

Apps and Resources for System Communication

A practical guide to tools that support communication in dissociative systems

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How to Use This Guide

This guide is meant to help you get oriented, not to tell you what you should do. You don't need to read it in order, use every tool listed, or make any decisions right away. Many people find it helpful to skim first, notice what feels relevant, and return to specific sections later as needed.

You'll see a mix of tools designed specifically for system or parts communication, tools that some systems adapt for communication, and approaches that support communication when words or speech aren't accessible. None of these are requirements. Different systems – and different parts within a system – may respond very differently to the same tool, and that can change over time.

A Note About Privacy and Data

Many apps collect and store user data, and privacy practices vary widely. Before using any app for system communication, it's important to review each app's privacy policy and decide what feels acceptable for your system. Some systems choose to limit what they record digitally or avoid including identifying or highly sensitive information. There's no single right choice – just informed ones.

Tools Designed Specifically for System Communication

The tools in this section were created with internal dialogue, plurality, or parts-based communication in mind. Some systems find them very helpful; others don't. These tools are not requirements, and using (or not using) them says nothing about whether communication is “working.” They are simply options that exist.

Tools for Internal System Communication

Antar

Antar is designed to support internal dialogue by allowing different voices or parts to communicate in a chat-style format. It's often used in parts-based work to externalize internal conversations in a structured way.

Some systems appreciate Antar because it offers a clear, contained space for dialogue and can make internal responses easier to notice and track. Others find that a chat format increases pressure to “have something to say,” or that it works better at certain times than others.

Antar tends to be most helpful for systems who already experience some internal responses and want a way to slow them down, clarify them, or make them more visible — rather than for systems who are still unsure whether communication is happening at all.

Lighthouse

Some systems appreciate Lighthouse because it offers a dedicated, purpose-built space for journaling and communication without the social exposure of platforms like Discord. Its design can feel more contained and reflective, which some people find helpful when communication is quieter, slower, or more writing-based.

At the same time, Lighthouse may feel like a bigger commitment than simpler tools. Systems who prefer very low-friction or highly casual communication sometimes find it easier to start elsewhere, while others return to Lighthouse later when they want a more intentional or structured space. As with many tools, it tends to work best when expectations are kept flexible rather than all-or-nothing.

Octocon

Octocon is an Android app designed specifically for plural systems, with features that support internal communication, system organization, and shared record-keeping. It's often described as offering a combination of messaging, notes, and system-aware structure in one place.

Some systems appreciate Octocon because it provides a purpose-built environment that acknowledges plurality without relying on external platforms. Others find that its structure works best once a system has a clearer sense of how they want to organize information, rather than as a very first step.

As with many system-specific tools, people's experiences with Octocon vary widely. Some use it regularly, others explore it briefly and decide it's not a fit, and some return to it later when their needs change.

SelfTalking

SelfTalking is an iOS app designed to support internal dialogue through written back-and-forth exchanges. It's often used in parts-based or inner dialogue work to externalize internal responses in a simple, conversational format.

Some systems find SelfTalking helpful because it offers a lightweight way to experiment with dialogue without the additional features or visibility of larger platforms. Its simplicity can make it feel less overwhelming, especially for short exchanges or brief check-ins.

For other systems, a dialogue-focused format can feel pressuring if communication doesn't naturally occur in words. As with similar tools, it tends to work best when used flexibly, without expectations that conversation must happen on demand.

Simply Plural

Simply Plural is an app created specifically for plural systems. It is available for both Android and iOS and also has a limited web version. It includes features such as system member profiles, fronting or presence tracking, notes, and optional system-level communication tools.

Many systems like Simply Plural because it explicitly acknowledges plurality and offers multiple features in one place. It can be useful for tracking patterns over time, documenting experiences, or creating a shared reference point for a system.

NOTE: In February 2026, the developer announced that they are no longer updating this app. It is currently still available for use.

Tools for Externalized System Communication

PluralKit

PluralKit is a tool used within Discord that allows messages to be attributed to different system members. It's most often used for external communication rather than internal dialogue, such as in online communities or shared servers.

Some systems find PluralKit helpful because it allows clearer expression of different voices and reduces confusion or misattribution in conversations. For others, it raises concerns about privacy, safety, or feeling pressured to present system structure in public spaces.

PluralKit is generally not used as an internal communication tool on its own, but rather as a way to manage how system communication appears externally. Whether or not it's appropriate depends heavily on context, boundaries, and comfort with visibility.

TupperBox

Tupperbox is a Discord bot originally designed for roleplay and character-based messaging, but it's commonly adapted by plural systems to support external system communication. Like PluralKit, it allows messages to be sent under different names and avatars within Discord.

Some systems prefer Tupperbox because it offers flexibility and customization, and because it doesn't require adopting system-specific language or structures. For systems who are already comfortable using Discord, it can provide a familiar way to express different voices or perspectives externally.

As with other Discord-based tools, Tupperbox raises important considerations around privacy, boundaries, and visibility. It's generally used for managing how communication appears in shared or public spaces, rather than for internal communication itself. Whether it feels supportive or stressful depends heavily on context, safety, and how much exposure a system is comfortable with.

Tools That Support System Communication

Pocket Advocate

Pocket Advocate is a web-based mental health support app that includes features specifically designed for people with dissociative disorders. There is an Android app, but no iOS version. These include a shareable Emergency Profile, intended to communicate important information during crises, and a System Map that allows users to document alters and subsystems, either privately or for selective sharing.

Some systems find Pocket Advocate helpful as a structured way to organize system-related information, particularly for safety planning, external communication during emergencies, or creating a clear overview of system structure. Its emphasis is less on ongoing internal dialogue and more on documentation, clarity, and advocacy.

Because Pocket Advocate is designed primarily as a support and safety tool rather than a communication platform, systems tend to use it selectively. It may be most useful for organizing information or preparing for situations where clear external communication is needed, rather than for day-to-day internal communication between system members.

AAC as a Method of Communication

When people think about system communication, they often assume it has to involve words, dialogue, or clearly formed internal messages. For some systems – and at some times – that isn't accessible. Augmentative and Alternative Communication (AAC) offers another way communication can happen when speech, words, or internal language aren't available or reliable.

AAC is most often discussed in the context of disability or speech differences, but many dissociative systems find AAC tools useful as well. This can include systems with preverbal alters, or parts whose experiences are not organized through language. In these cases, communication may show up through images, symbols, gestures, selections, or other non-verbal means rather than words.

AAC tools can be especially helpful during shutdown, high stress, mutism, or moments when internal experiences are present but difficult to translate into language. For some systems, AAC isn't a replacement for other forms of communication, but an additional pathway that becomes available when others are limited.

Using AAC does not mean communication is “worse,” “less developed,” or regressing. It simply reflects the reality that systems communicate in many different ways, and that access to language can change depending on context, safety, and capacity.

Examples of How Systems May Use AAC

Systems use AAC in many different ways, and often only in specific situations. Some use AAC tools to communicate basic needs or feelings when words aren't accessible. Others use symbols, images, or selections to indicate preferences, comfort levels, or internal states without needing to form sentences.

AAC may be used by preverbal alters, during shutdown or high stress, or as a way to communicate internally when language feels fragmented or unavailable. Some systems use AAC briefly and situationally, while others keep it available as a backup option rather than a primary form of communication. All of these uses are valid.

AAC Tools Some Systems Explore

The tools listed below are examples of AAC resources that some dissociative systems explore as a way to support communication when words aren't accessible. These tools were not designed specifically for dissociative systems, and they vary widely in complexity, structure, and intended use. Some systems use them briefly or situationally, others adapt small parts of them, and many decide they aren't a good fit at all.

This list is not meant to be comprehensive or prescriptive. It's included to illustrate the range of AAC options that exist and to normalize AAC as a legitimate communication pathway, particularly for preverbal alters or during shutdown, high stress, or periods of limited language access.

CoughDrop

A cloud-based AAC platform designed for flexibility across devices. Some systems adapt it as a shared communication space using symbols or selections rather than dialogue.

Why it fits:

- Multi-device access
- Flexible board creation
- Can be used selectively rather than continuously

Privacy note:

This resource is cloud-based. It is a good idea to review their privacy policies and decide what information feels safe to include before using the app.

LetMeTalk

A free AAC app for Android that uses symbols and images to build simple messages. Some systems find it easier to approach than more complex AAC platforms, particularly for brief or situational communication.

Why it fits:

- Lower barrier to entry
- Image-based, minimal language required
- Useful for short, concrete communication

Picto-Selector

Picto-Selector is a web-based app which allows users to create and print symbol-based communication boards. Some systems prefer this low-tech approach, especially for internal use or grounding during shutdown.

Why it fits:

- Supports non-digital or low-tech AAC
- No requirement to interact with an app in real time
- **Especially helpful for preverbal or non-verbal communication**

Proloquo2Go

A comprehensive symbol-based AAC app for iOS that allows users to select images or symbols to communicate needs, feelings, or concepts. Some systems adapt Proloquo2Go for preverbal alters or for use during shutdown when language is unavailable.

Why it fits:

- Strong symbol-based communication
- Well-established and stable
- Supports communication without requiring words

Why it's not for everyone:

- Can feel complex or overwhelming
- Often more than systems need for internal use

General Use Tools Some System Adapt

The tools in this section were not designed for dissociative systems. They're included because some systems adapt them to support communication, tracking, or coordination in ways that feel accessible and familiar. For many people, general-use tools feel lower-pressure or easier to approach than system-specific apps, especially early on.

These tools are best thought of as supports, not communication platforms. Some systems use them alongside system-specific tools; others use them on their own for particular purposes. As with everything in this guide, using only part of a tool – or deciding it isn't a good fit – is a valid outcome.

Shared Writing and Notes

Notes (built-in phone notes, simple note apps)

Many systems use basic notes apps as a low-friction way to leave messages, write observations, or record thoughts without structure or expectation. Because these apps are familiar and easy to access, they can feel less intimidating than tools designed explicitly for system communication.

Some systems also appreciate that many notes apps allow individual notes to be password-protected or locked. This can add a sense of privacy and control, particularly for systems who are cautious about visibility or data security. As with other tools, how – or whether – this feature is used varies widely.

Some systems use shared notes for brief check-ins or reminders, while others keep separate notes for different purposes. Simplicity is often the main benefit here.

Structured Writing and Organization

Notion

Notion is a flexible workspace tool that allows users to create pages, databases, and shared documents. It has web, Android, and iOS access. Some systems adapt it to organize information, keep shared records, or create separate spaces for different topics or perspectives.

Because Notion is highly customizable, it can support many different approaches – but that same flexibility can feel overwhelming for some systems. Many people find it works best when used in a very limited, intentionally simple way rather than trying to build a complex system.

Mood and Experience Tracking

Daylio

Daylio is a mood-tracking app available on both Android and iOS that allows users to log emotions, activities, or experiences with minimal text. Some systems use tools like this to notice patterns over time or to track general states without needing detailed explanation or dialogue.

For systems who find words difficult or effortful, simple tracking tools like Daylio can offer a way to acknowledge experiences without requiring communication in sentence form.

Choosing What Fits Your System Right Now

After seeing a range of tools and approaches, it's common to feel unsure about what, if anything, to try. This section isn't about making the right choice or committing to a particular tool. Instead, it's meant to help you think gently about fit, timing, and context. What feels supportive can vary widely between systems, between parts within a system, and even from day to day. Choices around tools don't have to be permanent, complete, or shared by everyone in your system to be valid.

How Tools Are Often Used Together (and Over Time)

Many systems don't rely on a single tool for system communication. Instead, tools are often used together, with different tools serving different purposes. For example, one tool might be used for shared documentation or tracking, while another is used for dialogue or brief exchanges. Some systems use one tool primarily for internal communication and another for communicating externally or organizing information.

It's also common for tool use to change over time. A tool that feels helpful at one stage may feel unnecessary, overwhelming, or irrelevant later – and sometimes systems return to tools they previously set aside when their needs shift again. Stopping use of a tool doesn't mean it “didn't work”; it may simply mean it did what it needed to do at that time.

Rather than trying to choose the right tool, many systems find it more helpful to ask: What kind of support would be useful right now? Different tools support different jobs, and no single tool needs to do everything.

If You Don't Use Tools (or Don't Want To)

Some systems don't use tools for communication at all. Some parts may actively avoid tools, refuse to engage with them, or feel distressed by attempts to introduce them. None of this indicates resistance, failure, or a lack of communication.

System communication can happen in many ways – through thoughts, emotions, behaviors, body responses, or shifts in awareness – with or without external tools. Choosing not to use tools, or deciding that tools aren't helpful right now, is a valid and informed choice.

Tools are optional supports, not requirements. Communication can still exist, develop, and deepen even when no tools are used.

How This Resource Can Support You

This guide isn't a healing process on its own. What it can do is reduce confusion, lower internal friction, and make it easier to choose tools that feel safer and more supportive for your system. By offering clear information, realistic expectations, and permission-based options, this resource can help create conditions that support communication, cooperation, and steadiness over time – without pressure to do anything “right” or all at once.

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.

