



# The Median Experiences Tool

By the Interstellar System



## What's this?

This is a visual tool to help you represent and easily share some functions and structures of your system, geared toward median systems!

You're free to use this as a guideline and edit it as you see fit. Draw a line where you fall on the sliding scales, circle or cross out options altogether--we've even left some space for you to write your own!


There's some definitions listed at the end of the pages if you need them!

## What's "median"?

A median, or median system/plural, is the experience of having more than one identity inhabiting a single body, but the experience isn't as distinct as a multiple system.


In general, it's a broad experience! But it just means that you're somewhere between "multiple" and "single", in terms of plurality.

Some medians might feel like they're too blurred together to be "multiple". Some feel like they're multiple sides of the same coin.



Disordered

Nondisordered





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## Free Space!

Feel free to fill this space with any other info you'd like to share! This could be more about what your headmates are like, or more on your identity, etc!





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## Terms

**Singlet:** One person/identity in one body.

**Multiple:** Multiple distinct people/identities in one body.

**Median:** Inbetween singlet and multiple.

**Headmate:** An entity in a system.

**Facet:** An entity in a system, mostly used by median systems.

**Polyconscious:** Having multiple separate consciousnesses in a system.

**Monoconscious:** Having one shared consciousness in a system.

**Core:** Usually synonymous with “original”, the one who was present first or is the root of the rest of the system.

**Memory sharing:** The ability for headmates to remember what each other did while they weren’t there.

**Switching:** The act of headmates changing control of the body.

**Nonswitching:** A system who doesn’t or cannot switch.

**Voluntary switch:** Switching by choice.

**Involuntary switch:** Switching out of your conscious control

**“Swapping” VS “becoming”:** How switching feels to a system--do you “swap places” with someone, or “become” someone else?

**Disordered:** A system that experiences disorder related to their plurality (can be DID, OSDD, or unlinked to any diagnosis).

**Nondisordered:** A system who does not experience disorderedness to thier plurality.

**Blurred identity:** Identities within a system that are hard to tell apart. Opposite is distinct identity.

**Communication:** Ability to internally communicate.

**Similar/different:** How overall similar headmates are to each other.

**Similar/different opinions/likes/dislikes:** How close headmates opinions, likes or dislikes tend to be to each other. Are they able to like different things? Have different opinions than each other?

**Member count fluctuating/stable:** Whether your member count shifts around a lot or stays mostly the same.

**Overt:** Plurality that is easy to see or obvious in how it presents, to those outside the system.

**Covert:** Plurality that is not easy to see or obvious in how it presents, to those outside the system.



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## Other Info

For further reading about median plurality, try our introduction to what being median is, called “[You Could Be Median](#)”!

It and other resources we’ve made are saved on the “[our works](#)” page of our [neocities website](#).

This resource is free to share and use as you wish. To credit us, link to interstellarsystem on tumblr or <https://interstellarsystem.neocities.org>.

### Also check out:

- [Plural Spectrum Tool by The Plural Association](#).
- [Nonhuman Spectrum Tool by House of Chimeras](#).
- [MoreThanOne.Info](#).