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is a journey that people  
with DID can undergo  
in order to heal. Loved  
ones of people with  
DID, if they choose to  
be involved in the  
journey, will also grow

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and develop a greater understanding of the person with DID. One thing that is important to remember is that DID is about survival.

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trying to make up  
reasons about why I had  
the ?ashbacks,  
memories, continuous  
nightmares.

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Alderman, Tracy;

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