

# Why Are They Doing That?

A gentle guide to exploring alter behavior

# Why This Matters

When an alter's actions feel confusing, frustrating, or even harmful, it's easy to see them as the problem. But every part learned to act for a reason — even if that reason no longer fits your life today. Reviewing this list can help you imagine new possibilities and open space for curiosity instead of conflict.

## How to Use This

1. Pick one alter or pattern that feels especially confusing or frustrating.
2. Read through the list and circle or highlight any possible explanations that might fit — even if you're not sure or don't fully believe them.
3. Add your own if new ideas come to mind.
4. When you're ready, ask that part gently:  
    “Are any of these right?”  
    “What are you trying to help me with?”
5. Notice any small shifts in emotion or body sensations: they might be early signs of understanding starting to grow.

# Why Are They Doing That?

## Possible Explanations to Consider

### 1. Protection or Prevention

- They're trying to protect you from being hurt again.
- They believe danger is still happening.
- They're trying to prevent rejection, failure, or shame.
- They think they're keeping the system safe by taking control.

### 2. Avoidance or Escape

- They're avoiding painful memories or emotions.
- They're trying to “check out” to reduce overwhelm.
- They're using old coping habits that once helped numb or distract.

### 3. Loyalty or Attachment

- They're loyal to someone from the past (abuser, parent, sibling).
- They learned love meant compliance, secrecy, or silence.
- They fear losing connection if they change.

### 4. Shame or Self-Blame

- They carry shame that belongs to someone else.
- They believe they deserve punishment or rejection.
- They're trying to prove they're “bad enough” to match how they were treated.

### 5. Learned Roles

- They were taught to be the helper, pleaser, or caretaker.
- They took on a parent's or abuser's role to keep order.
- They mimic how authority figures acted.

## Possible Explanations to Consider, continued

### 6. Frozen Time or Memory

- They don't realize the trauma is over.
- They still think they're living in the past.
- They're responding to the present as if it's then.

### 7. Communication or Need

- They're trying to express a need that isn't being heard.
- They act out because they don't have words yet.
- They're hoping their actions will get attention or understanding.

## Looking Ahead

This is the beginner-friendly version of this resource. A deeper, expanded edition of 19 potential explanations will be part of the CommuniDID membership resources when the community opens.

### ♥ How This Helps You Heal

- It shifts the frame from “Why are they like this?” to “What are they protecting?” — a core part of trauma integration.
- It builds curiosity and compassion, which reduce inner conflict and shame.
- It invites direct but gentle communication, strengthening trust between parts.
- It helps the system move from reactivity toward cooperation and shared awareness.

# 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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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.

