

# SYSTEM ALTER ROLES

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## HOST ALTER(S)

Uses the body/fronts most frequently out of other alters. A system can have multiple host alters, and hosts may have other alter roles as well. Hosts may change over time.

## PROTECTOR(S)

Protector alters protect the system/body/alters/etc. Protective alters may have more specific roles, e.g. emotional protectors, physical protectors, sexual protectors, verbal protectors.

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## PERSECUTOR(S)

Persecutor alters may seek to harm the body, system, alters and/or destroy personal relationships. They may believe hurting the system is what protects it best and aim to control the system by perpetuating abuse. AKA misguided protectors.

## CARETAKERS

Caretaker alters may care for the entire system or specific members of the system (e.g. littles, pets, teens, system groups). They may serve as the parental figure to other alters & be referred to as mom/dad instead of their names.

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## INTROJECT ALTER(S)

Introjects are based off outside people, e.g. a family member or guardian who supported and/or positively influenced the dissociative child; abusers; or even a historical/fictional figure the child found strong, brave and relatable.

## MEMORY/TRAUMA HOLDER(S)

Holds memory/trauma, respectively or both. While alters tend to have their own members individually, memory/trauma holders may share memories more often than having their own.

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## GATEKEEPER ALTER(S)

Gatekeepers control the "switching" or whomever gets access to the "front". They're similar to protector alters and may even be classified as such in some systems.

## FRAGMENT ALTERS

Fragment alters haven't fully developed or don't have their own unique attributes. They may exist to complete certain tasks or maintain single memories, but do not encompass an entire person & need other alters to complete them.

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## CHILD ALTERS

includes Littles (0-8), Middles (9-12), Teens (13-19). Varies from system to system. Systems are typically extremely protective of Littles and Middles. Sharing names of Littles publicly is dangerous. Littles should be treated like children, NOT adults.

## HISTORIAN/ARCHIVIST

These alters record memories and events. Although historians and archivists are not the same, systems often refer to them similarly.

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## SYMPTOM HOLDER ALTERS

A symptom holder alter holds the symptoms of all or some diagnoses a system has. For example, a heavily masked autistic DID system may have a symptom holder alter that holds all the autistic characteristics to protect the system.

## NONHUMAN ALTERS

Nonhuman alters may be animals, aliens, robots, etc. They include any alter who does not identify as a human. These alters are less common and often develop from a child being dehumanized by their caregivers.

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## ANIMAL ALTERS

Animal alters are a type of nonhuman alter that may occur as the result of forming close attachments to animals in their lives, especially if they felt closer to animals than humans.

## SHELL ALTERS

Shell alters are extremely nuanced and vary per system. In my experience, it feels a lot like being a mere shell/not really existing/kind of going through the motions to survive but not connecting physically/emotionally/spiritually with life.

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## "EVIL" ALTERS

These are a type of supernatural alters that may develop as the result of abusers, e.g. if they were convinced they're evil or have demons as a child. Remember that DID is the brain's way of coping with horrific trauma & refrain from villainizing them.

## DISABLED ALTERS

Alters that are disabled when the body isn't developed psychosomatic symptoms involuntarily from abuse, e.g. "You didn't hear anything" = Deaf alter, "You didn't see anything" = Blind alter. Healing from that trauma removes the disability.

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