

What is Multiplicity?

Many individuals...



...one body.

*Not dysfunctional. Not disordered.
And not incapable of healthy living.*

What is multiplicity?

Multiplicity is the state of many people in one physical body. It has all the benefits and drawbacks that you would find in any other group of people. It is not automatically a disorder. It is not proof of superiority or inferiority. *MPD* and *DID*, the clinical terms, are inappropriate for most multiples and should only be used in cases where multiplicity is clearly pathological. Not all multiplicity is disordered.

Schizophrenia is a biochemical imbalance characterized by disorganized and/or delusional thought patterns. It responds to medication and, in some cases, to psychotherapy and changes in diet.

Multiplicity is the experience of more than one consciousness inhabiting a single body. It is not caused by a physical or mental illness. Many people who are multiple realize it without having to have it diagnosed by a mental health professional.

Everybody has different sides to their personality. The difference is that multiplicity involves distinct persons with their

own full range of thoughts and emotions, including their own various sides of themselves as well.

Where does multiplicity come from?

Many theories have been proposed for the origins of multiplicity. It has been variously attributed to head injury, psychological trauma, social-behavioral cueing, brain hardwiring (similar to left-handedness), and genetic predisposition. There is probably no single cause for multiplicity.

What is it like?

Because a number of individuals with different standards of behavior are operating within a single body, the multiple can often appear to be simply a moody person. Individuals have their own thought and reaction pattern, their own memory, sense of self, and moods of their own.

Also, it is not one person 'switching at will'; the multiple may appear to be a single person changing a series of personae or masks on command, but what is really happening is that several persons are taking turns managing the body.

POPULAR MYTHS ABOUT PLURALS

- FALSE** - Multiplicity is simply denial of memories.
- FALSE** - Multiplicity is a form of self-hypnosis.
- FALSE** - All people in a system are only parts of a whole person.
- FALSE** - Each person in a multiple system expresses just one emotion or role.
- FALSE** - You have to have a gifted imagination and a high intelligence level to be multiple.
- FALSE** - The people in a group are really all demons, or earthbound spirits which need to be exorcised.
- FALSE** - All multiples have serial killers inside them, or are dangerous to themselves or others.
- FALSE** - Resolution of trauma issues inevitably leads to integration, which is permanent..
- FALSE** - You can't be healthy if you're multiple.
- FALSE** - An unintegrated multiple is actually suffering even if they claim to be happy.

More than one person may be present at any given time -- this is called co-running, or co-presence. Individuals in the group may be of any age, religion, orientation, race, or gender--just like any other random group of people.

Multiple Structures

Groups of persons sharing a body can organize themselves in any number of ways -- democracies, dictatorships, communes or jungle law. It is not necessary to be in therapy to form an adequate operating system. As with any group of people, there are individuals who may choose to remain on the fringes of the group, or even cause trouble.

There may also be individuals who hold a young self-image, but operate at the level of adult. There is no requirement for children in a plural system.

Multiple Preferences

Multiples prefer to be referred to as people--just like anyone else!--especially when they have demonstrated their functionality to the world. Terms like 'alter' imply that there is one true personality, and the others are just masks. Every single person in a group is just as real or true as any other, and likes to be seen

that way. If it is safe for you to use an individual's name, please do!

Most multiples find terms like "persona," "alter" or "personality" to be derogatory, especially considering the misconceptions that have been associated with these words.

When it comes down to it, *multiplicity simply involves a group of people in a single body*. Remember--if in doubt, ask!

Further References

Astraea's Multiplicity Resources & Controversy:
<http://www.astraeasweb.net/plural/>

Dark Personalities:
<http://www.darkpersonalities.com/index2.html>

The Layman's Guide to Plurality:
<http://www.kitsune.cx/blackbirds/layman/layman.html>

Non-Offensive Multiple Terminology:
<http://www.darkpersonalities.com/terminology.htm>