

Survivor Matters

A Newsletter for the Christian DID Community

Working with Resistant Identities

DID is formed as the result of intolerable psychological conflicts embedded in early childhood trauma. Alter-identities are formed to carry what is intolerable to the primary identities. To do so, they often adopt perspectives that serve to lessen the intolerability of the event so they can endure it. This means that many alter-identities hold perspectives that are very different from, and often considerably unacceptable to, the primary identities living life.

Resolving these differences is part of the healing process that is necessary both to enable integration and to relieve problems in the survivor's life. The approach used to dialogue with these contrary identities will greatly affect the degree of success in accomplishing these goals.

Whatever role a problematic identity is playing, you want to approach him as a friend, not an adversary. This may seem counterintuitive, but it is key to opening the door for any kind of profitable interaction with him. If you have not been doing this, then you need to start by apologizing for treating him with antagonism and disrespect.

Remember that in the big picture he was formed to benefit the person. He may have taken an objectionable role so that the Primary Presenter did not have to do what seemed intolerable, or he may view himself as protecting the person from harm (often not realizing that the same level of danger no longer exists). In other cases he may have been truly brainwashed by the perpetrators he could not escape. Expressing gratitude in some way for what he has done or affirming something about him will do wonders in disarming him and his hostility towards you.

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Another helpful entry point is to assure him that you will not force your will on him. You will respect his right to think for himself and to express his own free will as long as it is not harmful to the person. God does not violate anyone's free will, and we can't go wrong following His example. You will be amazed at the results that this will bring in the long run.

Being able to synchronize, or to be empathetic, with this part's perspective as far as you can is also helpful. Affirm him when he has legitimate reasons for anger or confusion. When he expresses a belief or perspective with which you do not agree, you can still say something like, "I understand that is what you were taught" or "how you see it."

When dealing with parts that are loyal to Satan, try to bring the conversation to the subject of choice. Ask them whether Satan gives them a choice about what they do, which will certainly be answered in the negative if they are willing to be honest. Then, explain how the Most High God created all human beings with a free will and intended them to be able to choose how they live their lives. Satan, on the other hand, tries to "hijack" human beings and take away their choice and force them to serve him. This will usually get them to begin thinking about whether they really are in a good situation under Satan or not.

You can then proceed to help them understand that God is also devoted to working for the good (love) of those who follow Him, which again is totally opposite of Satan, who cannot offer any form of love. God is also always willing to forgive, no matter how grievous the sins that have been committed. He is also the only Being with greater power and authority than Satan/Lucifer and therefore is able to protect them from any retaliation from his realm if they should decide to use their free will to renounce loyalty to Satan and to come under the protection of the Most High God.

As soon as they express such a decision, God will honor it. You can then ask the identity if he wants to be detached from all evil beings connected with Satan. When this is affirmatively stated, you can ask God to do this too. Also ask Him to declare in His heavenly court that there is to be absolutely no retribution or retaliation for the decisions that were made. ✦

TRIGGER HAPPY

Crash, bang, boom

Faces, places, things

There it is, out of nowhere

What does it mean, why does it hurt so

Rushing back like faucet water on high

*Memories apparently not ever
wanting to be recalled*

Flickers, images, twinges over body parts

*You didn't know for the longest
what it all meant*

*Slams, drops, startled, movies
and unrelated tales*

Cringe silently, clinched jaw, locked door

*"DANGER, WILL ROBINSON!"
high alert, lights on, fetal position,
afraid to sleep*

*Childhood to Adulthood,
Adulthood and back;
timeline has blurred*

When will it end

.....

Teresa A. Burkes

Survivors Share...

Come feel My heart my child...
A heart full of kindness
When I see you suffer,
A heart weeping and hurting with you!
Come feel My heart my child...
A heart full of anger
For those hurting you
Because they disobey Me.

Come feel My heart my child...
A heart yearning for you to come to Me
A heart overflowing with compassion
as you bring your pain to Me.

Come feel My heart my child...
A heart full of happiness
As I see you rejoicing
At My gift of healing in your soul!

Come feel My heart my child...
A heart that choked with grief
As My only Son was crucified...

Come feel My heart my child,
A heart full of endless love for you.

Come Feel My heart my child,
A father's heart... forever...

Excerpted from "Come Feel My Heart, My Child" by Orna

***"You have taken account of my wanderings;
Put my tears in Your bottle.
Are they not in Your book?"***

(Ps. 56:8; NASB)

I know every wound, every rejection, even every desire
you long for.

I'm not a faraway God as some people think daughter.

I'm ever present, all knowing, and all seeing.

I've never left you or abandoned you.

I've never turned and walked away from you as many of
my children have turned their backs on their creator.

It's in My Love that I created you!

God's Resources: Justice

God is God and He is unchangeable in all of His attributes, whether that is His holiness, His love, or His justice. Nothing He does can violate any of these traits. While this may cause confusion to an abuse survivor, it also provides security. Life would be so much more frightening if we never knew how God was going to respond to a given situation.

Because He is unchangeable, then I can always count on His love and His justice. This provides great hope as well—if I can somehow come to understand how this fits with the awful things that happened to me, supposedly under His watch.

Even though God stood by His unchangeable commitment not to violate man's free will that was used against us in such horrible ways, Psalm 56:8 assures us that He was neither absent nor uncaring at those times. Rather, He took account of them all, collecting and counting every tear that we shed and recording every act in His book. He did this not as an historian but as the Judge of all the earth, committed to mete out justice to both our abusers for their wrongdoing and to us for our losses.

Our abusers can only anticipate their fearful fate of falling into the hands of the Living God. We, on the other hand, can anticipate a just recompense from Him who is the epitome of love and justice and who has the riches of heaven and earth at His disposal. What this will look like we cannot be sure. However, we gain hints from His Word that He will lift up our heads and honor us in the presence of our enemies. He will glorify us in eternity and bring blessing in equal measure to the unrighteous acts committed against us, as He did with Job and Joseph and others.

He can only do this, however, when we open our hearts to Him and bring ourselves into alignment with His will. When we angrily resist Him, we shut out His many resources to help us in the healing process and the just compensations of our abuse that He wants to pour out in our lives. ✦

It's in My Compassion and Mercy that I saved you.

It's nothing to take the small and despised and raise them up for my Kingdom purposes!

I can set you before Kings and Presidents!

It's with My right hand that I give you the rod of authority!

To rule and reign with [your]creator!

It's time for My children to arise and shine!

Mindy Samblanet

Two Proven Ways to Shorten the Journey to DID Healing

The Primary Identity Approach has proven to shorten healing of dissociative dynamics in a significant manner in comparison to the traditional, alter-centered approach. It is based on differentiating primary identities (those protected from the trauma) and alter-identities (those who helped to deal with the trauma). While alters are not ignored, identifying and resolving the intolerable psychological conflicts of the primary identities *allows healing to flow from them to multiple alter-identities at the same time*, often bringing spontaneous integration.

The Pre-Natal Healing Process provides a way to bypass many of the perpetrator-loyal dynamics in a system and to address spiritual bondages at their very roots. With the survivor's stated rejection of them, an appeal is made to God to honor the free will decision of the survivor and to remove that particular root *and everything that resulted from it through the rest of the person's life*. The free will expression of a primary identity trumps the free will decisions of previous generations and those of any subsequently formed alters.

RCM Resources Providing Further Training on These Processes

- *Primary Identity Approach Simplified* (DVDs) \$25
- *Module 3 of Restoring the Shattered: The Primary Identity Approach* (CDs) . . \$25
- *Pre-Natal Healing* (Single CD) \$5.50

(Available at www.rcm-usa.org)

Testimony

My healing journey has been long and arduous. I reached a point where I was discouraged, unsure, unhappy with people not understanding the time it took, or the severity of my pain and hopelessness. It was then that God brought Shani Christin's book into my life. Her poems spoke to my soul, my pain, my everything. I knew I had to talk to her, so I emailed, wondering if I would ever receive a reply. I did not just receive a reply, I received help!! She was kind and understanding and introduced me to RCM. My life changed, I was understood, I was accepted, I was not alone. RCM opened their hearts to me, gave me teachings I needed as well as support and prayer. I could go forward in my healing journey and could help my support team and family to understand better how to help me. Thanks to Tom and his team, I am a better person and 90% healed. – Orna (2011)

Survivor Matters is written by Diane Hawkins, M.A., (unless otherwise noted) and published by Restoration in Christ Ministries.

It is available to all free of charge but donations are appreciated.

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RCM
"Survivor Matters"
PO Box 479
Grottoes, VA 24441

Phone: 540-249-1027

Email: rcmoffice@rcm-usa.org

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