

Being a DID System That's Excluded from the Community

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Content Warnings:

- Syscourse mentions.
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I know we've went on about this before, but it's important.

To start this off, we're diagnosed with DID and have been since around July of 2021. However, we've known of our system since 2017. We're also a quoigenic system, meaning (in our case) that our origin is unknown, and also none of anyone else's business--though I will say that being quoigenic does class us as something other than a traumagenic system, especially seeing as we were a system before our trauma. Most of us believe we were plural from birth, and even if that's not the case, we were still plural before any traumatic incident happened.

We're diagnosed with DID *regardless* of our trauma. Trauma is not a diagnostic requirement for DID and we fit the actual criteria. We experience varying degrees of distress surrounding our condition and also varying degrees of amnesia between system members. We're much closer to functioning how a traumagenic DID system generally functions than how a non-disordered system tends to function. Yet, we're excluded from most DID spaces on the basis of our origin--and if not that, it's the fact that we fully support endogenic systems.

We'd be perfectly happy existing just in non-disordered and endogenic spaces if it weren't for the fact that *we can't relate to them as well as we can other disordered systems*. We have a *disorder*, and denying that fact or excluding us on the basis of how our system formed is isolating, to say the very least. Most non-disordered systems don't experience amnesia, or splitting in the same way we do, or the distress surrounding being a system that sometimes arises.

I completely understand that we're an outlier in the divide of the plural community, we blur the lines between both "sides", but that's part of the problem. There shouldn't be such a huge divide between groups that, at the very basics, are all multiple people in a body. In fact, there was even a time before syscourse was even a thing. We weren't around for it, but we've seen archives, we've heard stories, and thinking of times in the not too distant past where this wasn't an issue is making us wish we had a time machine.

Of course there's differences between endogenic and traumagenic systems, and there's differences between disordered systems and nondisordered systems. Disordered systems should be able to have their own communities away from the rest, too! There's nothing wrong with creating spaces for those with disorders, and there's nothing denying the differences between types of systems. What the issue is, is when you exclude those *with the disorder you're trying to create a community for* on the basis of how they personally perceive their own disorder. When you put others down for their beliefs and experiences and lived realities. When you erase others identities and dismiss them as "fake". That's where the issues are.

We like being diagnosed, it helps us to explain things to other people because we have words for what we're experiencing that they're able to understand. It helped us explain ourselves to our parents. It's validation from a professional that what we're experiencing is real. It's great and helpful and all that. It just makes us feel torn on where we actually belong.