

Survivor Matters

A Newsletter for the Christian DID Community

Why Am I Not Getting Healed?

Sadly, many trauma survivors with Dissociative Identity Disorder (DID) have been going to therapy for a long time but are not getting healed. A lot of them are expecting their counselors to “fix them,” which generally doesn’t work well. Experience has shown that those who commit themselves to personal involvement in the healing process are much more apt to obtain the healing they desire.

Some survivors are hindered because they lack sufficient motivation for change. Those who are high-functioning may be willing to accept life as it is and fear that delving deeply into therapy will decrease their level of functioning and disrupt their lives too much.

This is often true when working predominantly with the alter-identities but is greatly minimized when using our Primary Identity Approach to healing DID. Seriously pursuing healing is the only way that even high-functioning survivors will be able to experience the greater capacity for life and fuller sense of identity that comes with living from one’s Original Self.

Other survivors get stalled out at the starting gate because they are afraid to own the reality of their DID, believing that it means they are mentally ill, which is not true at all. DID is an ingenious coping mechanism for surviving overwhelming trauma, not a mental illness.

Others are too afraid of facing their hidden memories and are deeply invested in the dissociation that keeps them separated from the pain of them. This truly is the function of DID, and it needs to stay in place as long as it is needed. Survivors must understand, however, that they don’t have to relive all of their memories, and experiencing the pain of them does not have to be lengthy. When the beliefs embedded in them are identified and truth is brought to them, healing can usually occur quite quickly.

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Some survivors have become so attached to their alter-identities that they can't imagine living life without this internal "family." Others like the attention they receive by being DID and are reluctant to give up this specialness.

If motivation is not a problem, survivors may still be hindered in achieving healing because they are not knowledgeable enough of the process needed to get there. Just having a counselor talk to their alter-identities and process memories with them is not sufficient to overcome dissociation. The internal psycho-logical conflicts of the primary identities must be recognized and resolved.

This process is clearly explained in our materials on the Primary Identity Approach. Sadly, too few counselors are aware of these crucial concepts for healing, making it all the more necessary for survivors to learn the process themselves. Doing so will greatly increase the possibility of their obtaining true healing.

Survivors of ritual abuse admittedly have a much more complex journey to healing. In addition to the above, they need to learn how to rid themselves of the various control mechanisms and spiritual dynamics in which they have been entrapped.

We have found that for those coming from a generational Satanic or Masonic lineage the Prenatal Healing Process, included in our training materials, can provide an excellent path to freedom, as the foundation for most of the control and spiritual dynamics are laid down prenatally. When these are recognized and addressed, everything that developed later in life from them can be removed at once.

Another factor that can hinder healing is the lack of a relationship with God. While dissociation can be healed without God, allowing Him into the process can definitely accelerate it, as He knows the exact truths to give to resolve the internal conflicts, to heal the pain, and to restore joy in the survivor's life. A relationship with God is even more important for ritual abuse survivors, as He is the only One who can set them free from their complex spiritual bondages.

Finally, survivors may not get healed if they do not have perseverance. Unless one can devote a full time effort to it, healing from DID is often a prolonged journey. Getting weary and giving up, however, means forfeiting the opportunity to experience life lived from one's true and whole Original Self, as God intended. ✧

Healing...

What is healing and where do you find it?

In a bottle, in a packet, or with other people?

Is it in a consulting room or outside in the sun?

Is it in pills or medication or even meditation?

Does it come easily, quickly or does it take long?

Is it heavy and difficult and painful and strange?

Does it bring peace and comfort and renewal?

Healing....we all seek it one way or another.

It can be as elusive as the mist before the sun

Or as sure and steadfast as the rock of Gibraltar.

It all depends on us, if we are willing to face

The pain, the lies, the atrocities in our memories

And allow God to bring truth and renewal,

peace and love and a new life to us...

Orna

Survivors Share...

Awake my inner most soul
Bring back my core
Heal it and make it whole
Speak to me
and keep on showing me the right way
Let me stand tall
with a soul that only belongs to you
and that is awake and alive

Yolandie

"He restores my soul."

(Psalm 23:3 NKJV)

Peace by Piece

Peace by piece
One step at a time
Overcoming this bittersweet past of mine
Following God
Doing my best
Never ceasing till God gives me perfect rest.

Rachael S.

A life once shattered becoming as one
A time of knitting together that which
was undone
An infant, a child, a teen and a woman
becoming as one

Darlina

The Truth to Set You Free

John 8:32 says, "You will know the truth and the truth will set you free. I was given this verse early in my healing journey but was told that it meant that I just had to remember all of the things that I had repressed or dissociated out of my conscious mind. What I found out, however, was that uncovering all of those memories just made me more miserable than ever.

I was so glad when I got a better interpretation of that verse and learned that it is not my truth, but God's truth, that sets me free. At the same time I learned that what caused ongoing pain in my life was what I believed as a result of the things that happened to me.

With this amazing insight, I learned to examine my memories for the beliefs that I carried out of them. I then learned to bring them to God and to ask Him if they were true. Gradually, I learned to hear His voice respond back to me, and the truths that He would utter changed everything. His words lovingly removed the pain and the shame and the guilt and everything about the memory that was hindering my joy. Finally I was able to experience truth that was truly setting me free!

Even though I am no longer dealing with painful memories, I still use this process whenever I am disturbed in my spirit or start to feel depressed. I try to pinpoint when the turn in my emotions occurred. Then I try to identify what that event made me believe. Then I take that belief to God and ask Him if it is true. Again, His response usually produces a wonderful change in my emotional state.

Recognizing that our beliefs are largely what determine our emotional state and knowing how to identify them and to challenge their truthfulness can be a major tool for anyone to use to improve his emotional state. Since God is the author of all truth, those who have difficulty hearing the voice of God can still hold their beliefs up to other standards of truth. For instance, asking, "If this happened in someone else's life, is this how I would interpret it?" can often be helpful. ✦

Our teaching on the Primary Identity Approach is found in the following resources on our website:

- Module 3 of *Restoring the Shattered: The Primary Identity Approach*
- *Healing from DID*
- *Primary Identity Approach Simplified* - Single DVD
- "Primary Identity Approach Overview" available as a free download at www.rcm-usa.org/articles.html

Our teaching on the Prenatal Healing Process is found in the following resources on our website:

- Module 4 of *Restoring the Shattered: Ritual Abuse and Spiritual Warfare Dynamics*
- *Prenatal Healing* - Single DVD or CD
- "Prenatal Healing Process" available as a free download at www.rcm-usa.org/articles.html

The Art of Committal

You have not been suffering alone, but I Myself have been near you all along the way. My heart has felt what you have felt. . . .

I am able to teach you how that in the midst of these human experiences of hurts and frustrations and loneliness and heart-ache, you may arise above the natural tendencies to fall into the sins of self-pity, self-reproach, depression of spirit, resentments, and the like.

It is not easy. Not only is it not easy, but in the natural, in the flesh, it is impossible. But the same grace which I promised to the apostle Paul to help him bear his affliction, this same grace I will give to you (2 Cor. 12:9).

You may bring the whole of your burden to Me. I will help you as the days go by, and as the trials come and go; and as the learning process continues, I will teach you the spiritual secrets of the art of committal.

For in complete and repeated committal lies the key to victories that can be thus more easily won, less painfully achieved, and more quickly gained, so that the valleys become less deep and less dark, and more quickly passed through.

“Man is born,” it is written, “to trouble, as the sparks fly upward” (Job 5:7). This is true as surely as rain falls and snow is cold. But it is equally true, and gloriously so, that I have promised, and I will deliver you out of all your troubles.

Adapted by Diane Hawkins from “The Art of Committal” in *Come Away My Beloved* by Frances J. Roberts.

Testimony

I was raised Catholic from birth. The God I knew could be put on a shelf and taken down when I needed him. If the God on the shelf as I put it - is all one knows, it's an unexplainable experience when one learns the true love of Jesus Christ. When I learned that Jesus loved me, I also learned the God on the shelf was the idol that kept me in the demonic realm of darkness.

Rebecca

Survivor Matters is written by Diane Hawkins, M.A., (unless otherwise noted) and published by Restoration in Christ Ministries.

It is available to all free of charge but donations are appreciated.

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