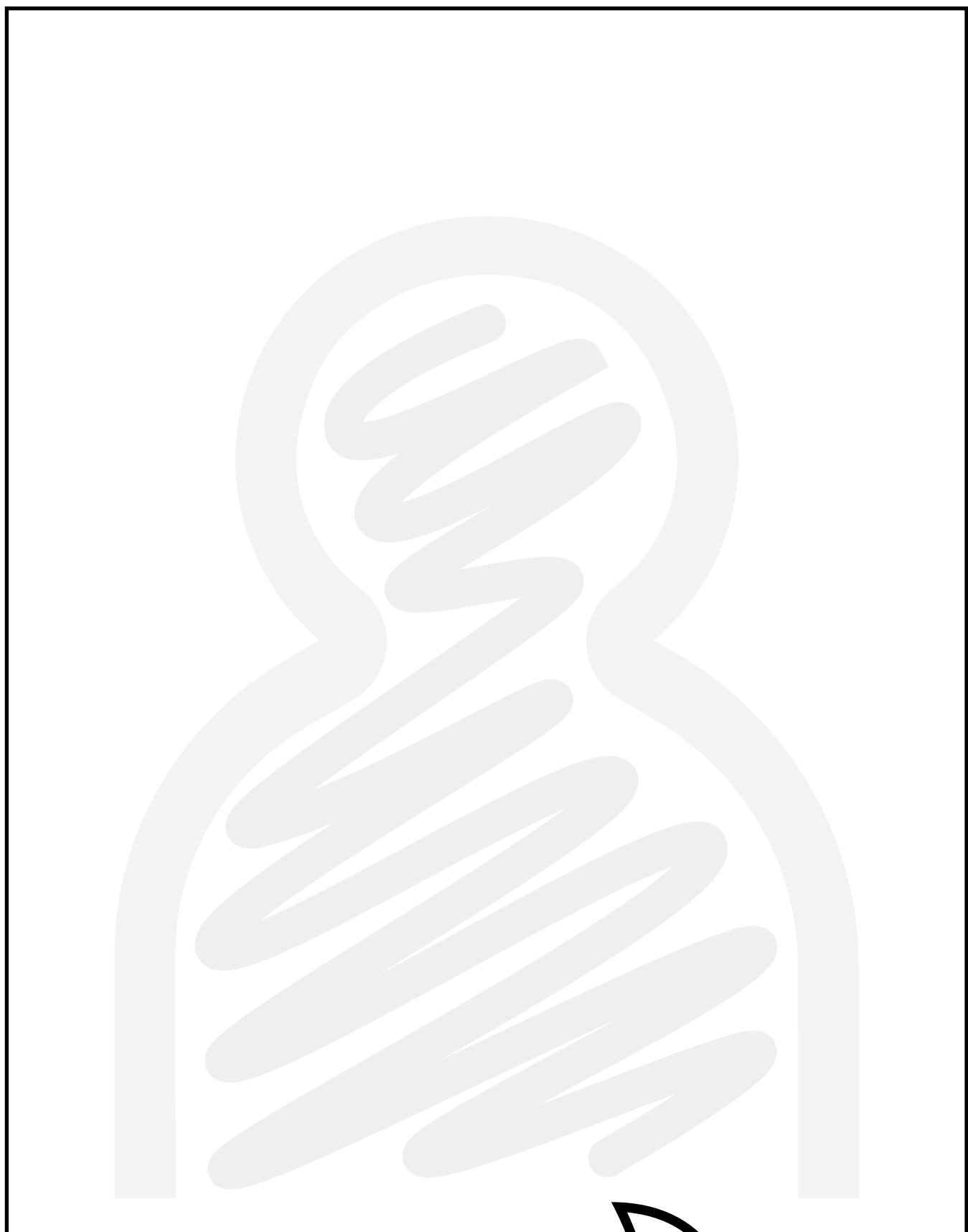
Likes

Plushies, Blankets, hiding, movies, and watching her brothers play video games.

Dislikes

Yelling, being touched, being noticed, being hurt, onions.

The Invisible



Quote

What do you want?
Leave me alone.

Age, Sex, Physical Traits, Etc.

17, Male, Brown Hair, Tall, Black Eyes

Bio:

He doesn't like to talk to people, but he likes video games and reading. He likes being alone and it makes him uncomfortable to be noticed. I'm not sure what he looks like. I think he first appeared during high school. The Invisible was bullied a lot.

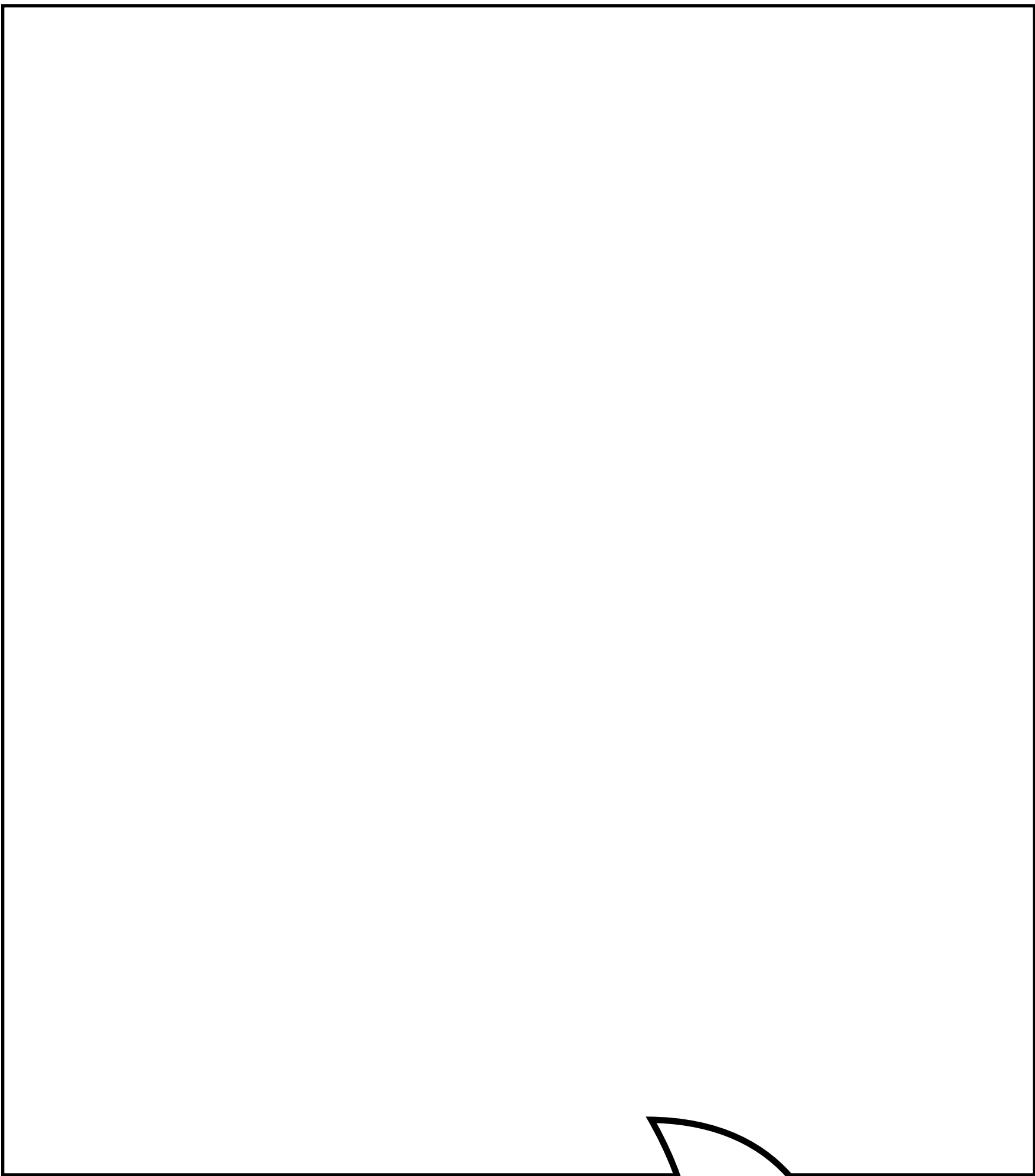
Likes

Video games, reading, being alone

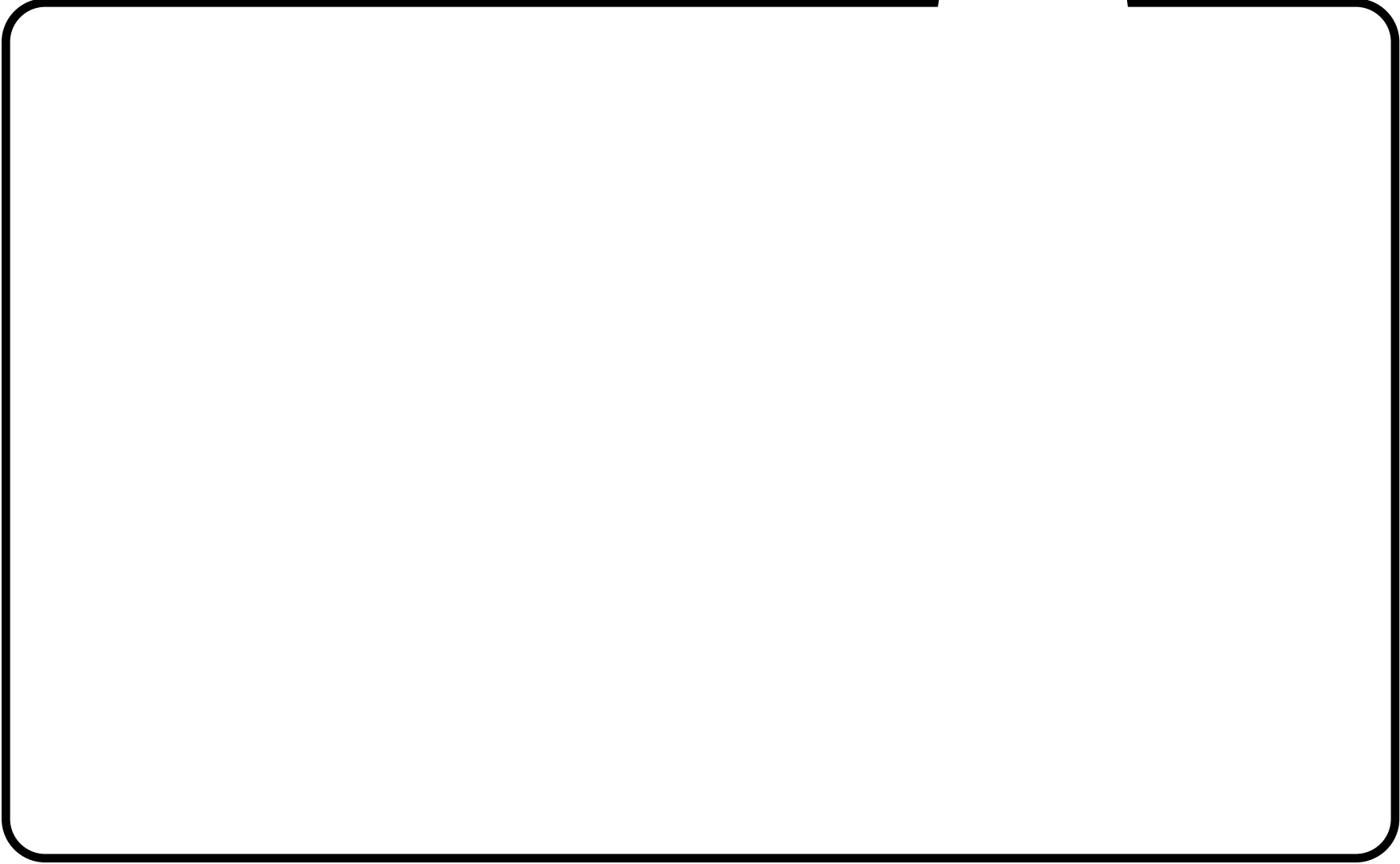
Dislikes

People, organized sports, being around family.

System Name: _____



Quote

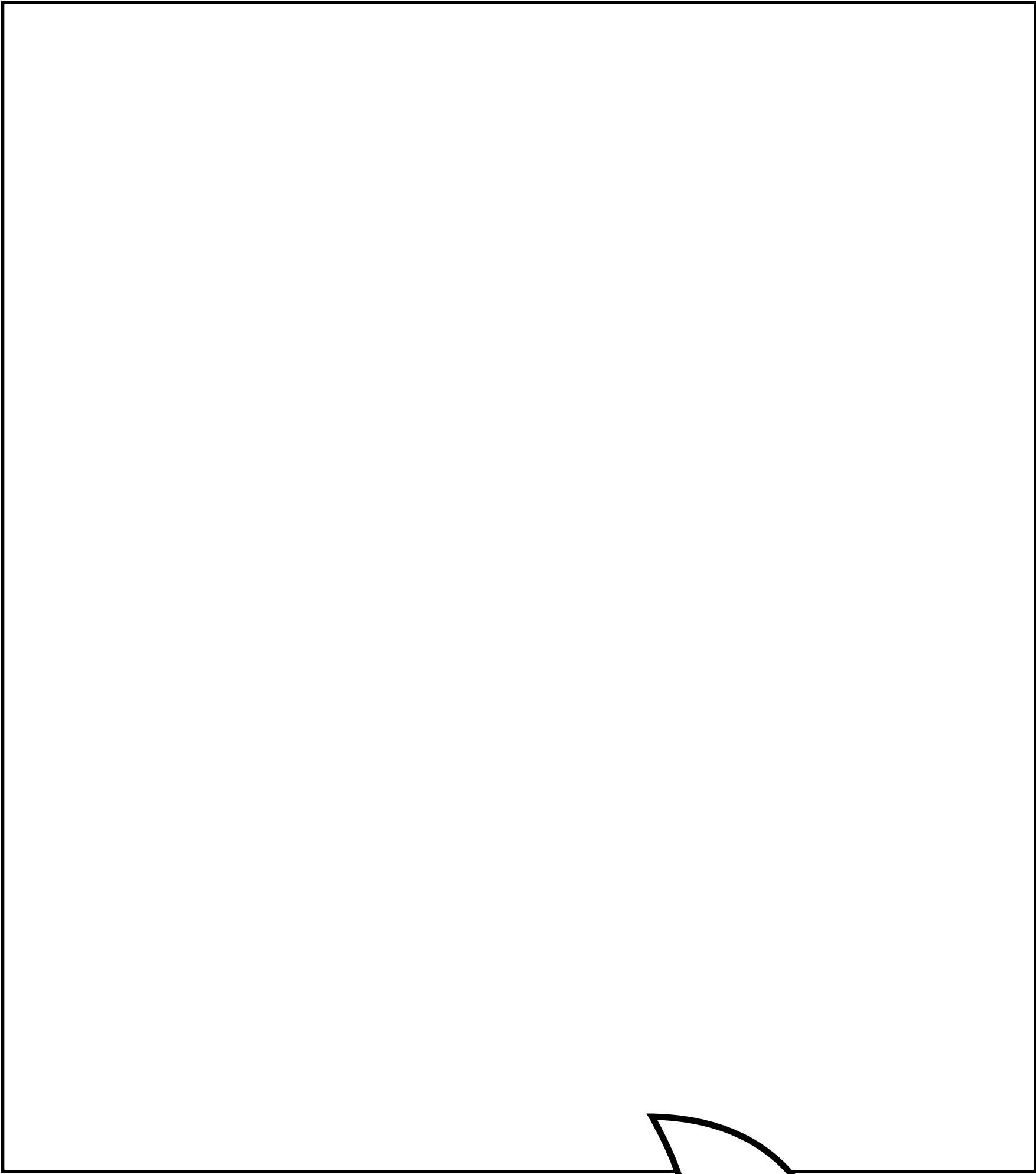


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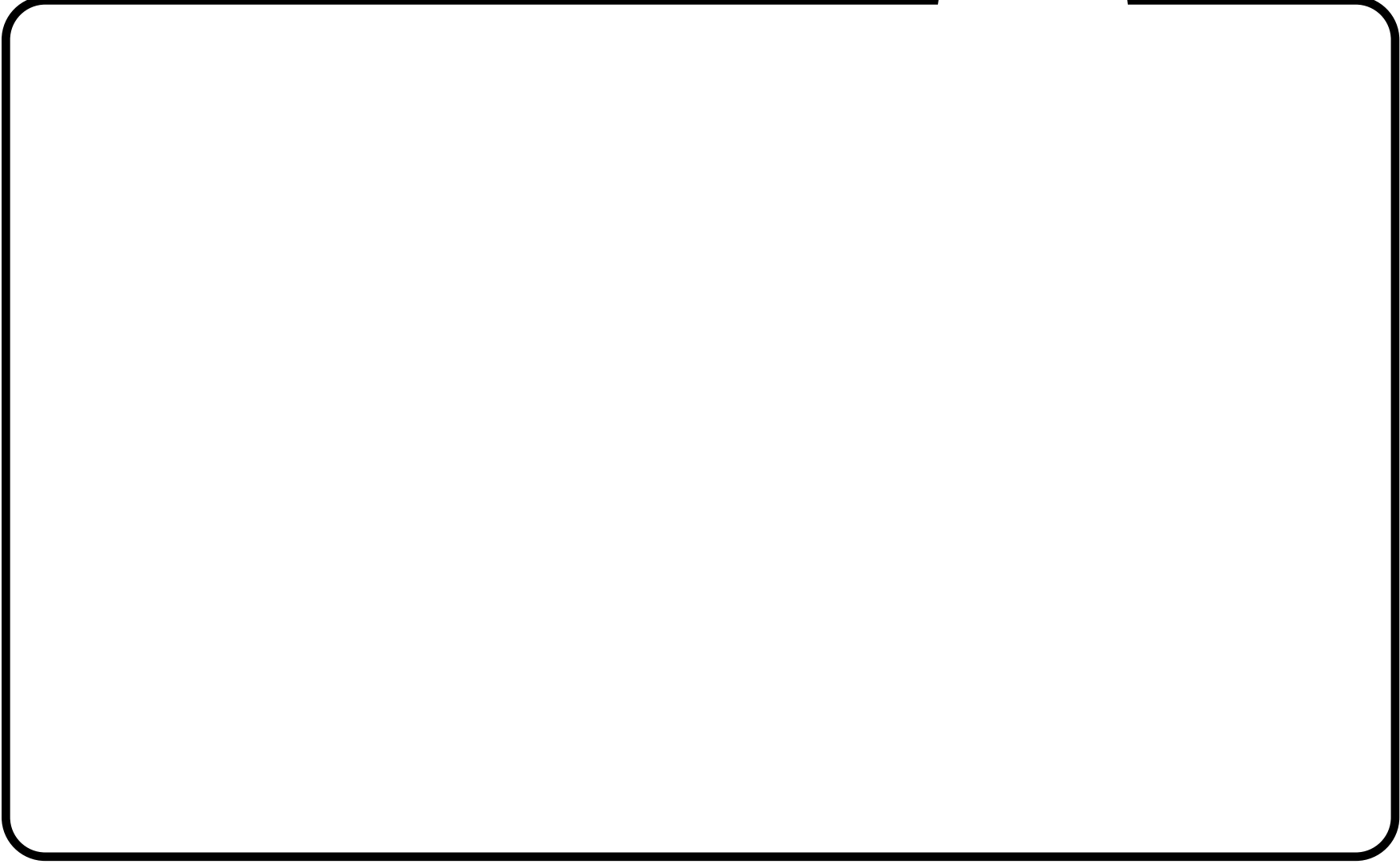
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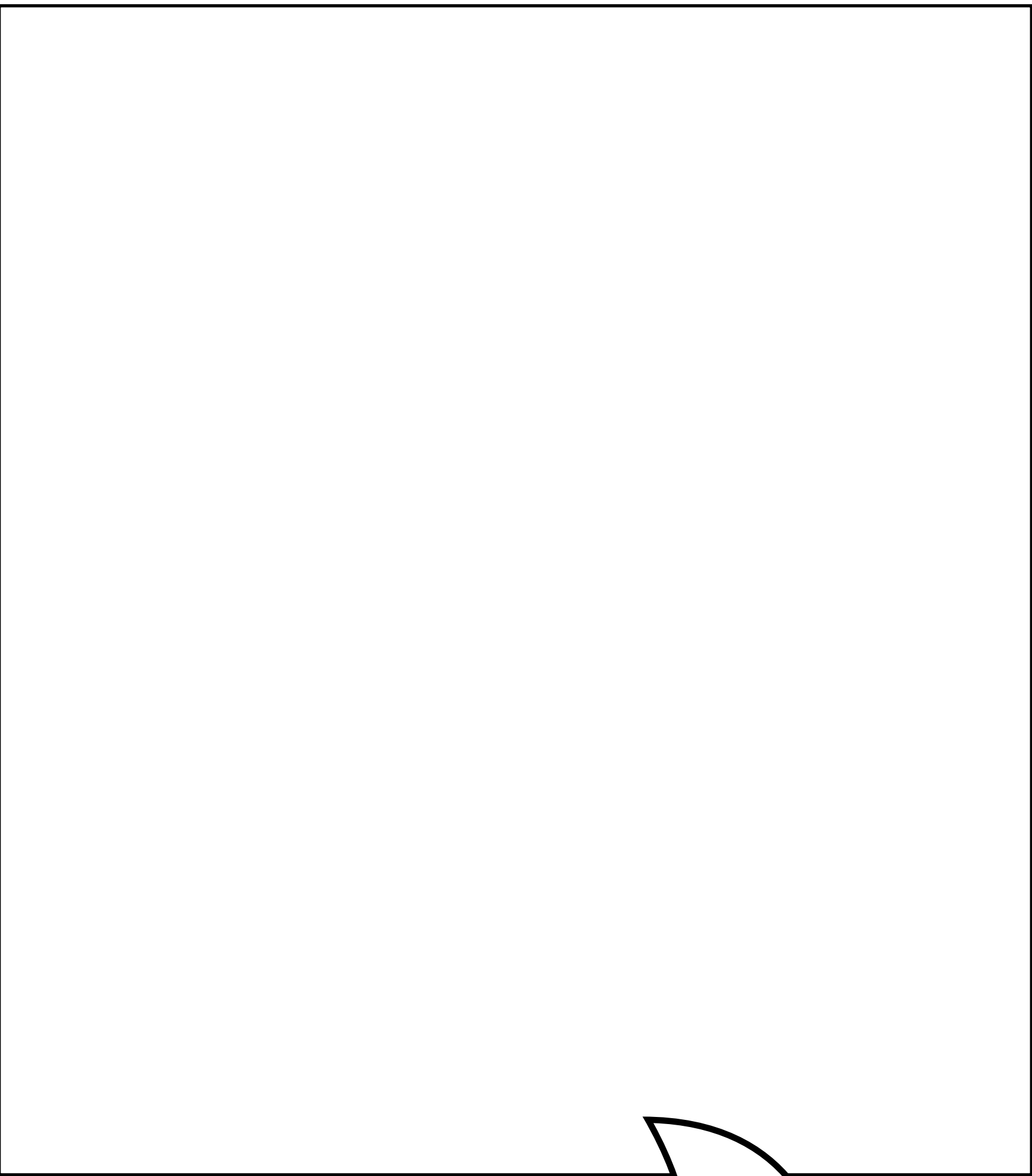
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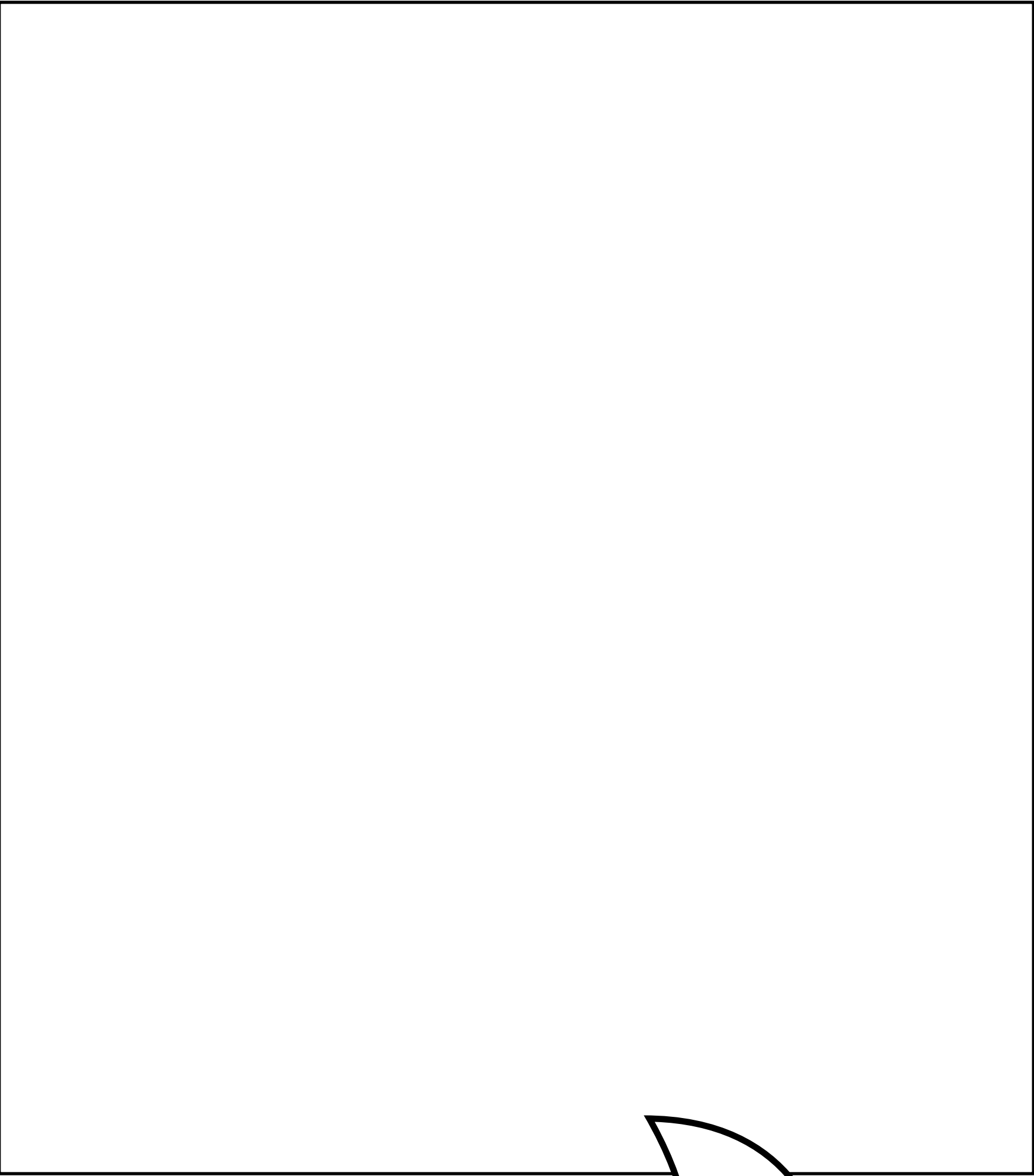
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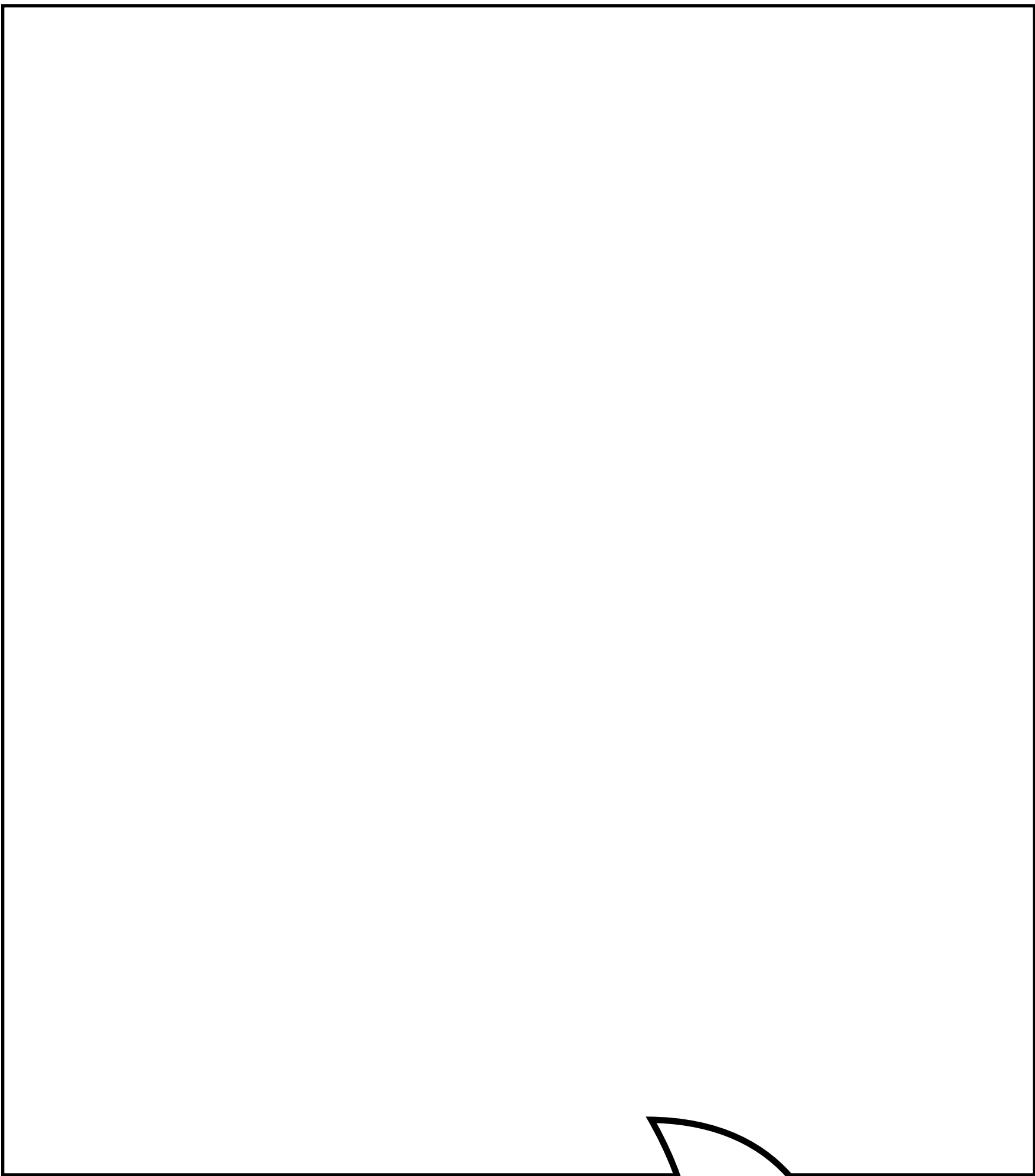
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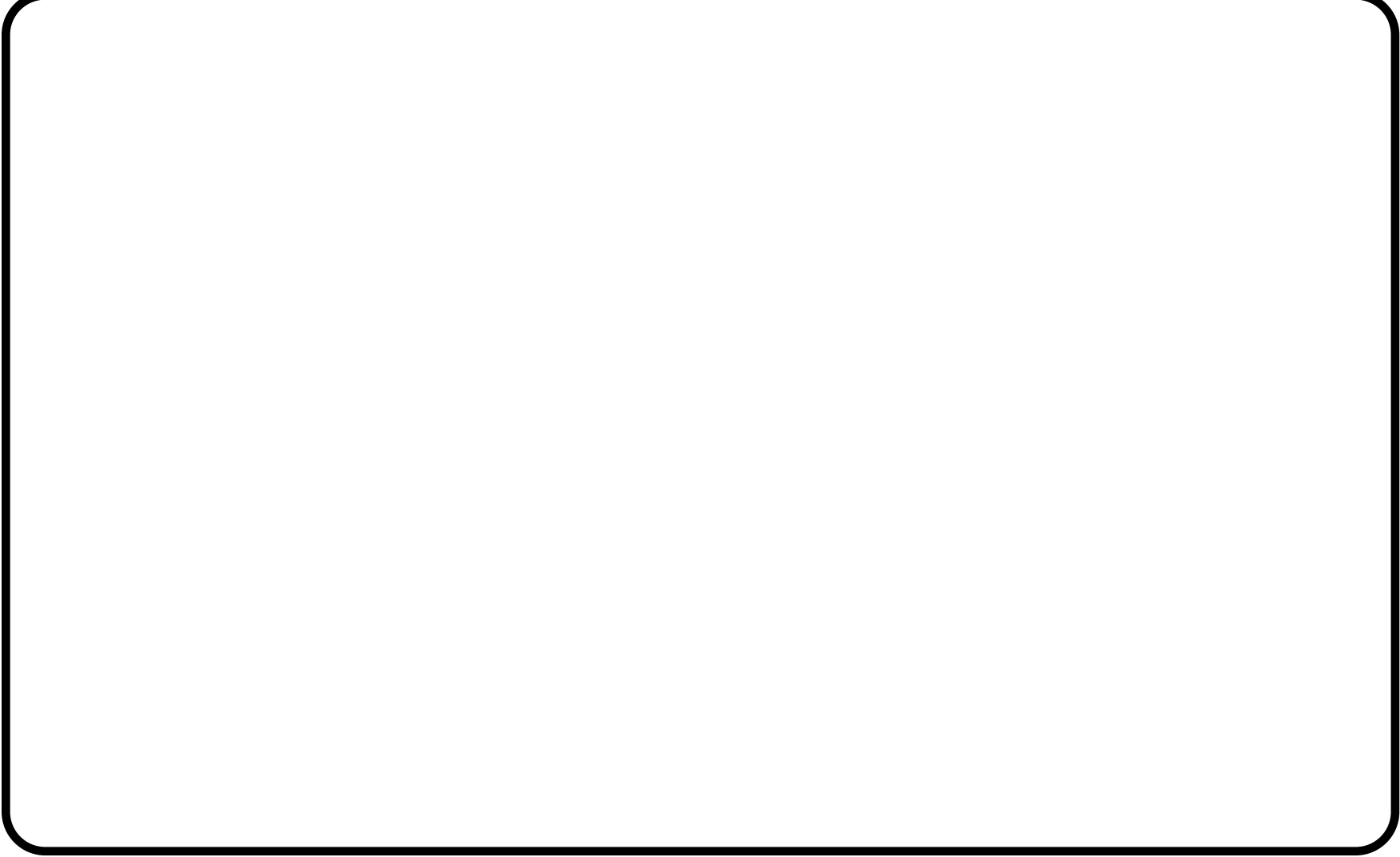
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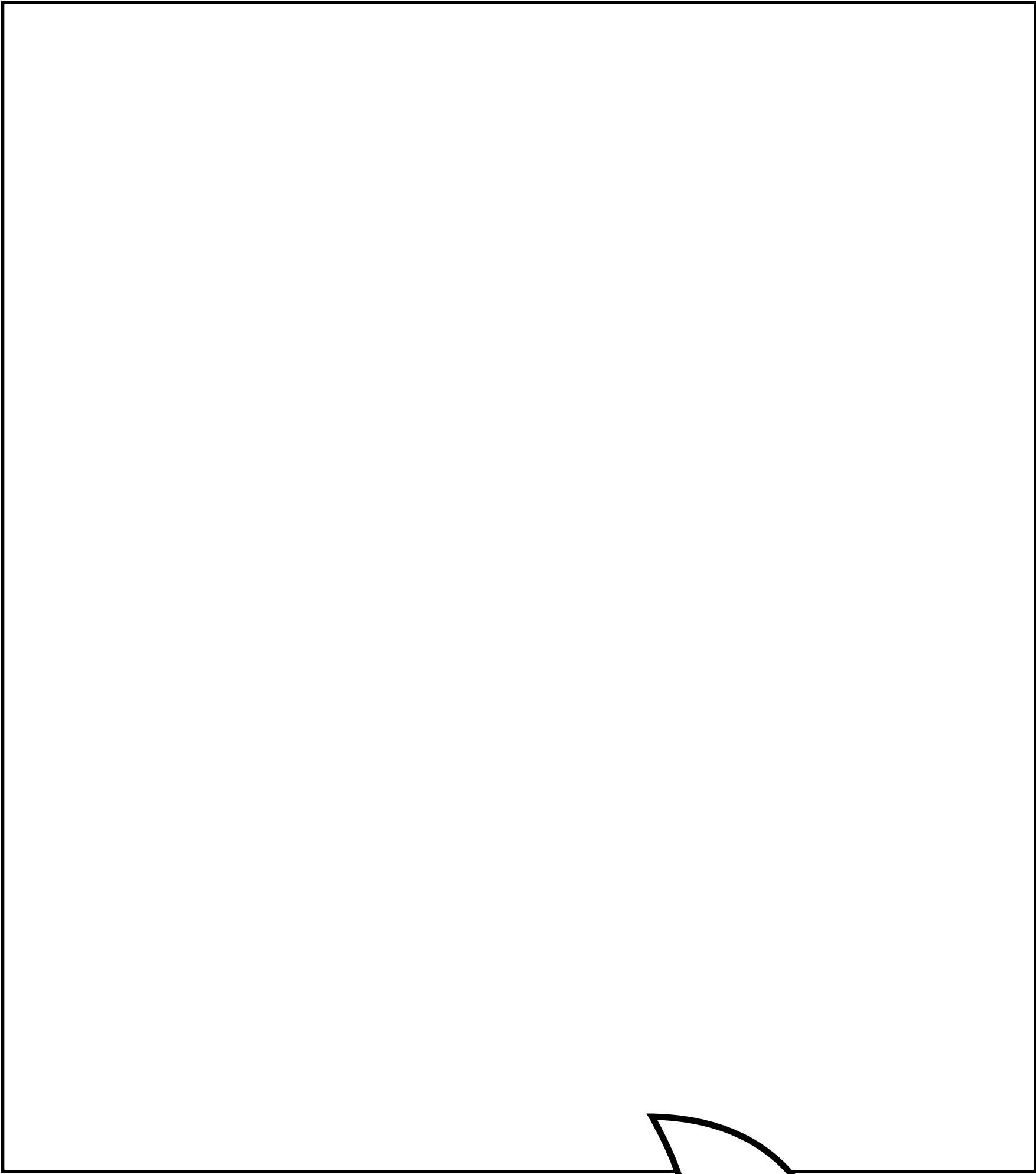


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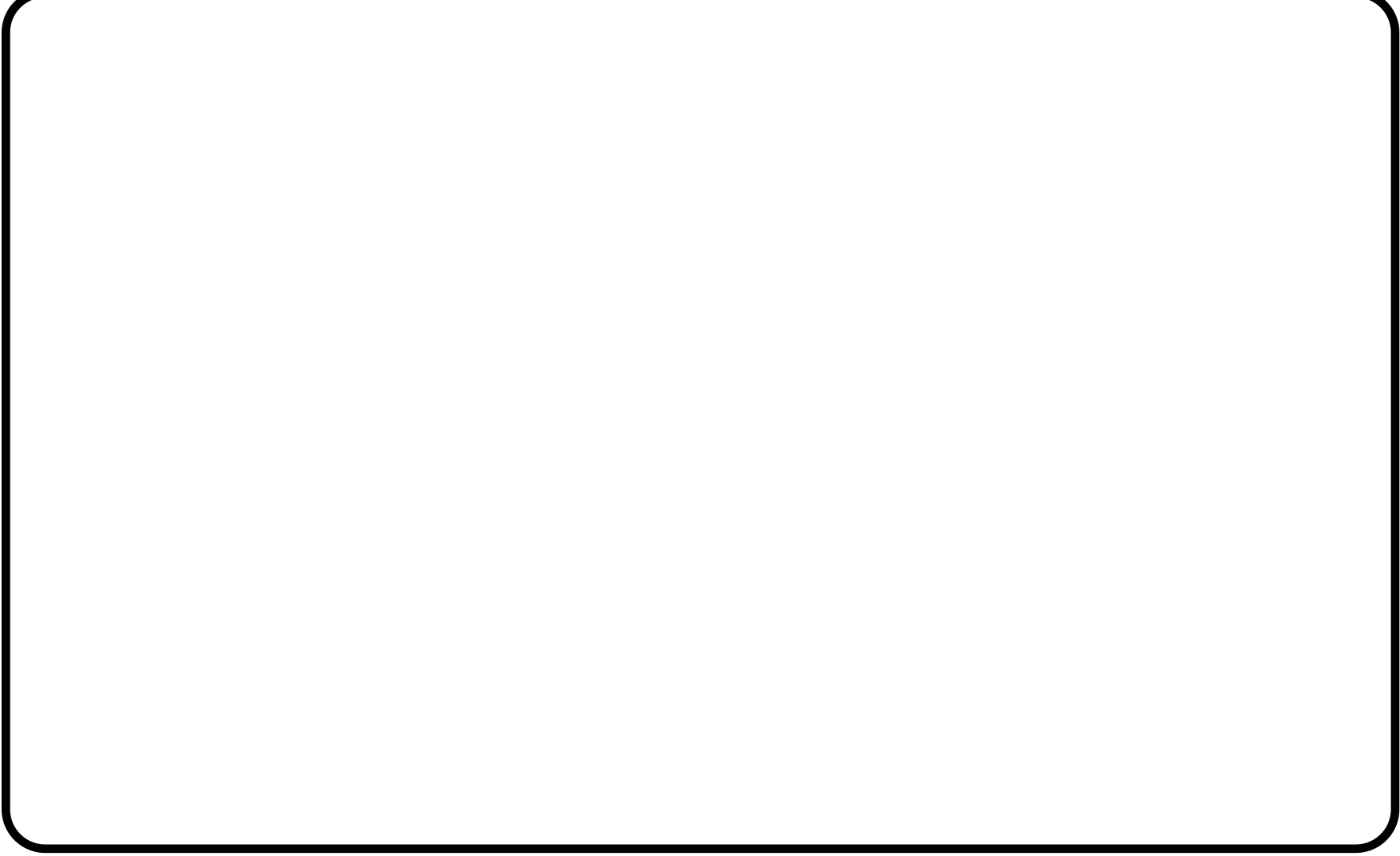
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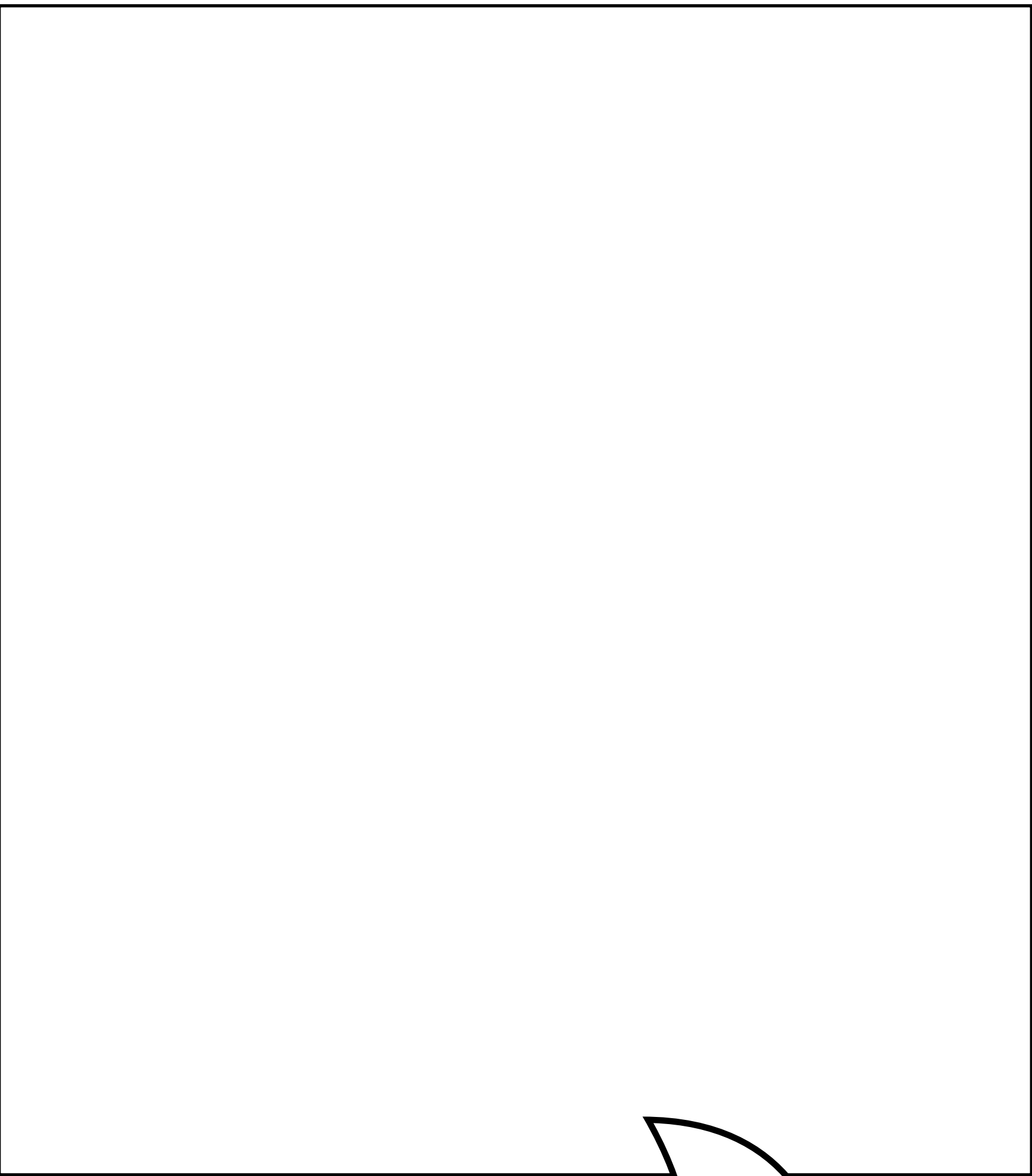
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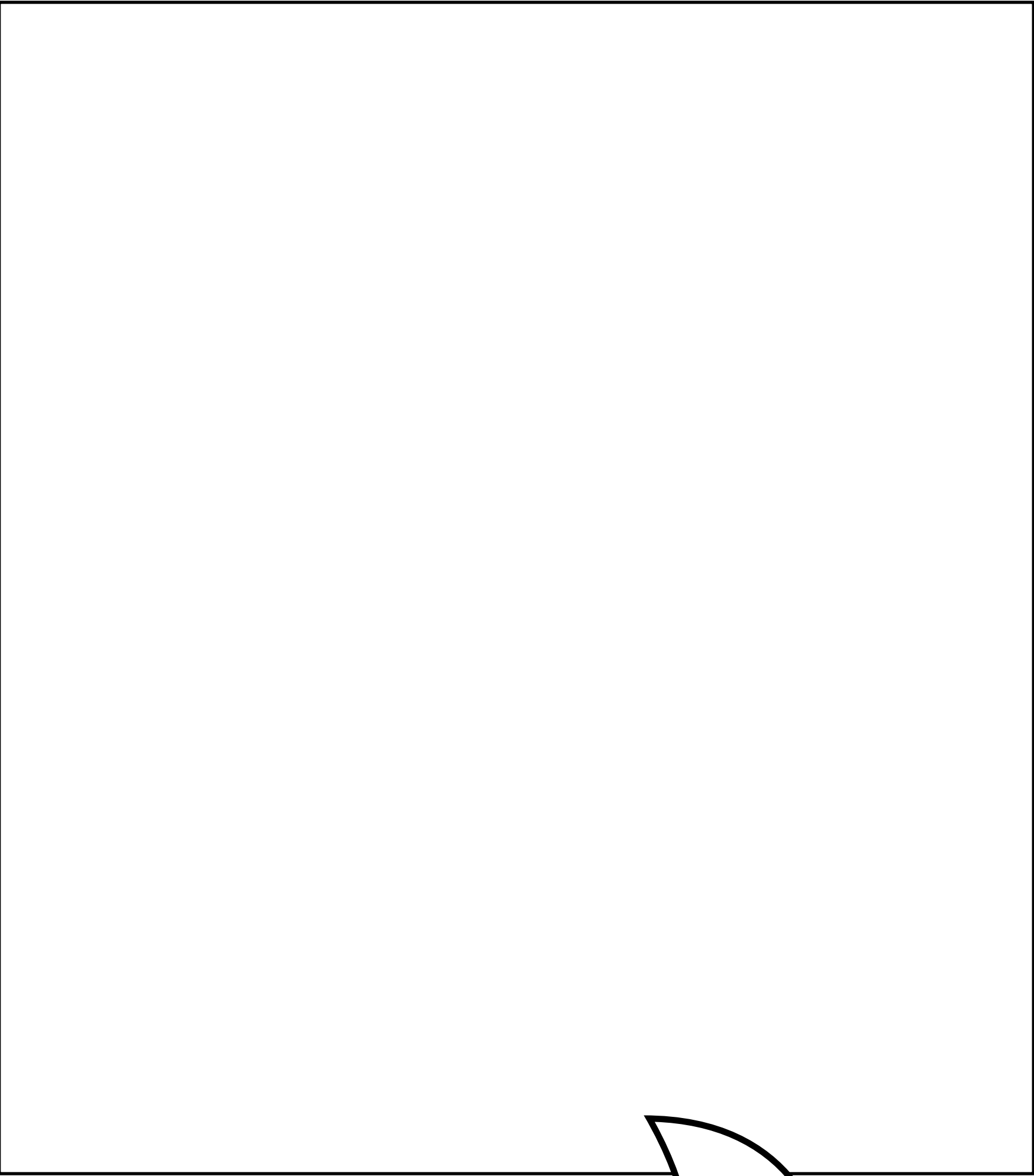
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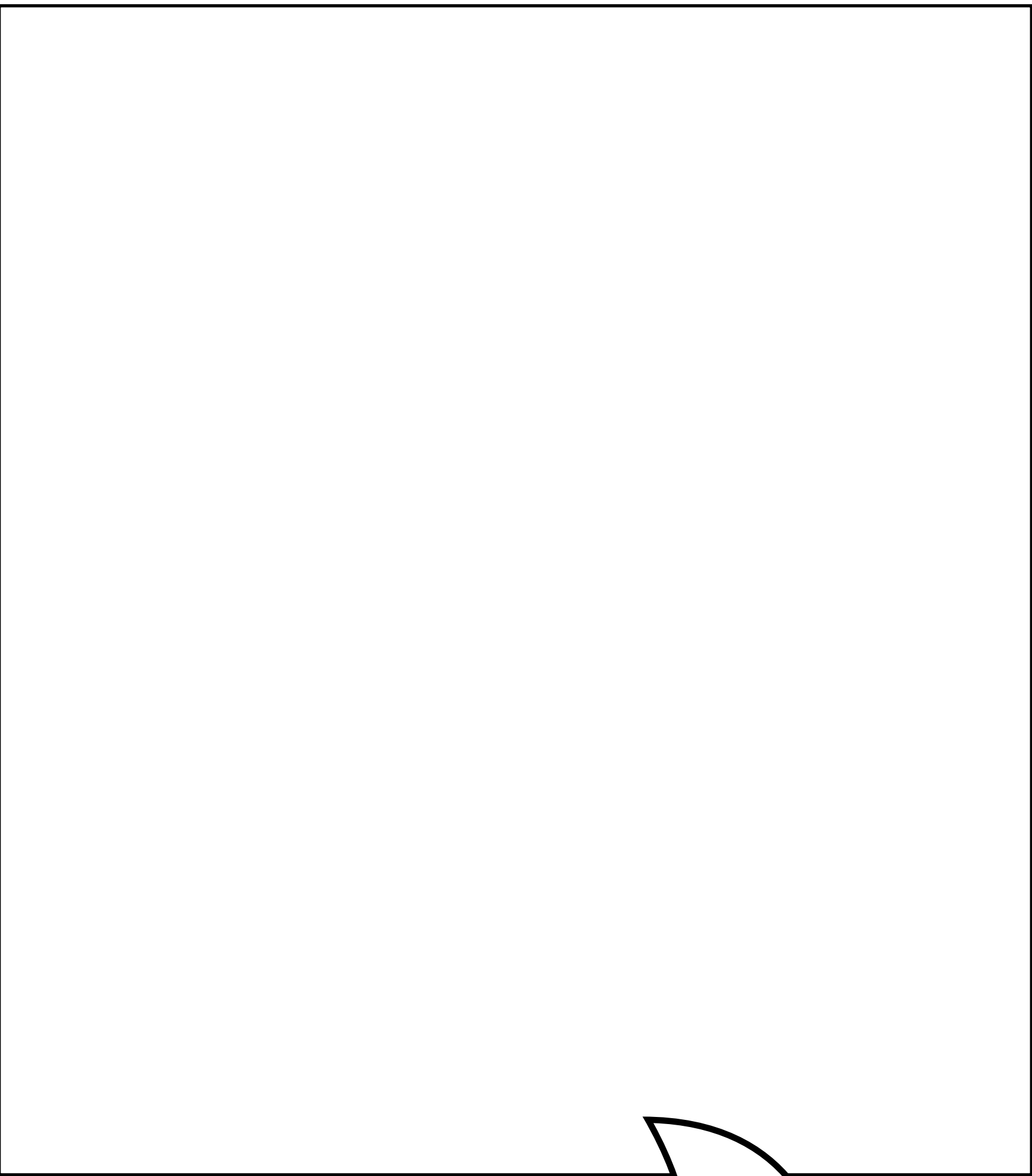
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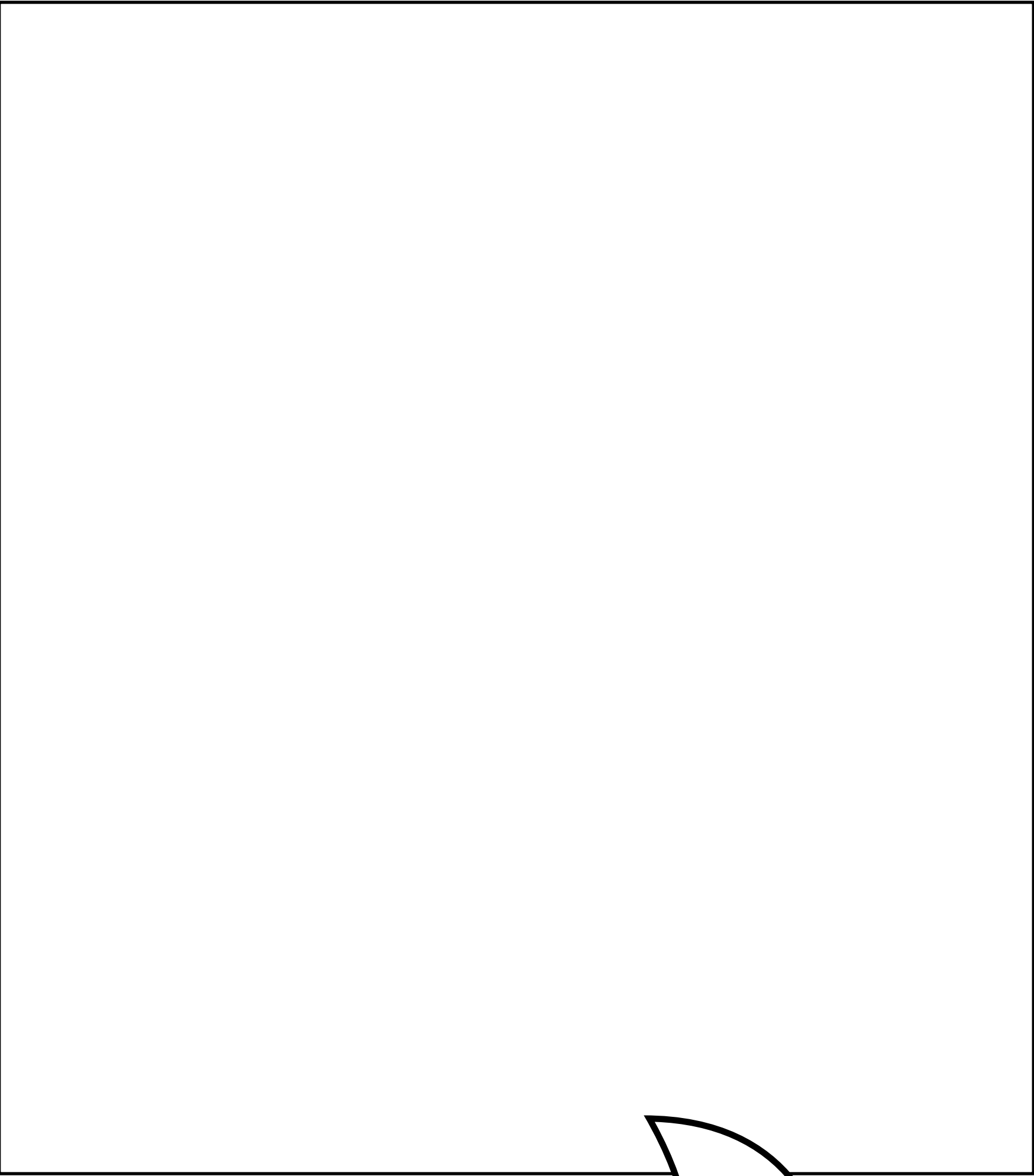
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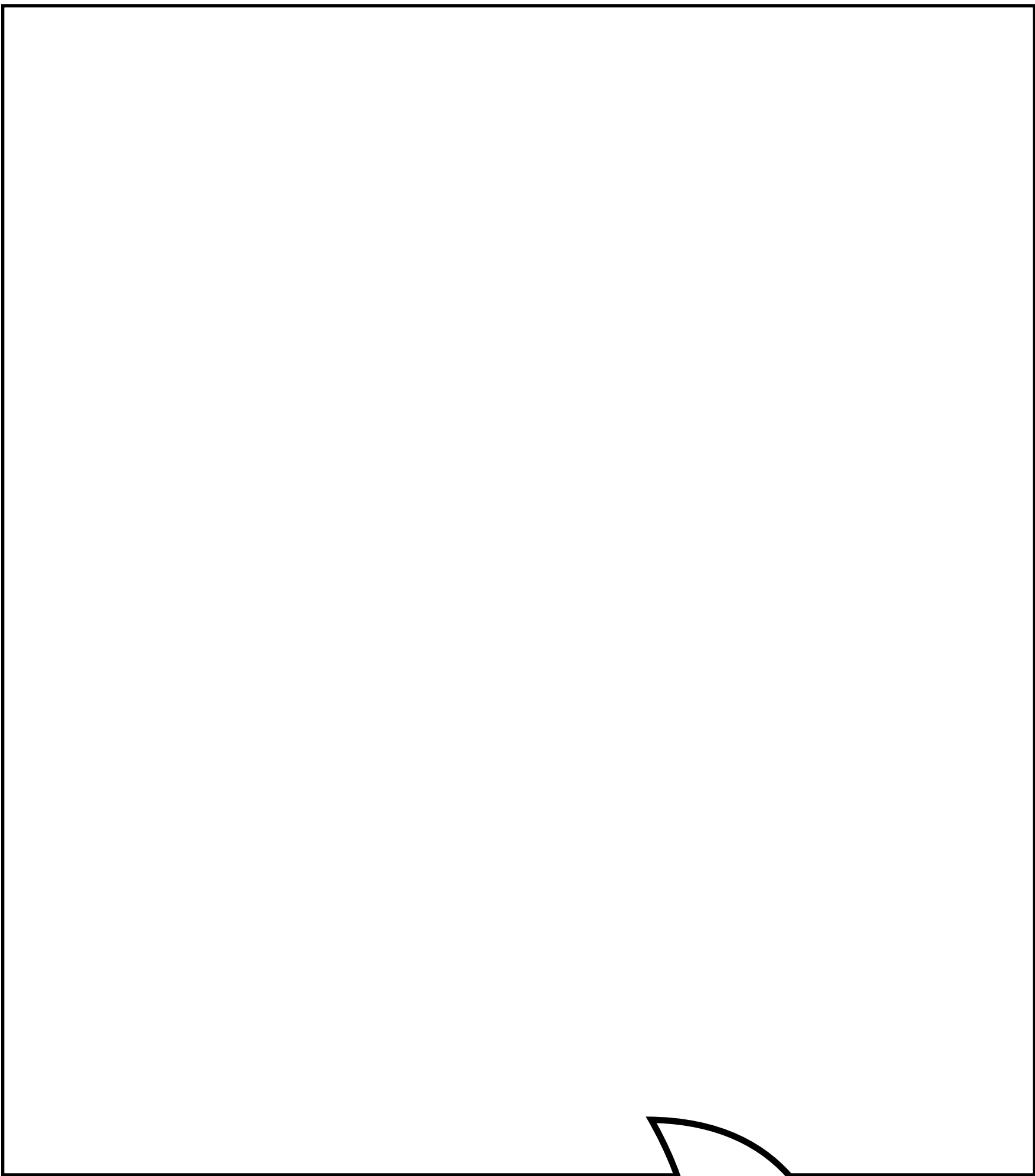
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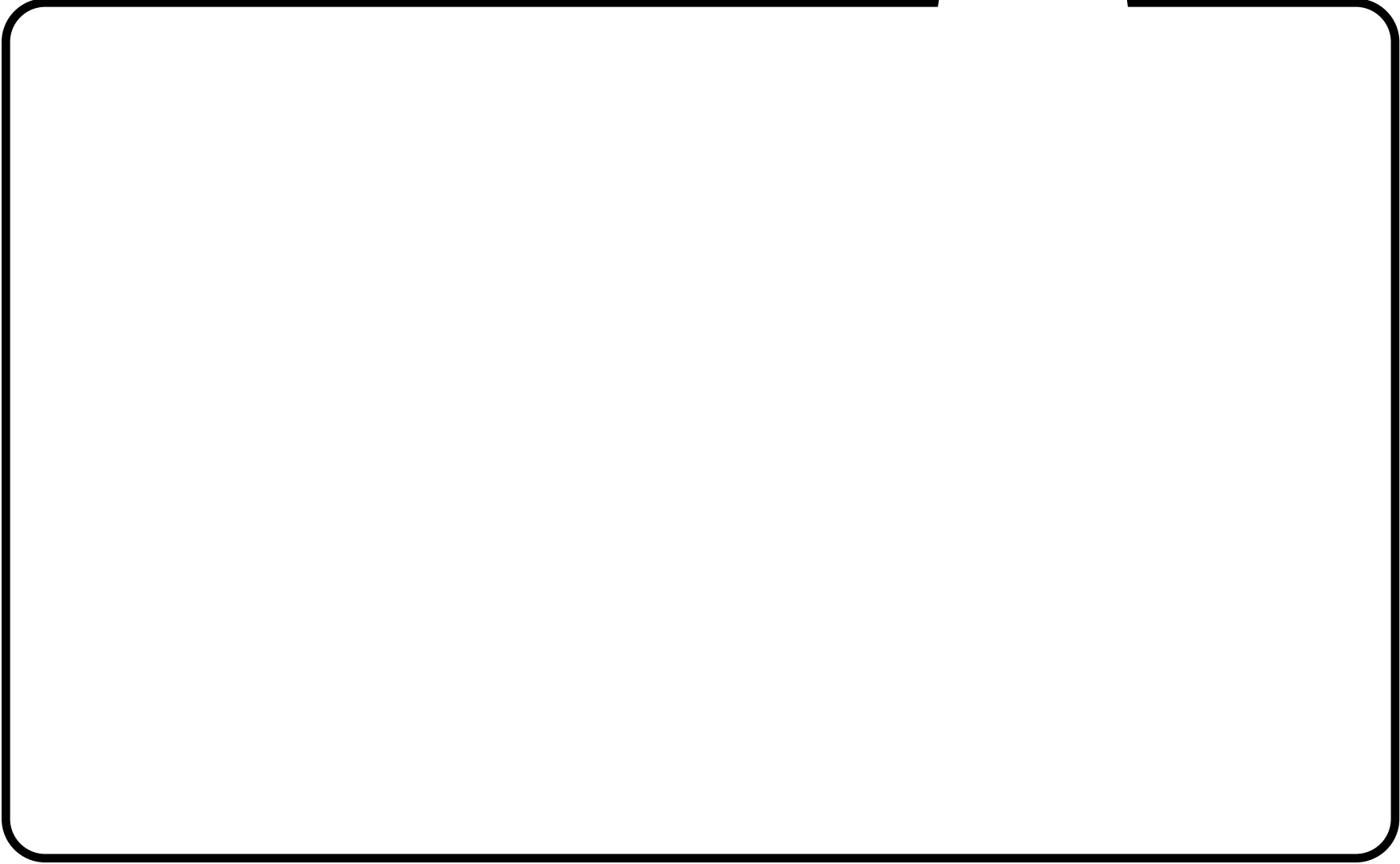
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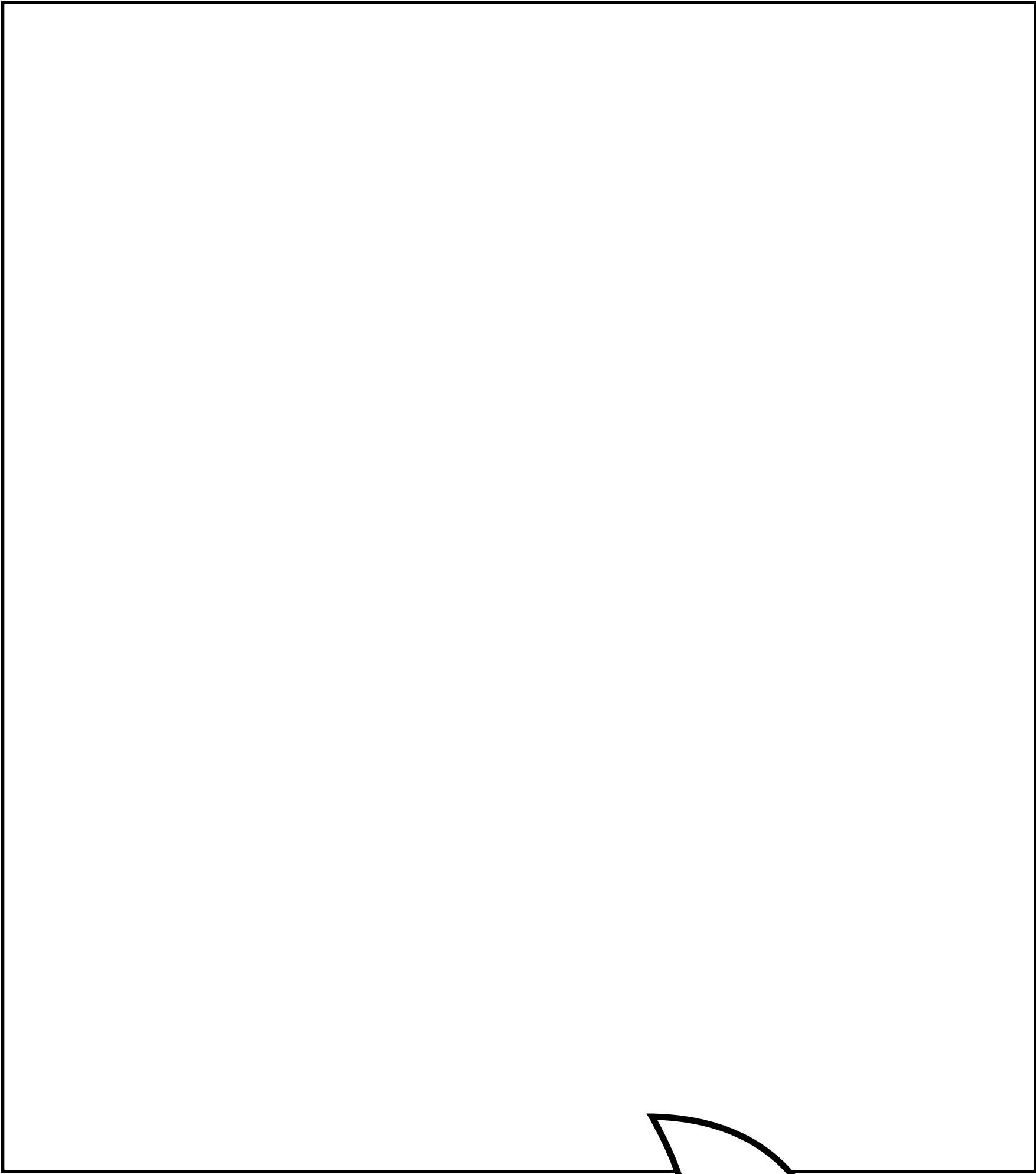


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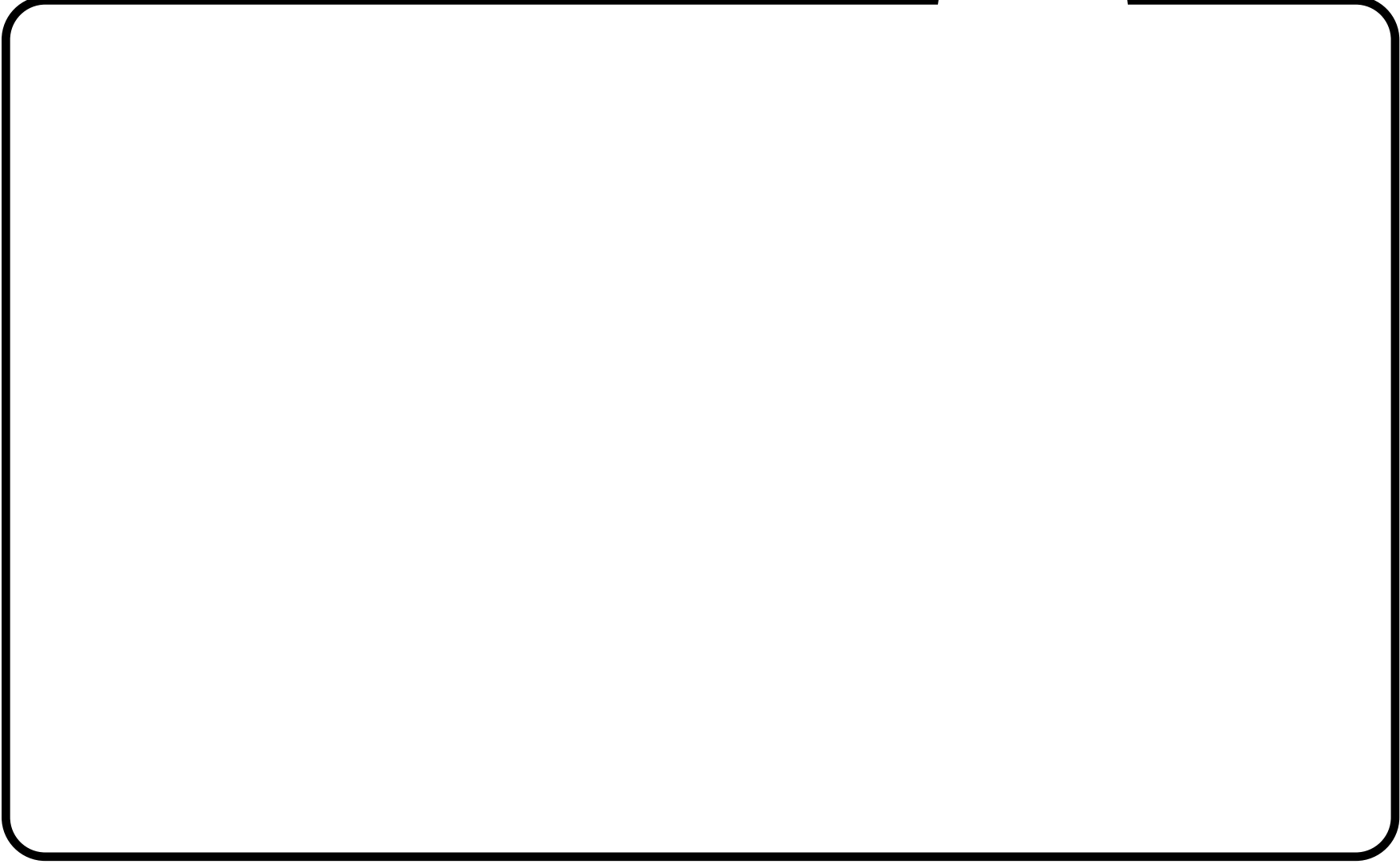
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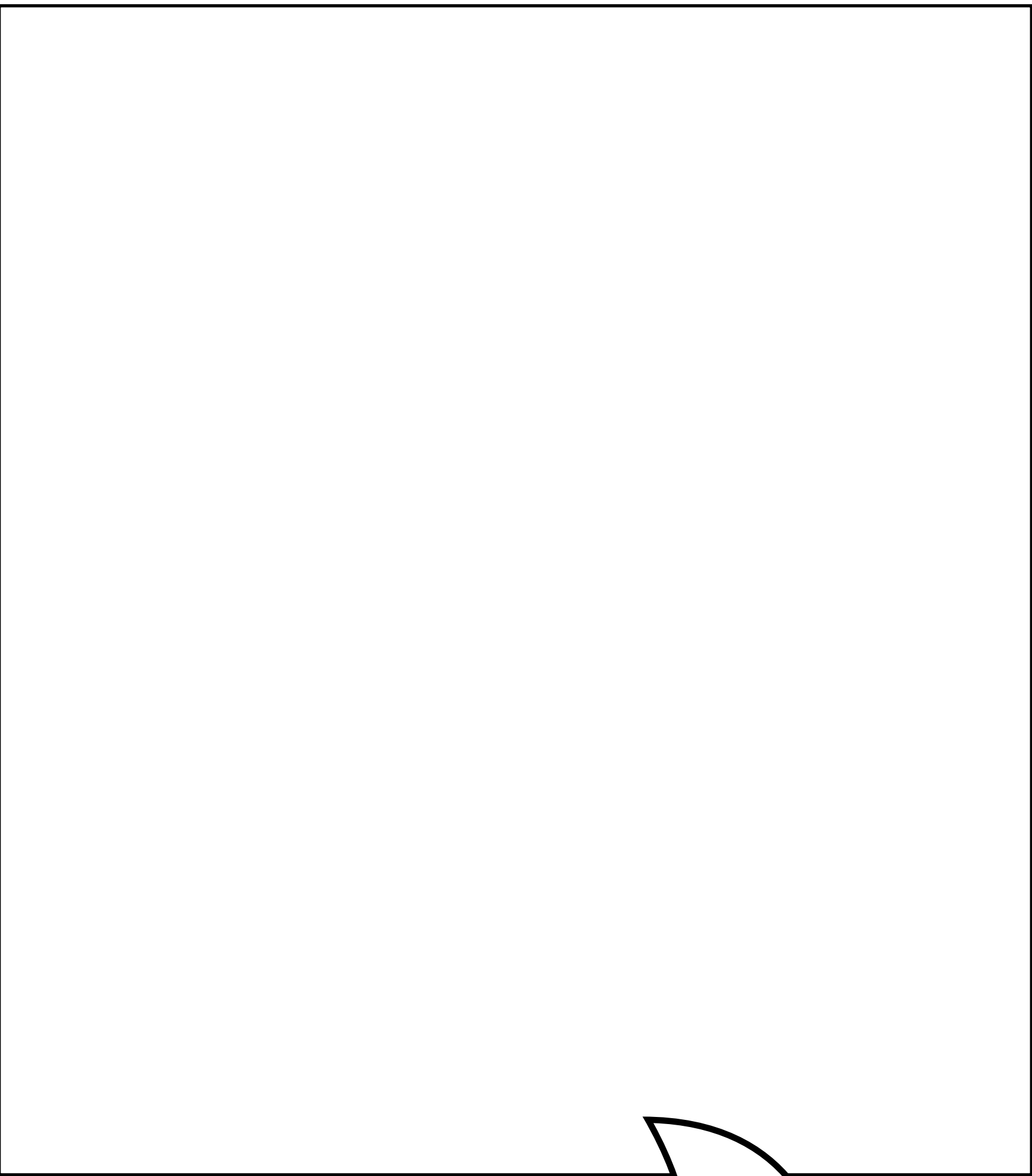
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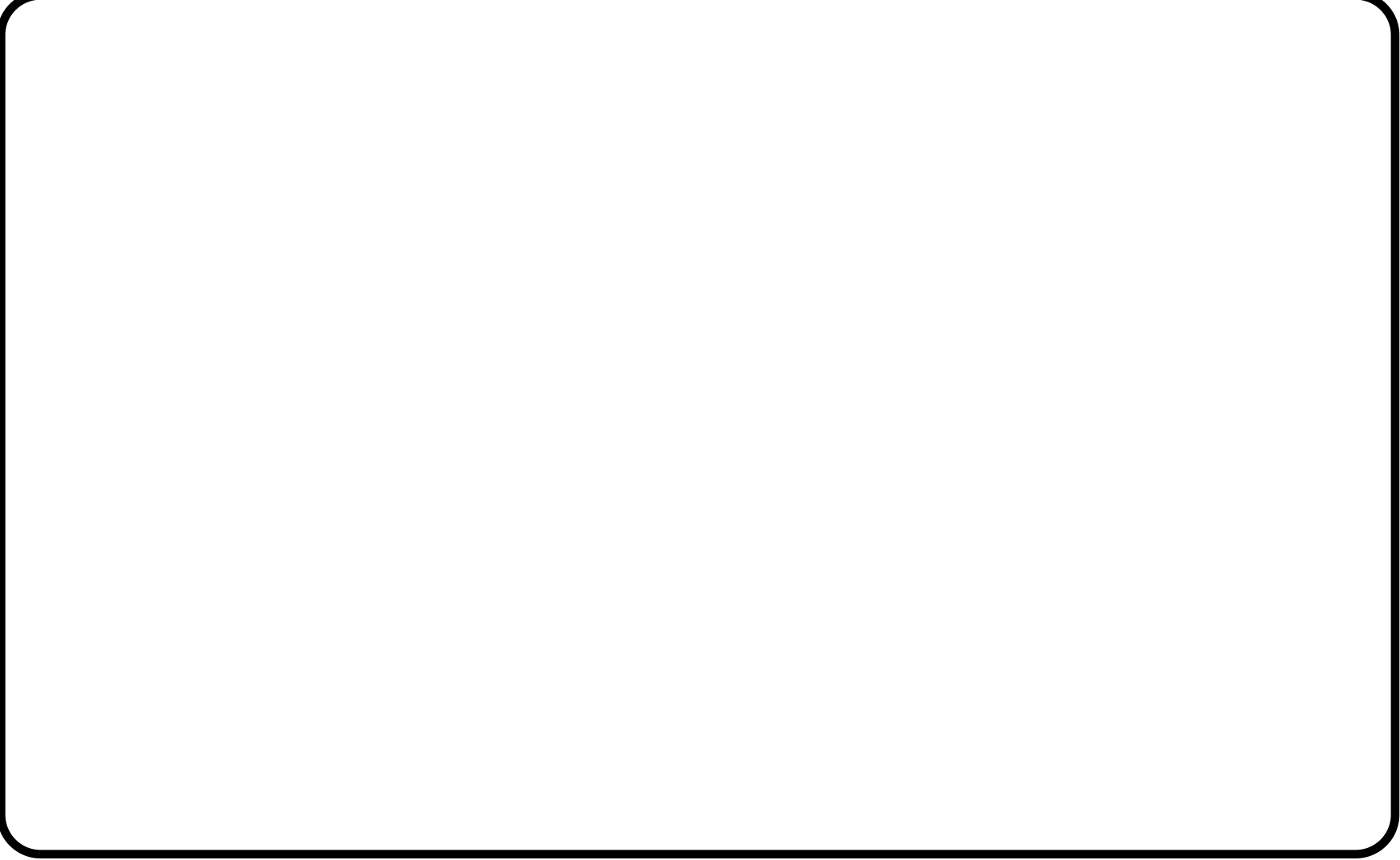
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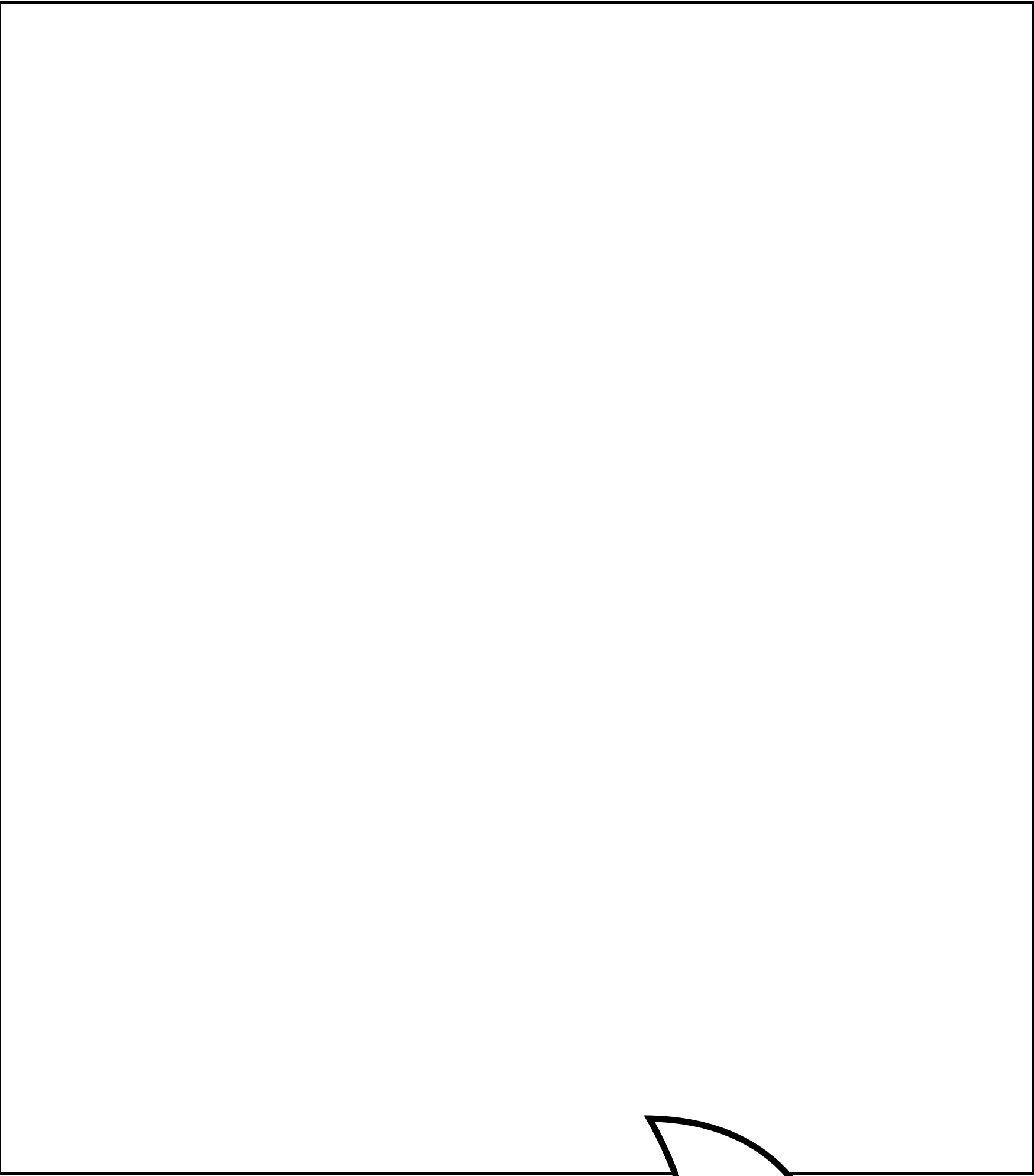


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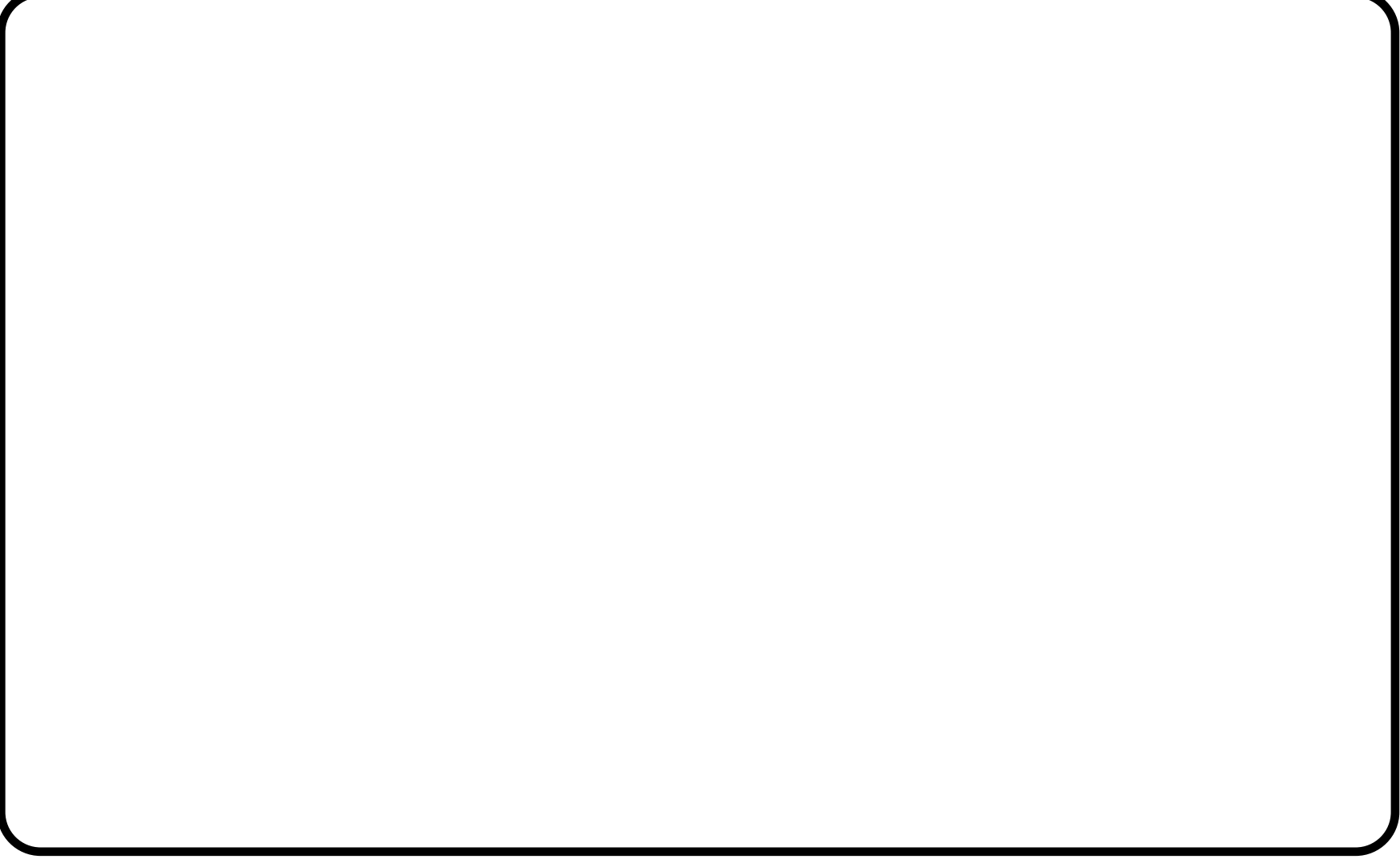
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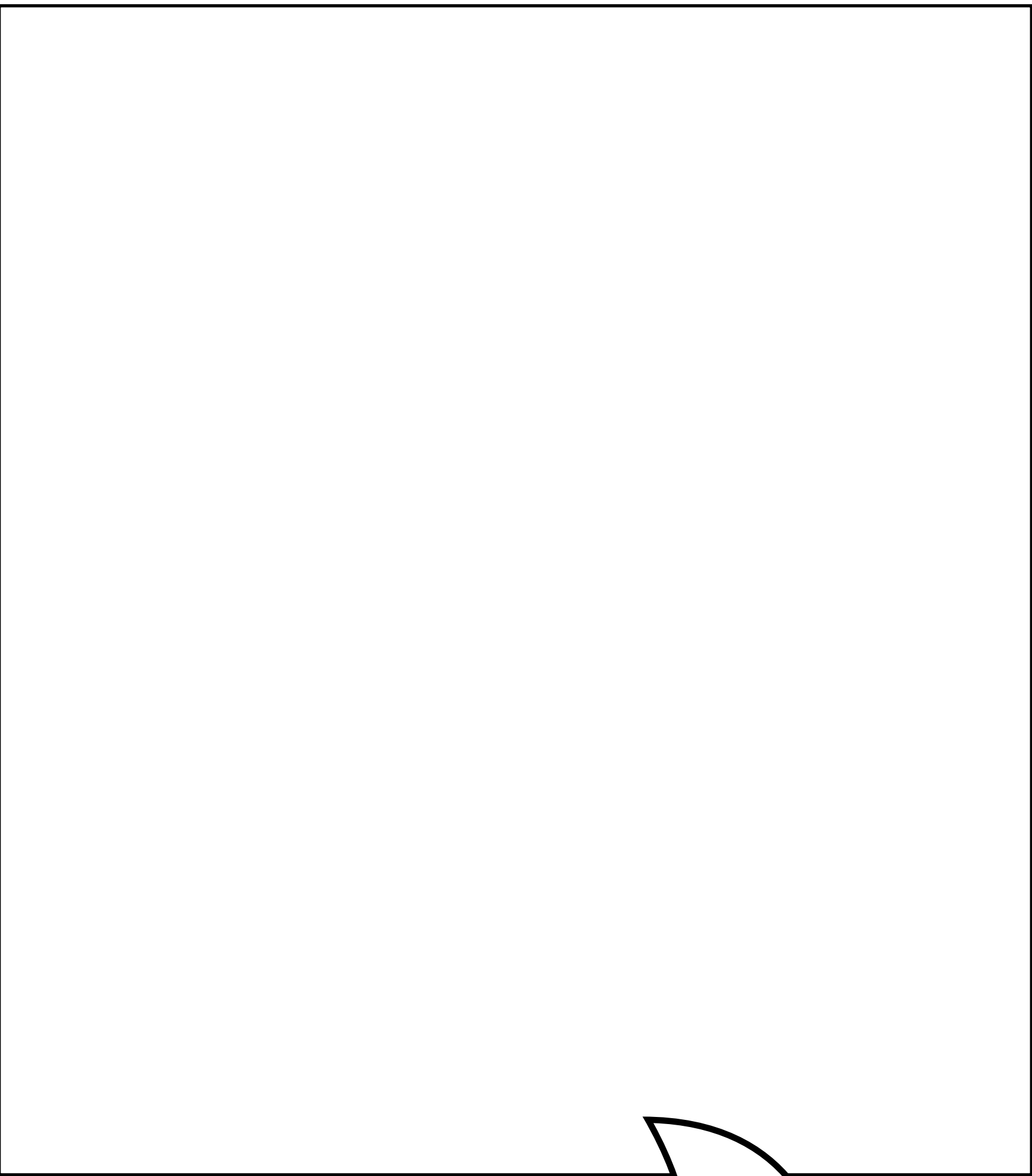
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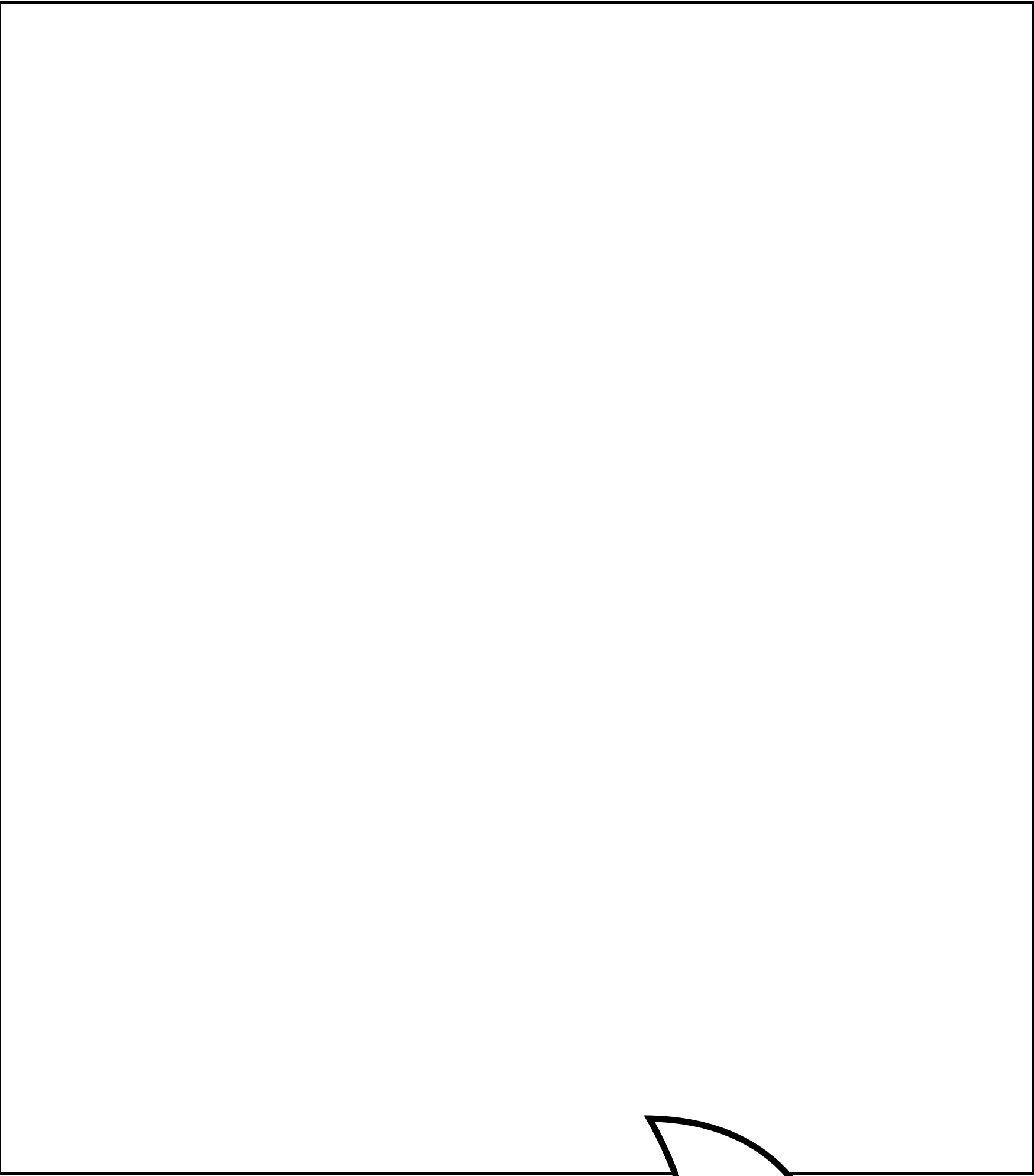
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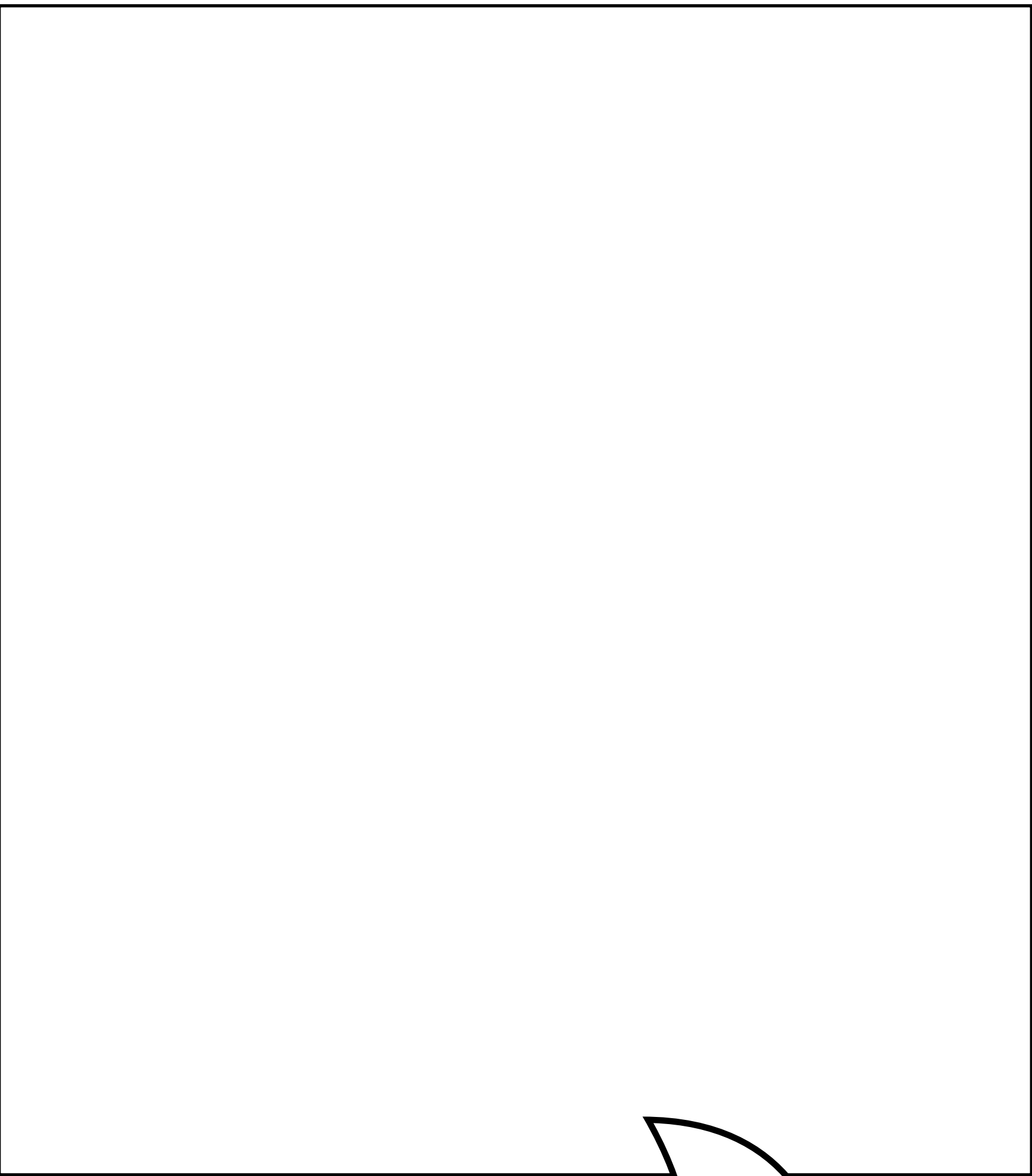
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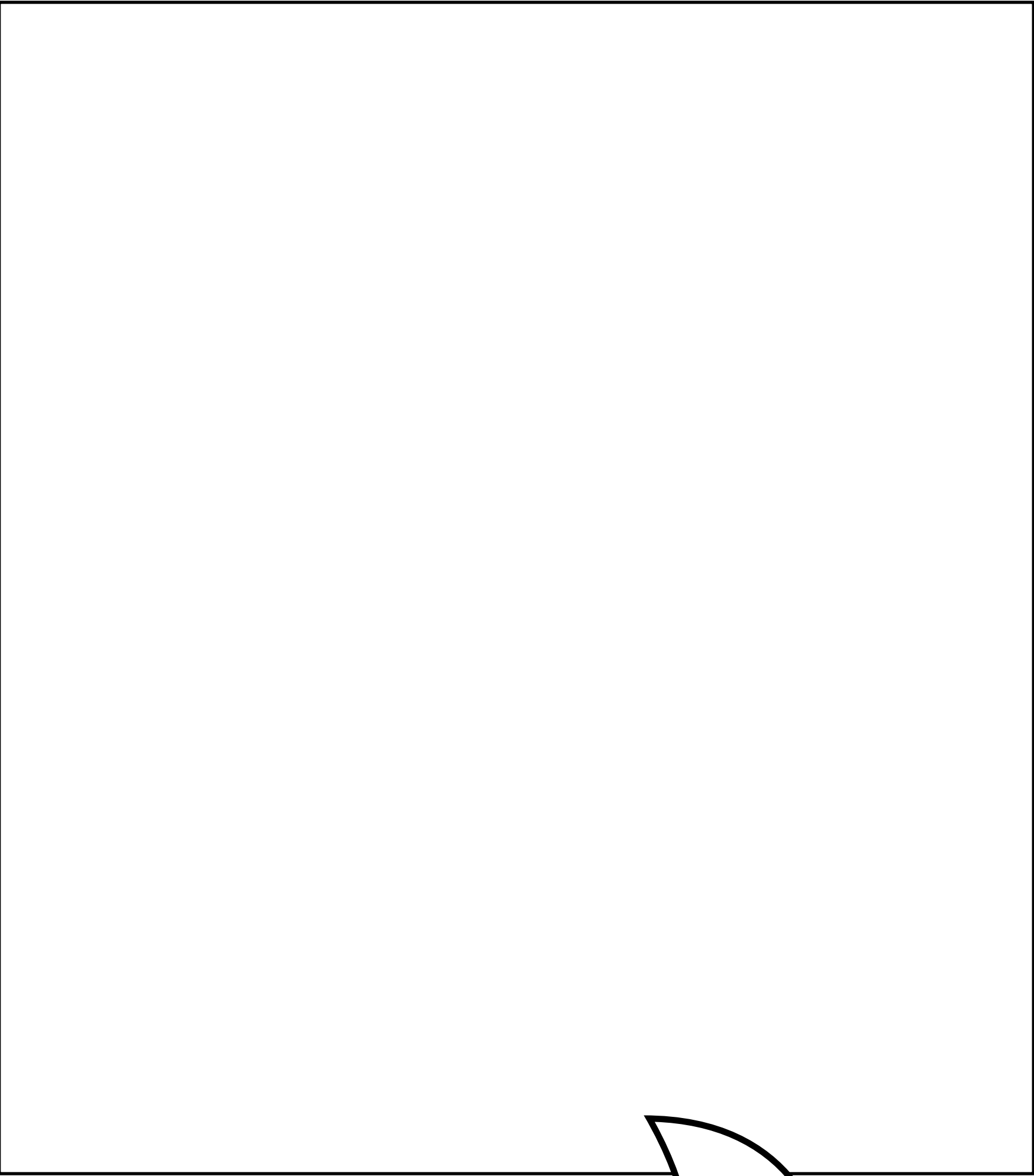
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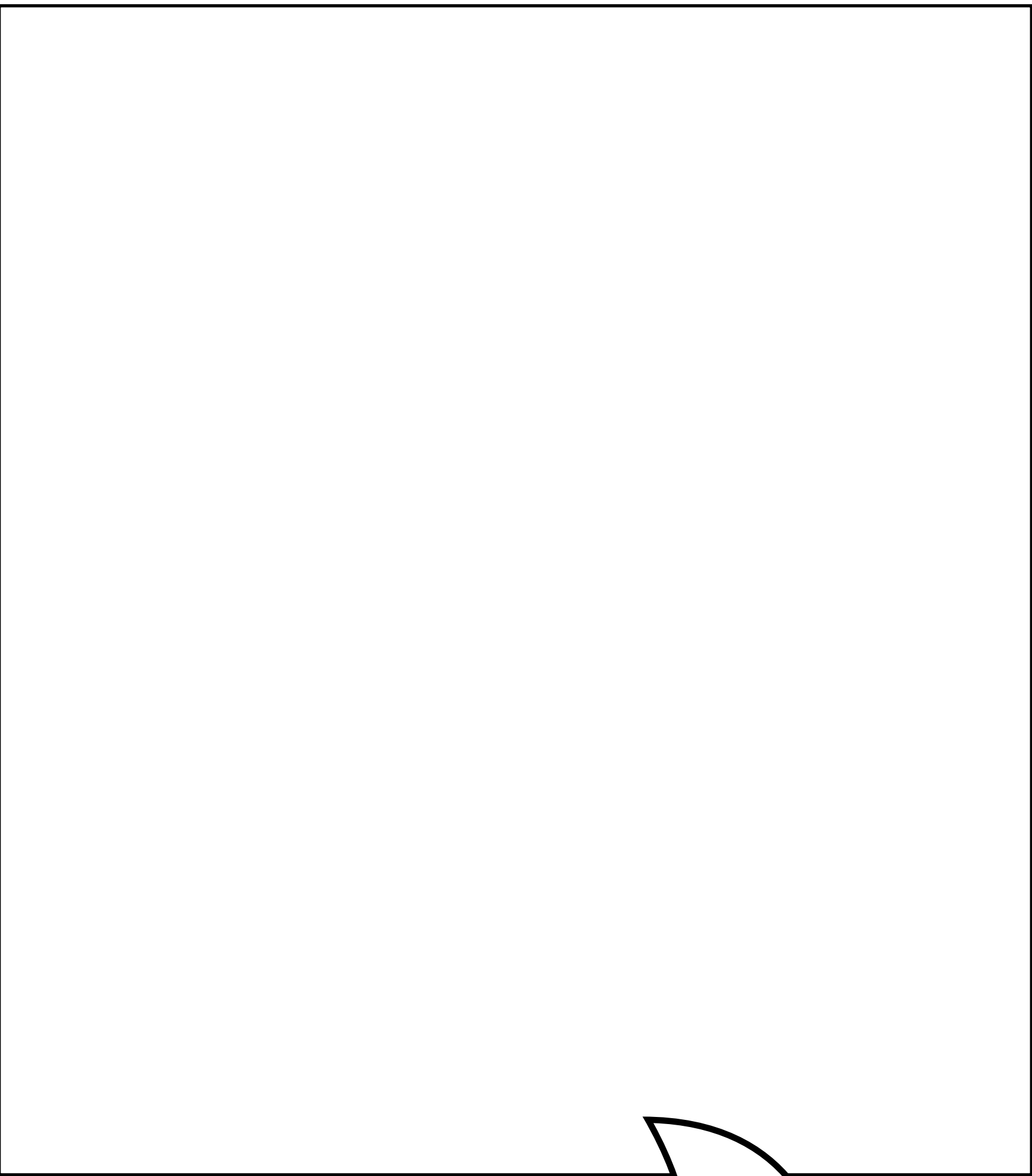
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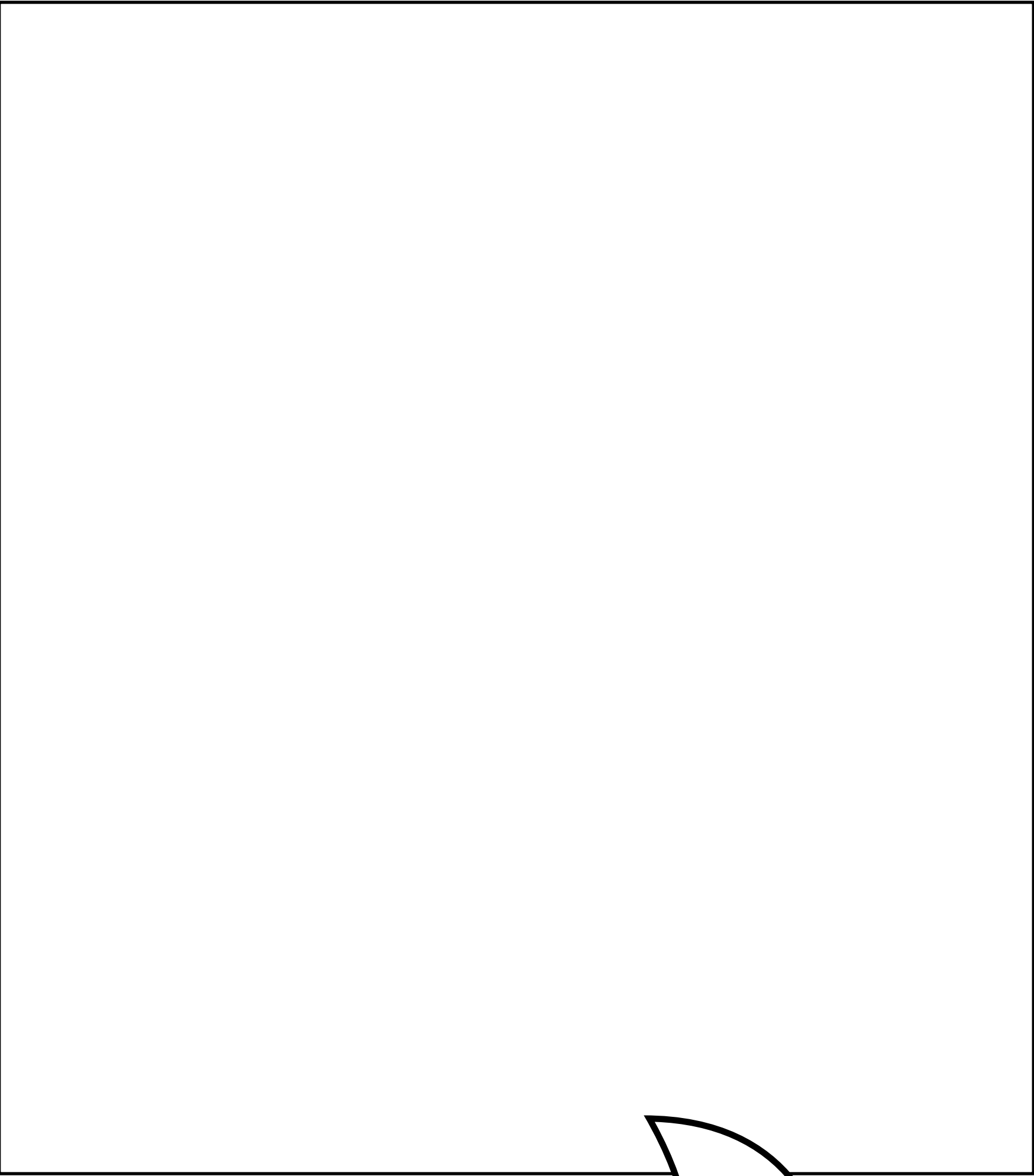
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