

Survivor Matters

A Newsletter for the Christian DID Community

Restoring the Original Self

Dissociative Identity Disorder (DID) is the result of young children coping with trauma, abuse, and/or neglect by forming alter-identities (alters) to handle the overwhelming events so that their Original Self, created by God, could be protected from the devastating effects of what was perpetrated against them. In most cases they also formed what we call “primary identities” to take over the role of living life so their Original Self could be withdrawn and protected from life’s ongoing unpredictability’s.

The ultimate goal of healing DID is to make a way for all of the substitute parts, both alter-identities and primary identities, to be able to rejoin the Original Self and to allow this sole identity to live life again. We have developed the Primary Identity Approach to healing DID, which provides a much more efficient route to accomplish this than the traditional alter-centered approach. (Please see our website at www.rcm-usa.org for our many training materials and opportunities.)

Bringing the Original Self back to living life again is important because none of the substitute identities have quite the capacity for living life that this part does. She carries a much stronger sense of identity, well-being, confidence, and relational skills than the other identities. She also more fully represents the person’s true heart and spirit and God’s original design for the person.

In order for her to come back to living life again, certain conditions must be met. Most important is that the primary identities must all be in agreement about how they view the trauma, the perpetrators, and God (if they are ritual abuse survivors). This means they must all acknowledge the various types of trauma that occurred and the main perpetrators who were involved. In other words, all denial issues need to have been resolved. They must also all view the perpetrators in the same way with all loyalty conflicts having been resolved. The same applies to their position of loyalty to God versus Satan.

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The survivor must also be in a safe environment. This means that she must no longer be under any threat or fear from the original perpetrators or any new ones. If she is in contact with the original perpetrators, she must have come to a place of complete emotional freedom from them.

If the person is a ritual abuse survivor, the primary identities must also be free from connection to higher-level spiritual beings. This would be any that are in a supervisory capacity over the lower-level demons.

Usually when these conditions have been met, the Original Self will emerge spontaneously. The person will know that this has happened because she will begin to experience life in new ways. She will have a deeper connection to herself with a stronger sense of personal identity than she has ever had before. She will also have greater self-confidence and stronger relational abilities with other people. She may have greater self-awareness and self-respect and find herself able to do things that she wasn't able to do before or didn't care to do.

Everyone will experience the changes somewhat differently, but if a person hasn't experienced notable, positive enhancements to her quality of life, then her Original Self has probably not returned yet. If that is the case, the person needs to examine the previously mentioned conditions that need to be in place in order for her return to happen and pursue working on any that might not be complete as yet.

The Original Self coming back will usually precede the person's becoming whole. Wholeness depends on completely different criteria. It requires that all intolerable conflicts that necessitated forming other identities be resolved. (The path to doing this is explained in our teachings on the Primary Identity Approach.)

The Original Self may not immediately take over leading life continuously when she returns. This will depend on how isolated she was from life experience while she wasn't participating in life. Often she will have to get used to living life again, which can take varying amounts of time.

When she is ready to take over leadership of life, the person's Primary Presenter (the primary identity who has been leading life the most) will not "go away." Rather, the two will merge together. The person will feel like the same person she has always been but that she has received a shot of psychological "steroids," as her sense of identity and quality of life suddenly increases. I believe that any survivor who is sufficiently motivated and committed to educating herself concerning the process for getting there can reach this goal. ✧

(I have used the feminine pronoun in this article to represent the person and the Original Self only for convenience.)

The Real True Me

My life consists of different parts
Who helped me to survive.
If not for them, from all the pain,
I might not be alive.

I think of things about my life
As one huge pile of bricks.
I learned to hide my pain and fears,
And built my wall – so safe and thick.

But now it seems like there are cracks
Within my wall – so safe and sound.
I wonder if this is a sign,
That one by one – those bricks come down!

And then those parts who helped me live,
Will one day also see,
When that last brick has been removed,
Beneath it lies the real, true "me!"

Adele

Survivors Share...

I am a victim!!
Don't you understand?
I am a victim not a survivor...
But somewhere truth is dawning,
Victim turns into Victor
And a survivor is born,
Rising above the rubble of her life,
Knowing...., she has survived!
Orna

"The truth will set you free."

(John 8:32; NASB)

I wish I've never known
So much evil and wickedness
And I wish I'm not familiar
With terror, rejection and pain
Yet I know, O GOD,
You've been watching over me
With Your help,
I've survived the dark and raging seas
Help me soar in Your love
Let me rest in Your grace
To be strong and courageous
Filled with Your fullness, I pray
Hannah L.

Something that has tremendously helped me is writing letters to the Lord. They are so helpful because they help us unburden our hearts. There is no other area more healing to me than communicating with the Lord heart to heart.

Lynne

God's Resource of Wisdom

God gave all of us the wonderful gift of a free will. We thus have complete liberty to live our lives as we choose. Of course, this also means that we are faced daily with many choices to make on our own. Some of the options before us are good; some are bad; and some don't always appear as they really are. Because God cares very much about our well-being, He does not leave us without guidance in regard to our choices. Through His written Word He gives us extensive principles of wisdom, both practical and spiritual, to help us know the choices that will bring the best results in our lives, including the greatest success, prosperity, and fulfillment (Josh. 1:8; Psalm 1:1-3; 2 Peter 1:1-8).

Proverbs is a whole book focused on the practical aspects of God's wisdom. Following these directives will help us to discern and to avoid evil and seductive people who seek to draw others into their lifestyle of seeming happiness but eventual ruin. Instead, we will be directed onto a path that leads to long life, security, honor, favor, justice, peace, and happiness (Prov. 2:11-22; 3:13-17; 4:5-13; 5:1-23; 8:18-21, 35; 9:11). We will also be able to withstand hardships with confidence and stability (Prov. 3:23-26). In fact, as we incorporate God's wisdom into our lives, it becomes like a tree of life within us, even affecting our physical health (Prov. 3:18; 4:20-22; 8:35). What a difference it can make for our physical, emotional, and spiritual well-being!

As we grow in the Lord and understand how to live more and more in the spirit rather than the flesh, God has wisdom beyond that available in His Word to give us on an individual basis. God tells us that any time we need wisdom, we can ask Him for it, and He will give it to us as long as we ask for it in faith (James 1:5). God also imparts wisdom in the form of enhanced understanding, supernatural insight, and heightened talent and abilities to enable us to fulfill special callings He has for our lives, just as He did for Bezalel, David, Solomon, Daniel, and Ezra in Scripture (Ex. 31:3; 2 Sam. 14:20; 2 Chron. 1:7-12; cf. James 1:5; 1 Kings 4:29-34; Dan. 1:17, 20; 2:20-30; 5:11-12, 14; Ezra 7:25). ✦

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

Recommended CDs from our website:

- *Who Are the Shattered in Soul?*
- *Becoming Whole: What Must I Do to Get There?*
- *Why Am I Not Being Healed?*
- *Trauma Recovery through Conflict Resolution*
- *The Long Journey Home*
- *Experiencing More of God Now*

Praise God

*My child, how I love your loving Me.
How I love your expression of heart.
You love Me when you care to love Me.
I receive that love you send.
Fret not about the power of your transmission
Compared to the power of Mine.
I am sensitive to the smallest intent buried inside
Any heart that feels and acts on it.
I shall return that love conveyed to Me.
I already initiated My love,
So your love to Me is an answer back.
I set you on earth for a purpose.
I gave you a void to fill with Me
So I could live in you.*

*As you learn to turn to Me for everything,
We can have great fellowship
and do much together.
You'll not have to be alone again,
Nor do anything unwise again.
What a promise I offer you!
It is not quickly spoken nor understood.
But abundant life in all life
is as close to eternal life
As you can get on earth.
Jesus came to give you such life.
The Holy Spirit lives in you
to bring you that life.
Live!*

(taken from Songs in the Night by Shaina Gabriel)

Perseverance

A lot of survivors have “no root,” as it says in the parable of the sower. The seed—or good news of healing—falls on rocky ground, and it is received so GLADLY. I think we are like that. Our lives are SO rocky and wounded that when we hear there is healing available, we receive it with much gladness. The parable continues that when trouble comes, the plant has no root so it withers. For us to receive our healing, we have to have “root.” Ephesians says we are to be “rooted and grounded in love.” As survivors, we must hold fast to God’s great love for us. I believe this is the secret to persevering and gaining the fruit of our healing.

Jacki S.

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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