

Plurality and Suffering

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Content Warnings:

- Discussion of syscourse.
 - Discussion of ableism.
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This was going to be a reblog to someone else's post, but this deserves its own. My wording might be slightly weird because I'm having some disorganised thinking, ask to clarify if you need.

People online have such an issue with plurals presenting themselves as happy, or enjoying the fact that they're a system in the slightest. If you're not all doom and gloom, people just... Assume you're faking it for fun? As if plurals have to share their suffering online? As if they *have* to suffer?

"You're clearly treating plurality like its all fun and games! Look at all these silly, lighthearted posts! Not a hint of distress or trauma! How can you be diagnosed with DID when you're clearly not disordered?"

Do you ever stop to think for more than 5 seconds about personal safety? There's people who hate systems left and right, cringe subreddit posters, and generally people who would take that information and use it against you in some way. You don't share your personal name and address online, so why should we share the ins and outs of our daily struggles? Our trauma in any amount of detail? Anything that could be used to hurt or manipulate us further?

Not only is no one else entitled to that information, but it's not safe to share in a place where strangers can see it. We don't share a list of our triggers for the same reasons--we don't want to hand out the keys to our trauma to anyone who happens to see us online.

Not every plural has to suffer either, mind you. So many types of systems tend to *not* struggle due to their plurality or even anything remotely related to it, and that's okay! You don't need to suffer to be real, suffering isn't a prerequisite to being plural. I'm not even just talking about nondisordered systems here either.

Systems with CDDs can *heal*. DID, OSDD, DDNOS, anything. They can get to a point where life is worth living if it doesn't feel like it already. It could be through final fusion, but it could also be through learning to live together happily as a collective. They can get to a point where the major suffering of the past is far behind. Having a dissociative disorder is NOT a death sentence, I promise you. Things can get better, either through therapy, or medication or just time and learning itself--*all while still remaining happily plural*.

Acting like disabled people (or even a subgroup of them) will *never ever* be able to live a life with any happiness or one even worth living at all is an ableist argument used to support so many horrible things thrown toward disabled people of all kinds. It's a few steps away from saying we need to be put out of our misery because we can never live a meaningful, happy life. We've seen this exact argument used against all kinds of mentally or physically disabled people, saying it's cruel to keep them living. And that's absolutely *ridiculous*.

It's so sad that these sentiments are *common* in CDD spaces. Yes, there are struggles that come with the disorder, but you can heal. The idea that you will never be okay is a lie. You might not be at a neurotypical level of functioning, but you can be *happy*, and you can be happy being plural. You are worth it, your disorder doesn't change that, and neither does the general community vibe of "everyone has to suffer and hate their system". You can be happy, you can love your system, you can grow together and make life what you want it to be.

Being a system of any kind is never, EVER a sign that your life will never be good. It's never a sign that you can never feel happy again. It's never a sign that you should just give up. And being required to show off how much you struggle in order to have the basic amount of respect--people just simply believing that you experience what you say you do--is absolutely ridiculous. You don't need to suffer at all, and if you are suffering, you don't need to do it forever--much less share that with people who could use it against you.

Do better, for yourselves and for others in your community. It's okay to be in pain, it's okay to wish things were different, it's okay to share experiences and gather support, but it's not okay to act like no one who is plural could ever have happiness in their life, or claim that those who don't suffer as much as you are fake. Stop spreading the sentiment that suffering is the only way.