

DID Symptoms Fall Into Two Categories

Understanding the DSM-5-TR Criteria for Dissociative Identity Disorder

Dissociative Identity Disorder (DID) can show up in many different ways – which is one reason it can be so confusing to recognize. But all symptoms of DID tie back to just two official diagnostic criteria, as outlined in the DSM-5-TR. This guide breaks those criteria down into plain language to help you better understand your own experience.

Memory Disruptions (More Than Ordinary Forgetting)

This can look like frequent memory gaps –about everyday things, parts of your past, or upsetting experiences. It's more than just ordinary forgetfulness. Some common examples include:

- Losing time – hours, days, or longer – and not knowing what happened
- Forgetting important life events, like your wedding day or the birth of a child
- Not remembering writing something or buying items now in your home
- Getting confused mid-sentence or suddenly forgetting what you were saying
- Not recognizing people who clearly know you

Switching or Feeling Out of Control

Another key sign of DID is when you don't always feel like yourself—or don't feel fully in control of what you're doing.

- Feeling like you're different people at different times – without a sense of being the same 'you' throughout the day
- Experiencing internal conflict between parts of yourself who want very different things
- Not feeling in control of your actions – like you're watching your body do things you didn't choose
- Suddenly finding yourself fronting without meaning to – or getting pushed out by another system member



You don't have to meet every example to be valid. These are just some ways the two diagnostic criteria for DID may show up. Each system's experience is different — but all symptoms ultimately relate to these two root categories.

♥ How This Helps You Heal

DID symptoms can seem scattered, inconsistent, or overwhelming — but they aren't random. This guide helps you:

- Understand the core patterns behind your symptoms
- Reduce fear and shame by recognizing DID as a survival-based adaptation
- Start noticing which experiences relate to memory disruption vs identity/agency disruption
- Support parts of your system in understanding what's going on

If these symptoms sound familiar, it doesn't mean something's wrong with you. It means your brain found a way to survive.

What to Do Next

If these two categories of symptoms helped you recognize something in yourself, here are some gentle next steps:

- Be curious, not critical. Let yourself wonder without needing certainty.
- Start tracking patterns. A journal or system log can help you notice what parts of you show up when.
- Look for safe connection. You deserve support from people who will believe you.
- Keep learning. Understanding how DID works can reduce shame and increase self-compassion.

You're Not Alone.

Healing isn't easy, and there are no shortcuts. But you've already made it through the hardest parts—and that strength is still with you. This resource was created to support you on your path. Take what helps. Leave what doesn't. Keep going.

◆ More Support Is Available

Looking for more tools, videos, or gentle guidance?



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CommuniDID: Support for Dissociative Identity Disorder
that's gentle, grounded, and real.

Your voice matters.

If this resource was helpful, confusing, or brought something up for you — I'd love to know. I'm always working to make these tools more useful and more supportive. You can share feedback (even anonymously) here:

<https://www.communiDID/feedback>

☀️ This document is more heartfelt than fancy—made to support you, not impress anyone.