

Leaning on Dissociation When I Feel Scared of the Future.

From a survivor of multiple trauma contexts

I was asked by my therapist to write as a homework assignment on (gulp) "Why does a trauma survivor with DID become addicted to her dissociation and how it can hurt her?" Well, I moaned and whined about this for a while because I knew that it was possible that I might have to address something that I thought she wouldn't notice. But, she did. And, I know I test her often on that.

I'm a 45 years old survivor. I believe that the only way I did survive was to dissociate beginning at the age of 2 and 1/2. Since things happened to me at such a very young age, I grew up not knowing what or who was right. I just wanted the hurt and the pain to stop. So I learned to dissociate by making parts to help me. I learned to avoid feeling the shame, the emotional betrayals, and the loss of trust in others and myself by cutting, starving and burning my body. I felt that my parts were the only ones that I could trust! The problem was that they only felt safe when they were hurting me! The pain became my addiction. Pain felt normal and letting go of pain felt like I would have NO security net, i.e. NO control!

It has taken me 10 years, the last several years with the Core Integrity Model, to begin letting go of my dissociation, to learn to trust the process, my therapist and, more importantly, myself! I thought I needed the people who hurt me. I thought I needed them to love me. But, I realize now that they perpetrated me because they never really LOVED me. They didn't know how to love. Love does not perpetrate. It was a violation of my trust. I have to remember this and remind my alters and myself of that fact regularly. By staying in the safer "here and now", I can heal from the past.