

System Communication Cheat Sheet

6 Ways Your System May Be Communicating (and How to Listen)

Ways Parts May Communicate

System communication often starts in subtle ways. You may already be noticing signals without realizing they're forms of communication. Use this guide to recognize those signals and respond with curiosity and care.

Type of Communication	Examples of What This Might Look Like
A sense or intuition	A gut feeling or knowing
Images or Symbols	Pictures in your mind's eye such as a red or green traffic light
Inner Speech	Words, voices, or intrusive thoughts.
Emotions	Sudden feelings that don't "fit."
Body Sensations	Headache, warmth, tension, numbness.
Actions	Behaviors you don't remember choosing

Tips for Responding

- Stay curious, not judgmental.
- Ask if you are understanding the correctly.
- You might ask, “Does this emotion/sensation/thought belong to anyone?”
- You might ask, “Does this emotion/sensation/thought belong to anyone?” or “Is this emotion/sensation/thought a message from someone?”
- Let the part know that you hear them or understand their message.
- Thank them for communicating with you.

Questions You Can Ask for Clarification

Communication can feel uncertain at first. If you’re not sure what a signal means, you can ask clarifying questions like these to open the door to better understanding.

General Clarifiers

- Is this feeling mine or does it belong to someone inside?
- Can you show me yes or no in a way that works for you?
- Are you telling me something right now?

Emotions and Sensation-Based

- If this fear/pain/sadness is a message, what do you need me to understand?
- Is this sensation your way of telling me yes/no/maybe?
- Can you show me what you are feeling with an image or a symbol?

Choice and Preference

- Do you want me to keep going or stop?
- Would you like to write, draw, or show me in some other way?
- Is there a better time or place for us to talk?

Safety Oriented

- Are you trying to warn me about something?
- Do you need me to help you feel safer right now?
- Is there something you'd like me to change so you are more comfortable?
- Is this a topic that you can't talk about or that will upset others inside?

♥ How This Helps You Heal

Learning to recognize system communication builds trust and reduces confusion inside. When you understand the signals your parts are sending—whether through feelings, sensations, or actions—you can respond with curiosity instead of fear or frustration. This creates safety, eases internal conflict, and strengthens cooperation. Over time, clearer communication means less overwhelm, more self-compassion, and a stronger foundation for healing.



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.

