

Daily Structure Starter Template

A step-by-step guide for building gentle structure into
your days

Daily Structure Starter Template

For many people with DID or OSDD, structure can feel overwhelming—or even unsafe. But gentle, flexible structure can actually support your system’s sense of stability and safety.

This worksheet is not about perfection. It’s about noticing what helps and gently trying more of it.

Step 1: Start with Anchors

Anchors are small, predictable moments in your day that help your system orient to time, safety, and rhythm.

Examples: brushing your teeth, feeding a pet, a favorite morning drink, or checking in with parts.

Write down 2–3 things you already do most days:

1. _____
2. _____
3. _____

Step 2: Fill in the Blanks (Gently)

Choose 1–2 parts of the day to gently structure first. You're not scheduling every minute—just adding soft edges.

Morning, midday, afternoon, and evening are a good place to start.

Once you feel confident with your new habits, you can add another one or two.

Morning Plan:

Midday Plan:

Afternoon Plan:

Evening Plan:

Step 3: What Helps Us Feel Safe or Settled?

Different parts of your system may have different needs. Use this space to write down things that help bring calm, connection, or regulation:

Step 4: Gentle Reflection

After trying this structure for a day or two, come back and reflect:

- What parts of the day felt easiest to follow?
- Did any part of the structure feel too rigid or activating?
- What felt supportive to the system?
- What could we adjust to make this feel better?

Reminder

Structure doesn't have to be perfect to be helpful. This is about building safety and rhythm slowly—on your terms.



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♥ How This Helps You Heal

Structure can feel overwhelming—especially if your past involved chaos, control, or unpredictability. But gentle, flexible structure isn't about perfection. It's about building safety.

This resource helps your system:

- Feel more oriented to time and daily rhythm
- Reduce internal confusion about “what comes next”
- Create calm through predictability
- Identify what helps each part feel more settled
- Build self-trust—by trying something small and noticing what works

Healing from DID isn't about rigid plans—it's about creating conditions where your system can begin to feel safe. This template is one way to gently support that process.

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

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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.

