

Patterns in New Headmates vs Life Events

Written by: Dazai (Interstellar System)

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- N/A

Not sure if this is common among other systems.. But we really tend to see patterns in our traumagenic and even endogenic headmates following life events. Not just in member count, but in what kinds of headmates we form, and what types of people they are. We're quoigenic collectively and have DID, for context--we also tend to ascribe *individual* headmates as traumagenic/endogenic/etc at their own discretion, and this feels more useful to us than ascribing our whole system to be "one way or the other" origin-wise. And as a warning, I'll be talking pretty psychologically-based here, even though we see ourselves as mixed psychological and spiritual in origin.

Normally, we tend to gain anywhere from 3-10 headmates a month. Sometimes we get none, sometimes we get 12 or more, it depends on how stressed we are, if we're soulbonding or making daemons (which we count both as members), and just generally seems to have an aspect of randomness to it. It's been this way since 2018, no signs of stopping, it's just how we work. For the sake of the rest of this, assume any headmates gained is strictly talking about involuntary headmates though--so ignoring soulbonds, tulpas, and daemons or anything remotely willogenic.

When we're more stressed, the numbers gained tend to be higher. Periods of high stress occur and suddenly we're getting new guys left and right. Sometimes there's a "delay" in how long after the stressful event(s) before new headmates join us--even up to a month of pause with no new people at all--but there's always a noticeable, sudden spike in member count at some point. This makes sense! The brain learned this as a coping mechanism at a young age and just keeps doing it. Stress happens, so it gets a new guy in to deal with it. The pause we have sometimes is a little strange, and tends to happen more commonly the more severe the stressful period is. For lack of better phrasing, the metaphorical "headmate printer" gets "stuck" and we sometimes can *feel* that the brain is trying to make new people, but we're too fragmented and dissociated for it to do so. That often comes with us feeling horribly uncomfortable for a few days until we finally get the relief of a new person gaining an identity.

Beyond just the numbers, though... Headmate *types* are also affected. We're fictive-heavy, in fact we're mostly all fictives. I personally think this is because we're collectively fictionfolk anyway so there's a lot less of a stark divide between "this is a this-world person" and "this is a guy on a screen". Obviously we know the difference, but that line *does* get a little weird when us, Hunter from The Owl House, is a flesh and blood person right now in this body. So we've always sort of figured that plus how hyperfixations tend to be on fictional media for us results in us being essentially only fictives. So fictives are a given, but their *source* seems to change the more stressed we are. If we're super super stressed, we tend to get introjects from more recent media we've hyperfixated on as opposed to longer-standing special interests. Which.. Maybe makes sense? If the brain decides the more recent dopamine hit of the latest Cool Media is enough of a pick-me-up to grab a guy based on it as the number one solution to Current Events, I suppose. But if we're in periods of low stress, we tend to just.. Get random people as our new joins. Still introjects, but the pool of what they're sourced from is so much wider.

Even down to the individual type of person we tend to gain, stress plays a factor. During high stress, we tend to get highly traumatised headmates with mountains of exotrauma of various types. This sometimes even reflects the current stress we're dealing with, even if it's exaggerated or "to the left" or even toned down, a lot of it tends to mirror our current state or what caused the issue in the first place. *Or* alternatively if the stress is more longstanding, we get caretaker figures. The types of people who front and suddenly the household chores are done, or the types of people who go to bed early to make sure we're rested, or the types of people who make extra food and put it in the fridge so we don't need to cook tomorrow. Sometimes we get "batches" of both people with large amounts of trauma and caretaker figures included. On the flip-side, in periods of low stress, we tend to get more actively aggressive headmates who turn out to be persecutors and cause in-system harm. Maybe that's a weird coping mechanism too--the brain deciding that everything is too calm, so surely there *Must* be a problem, and then just.. Making a guy to cause some conflict for a bit.

It's kind of interesting that even though we aren't great at picking apart how we're feeling and what our mental state usually is in the long term, if we look at our history of headmates forming... We could get a pretty good guess in as to how the last month has been by seeing who the 5 most recent headmates are and what they're like.

Honestly this whole post is brought on by us realising that 10 of the last 25 members--everyone since the start of August--have been very, very traumatised people. And 6 of those have been caretaker-esque figures as well. We know we've been struggling more and more as the year drags on, but this really just outlines how *much* we've been struggling. It's likely just seasonal depression acting up now that it's getting into warmer weather, but still... It's so noticeable just by looking at our most recent headmates, if you know them and their stories. We hadn't paid too much attention to it before, but I'm going back and noticing those patterns. Very interesting how our system also acts as a mood detector.

Anyway, this is fine to reblog and add on if anyone would like--this isn't a vent, we're intending to share experiences here. If it were too personal, I wouldn't be posting it on our blog.