

Intra-Disordered

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Content Warnings:

- N/A

We don't do coining posts often, if at all, but this one applies to some of us and we figured we'd tentatively share.

Intra-Disordered: A person within a system with the experiences of having a disorder/symptom the body does not have or is not known to have.

Intra as in "within", referring to within a headmate.

This can be the result of trauma, isolated symptoms caused by trauma-holding, symptoms a headmate has in source, psychosis, or other reasons. This can also include symptoms of a disorder the body has that are **not experienced by others in the system**, such as a system with autism collectively being okay with sounds of all types, but one of them is sound-sensitive.

To be used with sublabels if you prefer, such as intra-ADHD or intra-anxiety, and can also refer to specific symptoms, such as intra-hallucinations or intra-tics. If you'd like a headmate role-esque phrasing, intra-disorder holder is an alternative, which can be coupled with the sublabels such as intra-BPD holder.

This term is specifically to differentiate from bodily-disordered experiences while also having ways of easily phrasing disordered symptoms the body as a whole does not have, while keeping both validated. Similar in purpose to "exotrauma"--to acknowledge both experiences while they are similar, but separate, and both are deserving of support.