

DO WHAT JESUS DID

Multiple Personality Disorder (MPD)

WHAT IS MPD:

MPD is a mental condition in which the personality becomes fragmented ("dissociated") into two or more distinct identities, each of which may become dominant and control behavior from time to time to the exclusion of the others. These identities are called "alter personalities" (often simply "alters") and each maintains its own integrity of characteristics and habits. Each has its own age, name, sex, intelligence, and personal tastes.

People suffering from MPD usually endured devastating traumas in childhood, such as incest, abuse, and ritual torture. Their minds were shattered by feelings of guilt, shame and terror. These emotions, along with the need to survive in the presence of dangerous circumstances, caused them to subconsciously divide their minds into alters to keep their condition hidden and to protect themselves from further harm. Certain information, memories, and feelings were encapsulated in specific personalities.

MPD allows abused individuals to deal with the past by containing hurtful memories in various personalities. These alters cope like the pieces of a pie. Each piece has a limited amount of coping power. When that limit is reached, the switch to another alter occurs. Through effective integration therapy, the disparate pieces can be put back together to allow the person to reclaim a normal life.

HOW MPD OCCURS:

According to Dr. James Friesen, author of the book, *Uncovering the Mystery of MPD*, about 97% of multiples suffered some type of serious abuse at a young age. Victims of such mistreatment create altered personality states to absorb the emotional anguish and physical pain.

Dr. Walter Young, clinical director of the National Center of Treatment of Dissociative Disorders, explains that children can't run away from abuse. They have nowhere to hide but inside their heads. According to Young, "As the victim grows up, the separate personality becomes more autonomous and available for everyday use..." A breakdown of this coping mechanism can produce severe mental confusion and intrusive thoughts or voices.

Most victims of MPD are bright and artistic. Many are incredibly gifted. It is the high level of intelligence that allowed them to dissociate to protect themselves and function during the abuse. Most suffer feelings of fear, confusion, alienation, and rejection. Many harbor an inability to trust and some feel intense self-hatred.

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