

# **Tildy's Little Book for Littles**

DID we write  
and friends!

DID we write

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This book was made by Tildy using Canva.

With contributions from: A Anonymous, CC Confetti, Dave an co., Holly, Janice, Lou, NCCW System, Patronus System, Sofina system, The Silly Doc Squad, The Sunflower Meadow, and, Vir VSys.

Hi! This is my book - Tildy's Little Book for Littles! I asked some of our system friends if their littles would like to answer some questions for me to make a book and this is what happened! Hope U enjoy!! - Tildy

"This is a unique insight into the life of littles, an important group of people often overlooked. I've learnt over time that connecting with littles is essential if you want to heal your past. Tildy's foresight and determination to make this book happen shows the power of littles in our daily life's. This book has inspired us to pay more attention to our own littles."

"This book provides powerful connection between plurals and may help you feel more accepting of yourselves in all your weird and wonder." - Dave an co.

"The way you have captured everyones voices is truly remarkable." - Lorna and The Sunflower Meadow

"When I see my pictures and my name it makes me feel really good, like valid and important and good. I'm glad we found a balance between anonymity and feeling safe and also feeling seen." - A

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# Hi Friends!

My name is Tildy and I'm a little in a DID system (Amber Louise Ainsworth). We are mega old (41) but I'm little (sometimes 4 sometimes 7) and we are open about our DID and experiences cause it is HARD!!! I decided to make this book for other littles because being a little can be really really rubbish and really lonely a lot.

To make it I asked some of my little friends some questions so we can read each others words and not feel so alone. If you'd like to answer the questions too there's a free PDF to download and fill in on our website [www.didwewrite.co.uk/littles](http://www.didwewrite.co.uk/littles)

Big thanks to all of my amazing system friends who helped me by answering my questions!!!

Sofina system, Confetti, A, Holly, Vir VSys, Dave an co., Janice, Lou, CC, The Sunflower Meadow, The Silly Doc Squad (Doc), Anonymous, Patronus System, and NCCW System.

And even bigger thanks to all the LITTLES who answered my questions!!!

Lou, CC, LA, The Boy who loves cats, Nelphe, Tigerlily, Billie, Suzie, Tina, Kay, Bugs, Sweets, Maja, Paul, Lauren, Sage, Hope, Cora, Mollie, May, Rue, Erin, Cali, Sky, Red, Ebony, Charlotte, Little Red Fox, Little L, Shark, Yellow Squirrel, Suzy, Batty P, Anon, Sunshine, Little A, C, Nemo, Doll, Echo, Dot, Birdie, Fidget, Trinket, and, Ladybird.

# Happy Moments and Favourite Things

## Q1. What is your favourite thing to do when you feel happy?

A lot of the time being little can be so hard we forget to be happy! We forget that we can play and do nice things and just exist as a little in a big body!!

When I'm happy I like to play with my doggy and play with my dolls and play with Lego and games and look after our plants and do art and chat with my friends! Healing is really hard work and sometimes it can be actually impossible to be happy, so is important to notice where and when we can! And that everyfink isn't always T E R R I B L E cause it can feel like that A LOT!

My friends like to...

I EVER LIKE DO DRAWING AND HAIRSTYLING AND COLOUR AND NINTENDO AND EATING SALT VINEGA CRISP - CHARLOTTE

Eating fun munchies - LA

Draw an play with cats

Sing and dance around

we like baking cakes but we don't feel happy very much

I like to listen to music or draw pictures or play with toys or do party dances. - Tigerlily

Me like unicorn toys - Little L

I like to sing and dance - Suzy

Cars trucks n Computer games for me - Little red fox

music :3 ~ Fidget

Playing in the woods

doll quite likes drawing, doing make-up and talking to lucifer and echo (two of our other alters they are dolls best friends (and echo is sibling)) ~ doll :):)

Look at pictures of animals

standing outside in the rain if it is raining birdie is only ever in front when it is raining or thunderstorms ~ birdie/rai

cuddlin with stuffies an listenin to music with fidget :> ~ Trinket

Be on the beach paddling and making sandcastles

me realy like watching comfort shows and movies and going to the zoo watching animals and talking to the other brain sillies :D ~ nemo/ouroboros

echo enjoys watching videos of parrots and sending talking parrot videos to the others of the system because echo is a parrot :) ~ echo

River and sea swimming, ice cream, kitty cuddles, muddy feet, finger paints

## **Q2. Do you have a favourite toy or stuffed animal? What is its name and why is it special to you?**

We love all of our stuffies so much! We collect Ty Toys from charity shops and have lots and lots! Our favourites are Hopeful Heart the Care Bear and Val and Fin our DID and Autism bunnies!

My friends have lots of stuffies they love toooooo!

I have Captain Cuddles, big squishy polar bear who keep me safe and give me hugs. oh and Arnold BIG PURPLE DINO!!! ~ Lauren

We have lots of jelly cats and they so so so soft and come to therapy to keep us safe and we protect them big much because they good and need looking after ~ Sage

My stuffie doggie because he's always there. Also our turtle Tootles coz I got to choose him, he bought specially for me. And because he has big eyes and looks sad when you look at him from above but happy when you look from below and can rub his tummy. - LA

All of them we love. We love Jelly Cats. I love Dishcloff who is a bat and my little sister loves Wabbit who is a rabbit and also Pingu and also Milly the badger who has lovely feet.

Rabbit coz it mine - Little L

YEH I EVER DO! IT BE CALLED ELLIE AND IT BE A OCTOPUS. IT MY EVER BEST CAUSE MY MUMMY BIRD ELLY GIFT IT TO ME AND WHEN I SAD I CAN SNUGGLE IT AND FEEL ITS RIDGES ON ITS TENTACLES AND IT MAKE ME FEEL SAFE AND LOVED AND PROTECTED FROM ANY BAD STUFF. MY OTHER BEST BE A CABAGE PATCH DOLL THAT THIS OUTSIDE BODY HAD SINCE IT WAS EVER LITTLE. IT NAME BE CHARLOTTE LIKE ME. AND MY OTHER BESTEST EVER TOYS BE MY CABAGE PATCH DOLL MINI ONES- CHARLOTTE

echo likes echos parrot suffie that nemo got for echo at the zoo once :) (echo and nemo siblings) ~ echo

My big Rory the Tiger teddy from Haven Holidays, he's perfect for cuddling and makes me feel safe. -Tigerlily



We have so many!!! Omg we have a little lambkins for Lamb but he's a big not a little, we have a snake for C who is a little sometimes, we have a round stuff penguin we cuddle at night that's for everyone... I want a jellyfish tho

We have lots of soft toys but they are still in the cupboard since we have moved.

Giraffe, she's for our babies and she is super soft and we can all hold and cuddle her like a real baby. Fuchur/Falkor/Rosie, she's like the luck dragon from the never ending story. Fee, she's a phoenix, although our daughter said she's obviously a T-Rex, we think she might be a dragon so we all decided she's got DID and is a phoenix, dragon, dinosaur

I like the Penny Serenade animal because Grady gave it to us at Christmas and that was nice. But we also like the Baby Ella unicorn toy. We have lots of them toys. - Suzy

hmmm me have lotsss of stuffies they not realy all have names (yet, maybe will give them all names :D) but my favourite are all my dragon stuffies :D ~ nemo/ouroboros

Yes! The teenage ninja turtle gang and a red monster that looks like a jelly sweet you can pull reely far and doesnt break just shrinks back

### **Q3. Do you have a favourite song or type of music that makes you feel happy? Please tell us about it!**

I love 80's music the best! My fav is Everywhere by Fleetwood Mac cause it's funny to sing "I want to be with you everywhere" at each other cause we are all together everywhere! We also love The Greatest Showman soundtrack it's so good!

My friends like lots of songs too!

I like the Tiger Club songs from Haven Holidays! They don't play them at Haven anymore but people who have the CDs uploaded them to YouTube and I can listen whenever I want. My favourite ones are Tiger Rock Star, Cocoavomango, and like a lot more haha. - Tigerlily

We like Twinkle Twinkle. And we like the Itsy Bitsy Spider song, that's a good one! - Suzy

Handbags and gladrags I like the song about the same jeans "Try Everything" from Zootopia Everyone likes Nick Cope best one is im a little lizzard Meditation music an yoga music make us feel an feel safe. I like sea shanties and high energy music lol im a mermaid popstar Some German bands like Juli and Wir sind Helen doll very much likes the artist baby bugs ~ doll :) rain and thunderstorm sounds ~ birdie/rai Me like 'this little light of mine im gonna let it shine' - Little L

forever young - alphaville thats right im five - dont stop or well die small hands - radical face rockstar - a great big world the funnyman's smile - michael mccormic jr. something wild - lindsey stirling a tv show called earth - philip labes a million dreams - the greatest showman havent got a clue - joshua bond what i am - joshua bond my silver lining - first aid kit running with the wolves - aurora fireflies - owl city aok - tai verdes

I EVER LIKE SO MUCH ALL SONGS FROM THE MOVIE ANNIE (2014) CAUSE SHE BE A BLACK GIRL LIKE ME AND SHE FIND A NEW NICE MUMMY AND DADDY AND THEY BE EVER GOOD TO HER. THE SONGS ARE SO EVER GOOD AND MY BESTEST OF THEM ANNIE BESTEST IS 'TOMORROW TOMORROW I LOVE YA TOMORROW YOUR ONLY A DAY AWAY!!' - CHARLOTTE

there a nice song called 'I Am' by Emhahee and it safe and good for needing feel good and better. think some bits meant for big people but it makes me feel loved. ~ Cora

lot of songs by juniper vale, yaelokre, bug hunter and sleeping at last :D ~ nemo/ouroboros

Fly a Kite

not listened to very much yet cuz only fronted on own for first time very recently but think that really like scrawny and ajr ~ Fidget

## **Q4. Is there a story or a book that you love? Can you tell us why you like it?**

We like books about witches and magic and have been finding young adult books in charity shops to read.

We also like reading Horrible Histories the grown ups say we're weird cause it's all tr\*\*ma haha

My friends like books too!!!

The Dragon with a Chocolate Heart series - it's just really good - funny and heartwarming - LA

There is a video called candlehoe and that is the best of everythink

Green eggs and ham coz it funnier - Little red fox

I actually love reading all our books – Yellow squirrel

The snowman

Me like all them little miss books – Little L

I EVER LOVE 'LIFE DOESN'T FRIGHTEN ME' BY MAYA ANGELOU CAUSE IT HELP YOU NOT BE SCARED OF LIFE. AND MY NEXT BOOK I LOVE IS 'THE BOY, THE MOLE, THE FOX AND THE HORSE' BY CHARLIE MACKESY CAUSE IT BE MAKE YOU FIND HAPPINESS IN YOUR HEART. OH AND I DO LOVE 'THE GOTCHA SMILE' BY RITA PHILLIPS CAUSE IT MAKE ME SMILE - CHARLOTTE

The Faraway Tree where you go up into different worlds at the top of the tree but can be scary when the world changes and you have to get back to the tree in time. I like the slide that you can use to slide down the tree. My bigger sister loves Harry Potter and loves Hermione because she likes books like she does.

we all like Harry Potter! that why we the Patronus System because Patronuses keep you safe and we have a grown up in the system, Luna, who introject of Luna Lovegood and very very kind. all our inside world houses

named after places in the Harry Potter world too and the bad guy loses and Harry finds friends. ~ Lauren

I used to read loads of books in school and now it's hard to focus on them but I want to read the Neverlanders comic by Tom Taylor. I like funny kids books like Just Annoying by Andy Griffiths, or The Giggler Treatment by Roddy Doyle, cause they make me laugh. The Giggler Treatment is about little creatures who find out when a grown up has been mean to a child and they find a dog poo and trick the grown up into stepping in it haha. -Tigerlily

"The Man who loved Boxes". It was how he showed his son how much he loved him in a safe way by just making things together with boxes.

Never ending story, Goonies, Harry Potter, Lord of the rings. Stories where it seems impossible to win and still the little people win!

me like the wings of fire books very lots and the wonderful visit by h.g. wells :D ~ nemo/ouroboros

We like "Moo Bah La La La" by Sandra Boynton. We like this book because it's funny and the animals all make the sounds and the pigs dance. We like to sing the book. You don't just read it, you sing it, like a song. And you can make it be a hat, too. - Suzy

## **Q5. Do you have a favourite colour or pattern? Why do you like it?**

I like pink but others in our system like loads of others too!

I like yellow - Astrid!

My fav is pink too! And sparkles! - Mia

I like all colours except moody ones - Jay

Me n Berlou like blues! - Berwoo

My friends like purple the best and green next and others too...!

Purple

Purple

Pink and Purple - LA

We all have diff favorite colors but mine is purple, I also like sea and fish patterns hehe

purple!!! ~ Mollie and May

I EVER DO LOVE PURPLE IT MY FAVOURITE CAUSE I LIKE IT THE MOST-  
CHARLOTTE

Me like Pink – Little L

pastel colours especially blue and purple ~ doll :):)

We like Pink and Sparkles. It's pretty and fun. - Suzy

Green becos EVERYTHINK shoould be green

Green is our fave colour...its warm and represents new life.

we like the colours of the earth – brown/trees; blue/sky; green/grass; yellow/  
sun

we all have different but I like green but not know why ~ Lauren

Green, turquoise. Shades of trees and the ocean. When the sun comes through the leaves

mmme like teal and turquoise and all the blue and green colours me like the ocean and nature all the green the forests and things and me also a dragon so in innerworld me is a dragon but also shapeshifty so can change colours too but me very much like having my pretyyy blue and green scales and swirly horns :D ~ nemo/ouroboros

Blue coz it not jus 4 boyz n colourful stripes and circles cause it like us inside when we are together – shark

I like orange cause it makes me think of tigers and fruit- Tigerlily

Red cause it fire - Little red fox

echo likes warm colours red and orange and yellow but also darker green and blue like all the colours in scarlet macaw parrots :) ~ echo

greyish blue and grey ~ birdie/rai

dark blue and black like looking up at sky at night ~ dot

yellow and orange and red but also when red/orange/ yellow and blue or red/ orange/yellow and green together oh and also purple really like all the colours though ~ Fidget

brown, black and anythin shiny colours :> ~ Trinket

## Q6. Which is your favourite season and why?

We like spring the best, we love it when everything start to come back to life! But we also like summer bc it's sometimes sunny and autumn bc the tree colours are nice and like winter when it's warm and cosy inside!

We like spring because everything comes alive again and trees come back to life and the days get longer!

Spring is best because its the end of winter an because of the sparrows chirping in the morning just before the sun comes up

Spring because lambs

Its spring becos everythink is GREEN

Spring, everything is new and colourful.

SPRING CAUSE BIRDS DO FALL IN LOVE WITH OTHER BIRDS AND THEY MAKE NESTS AND HAVE BABY BIRDS. I LOVE BIRDS SO EVER MUCH AND THEY KEEP DO IT EVERY SPRING AND BIRDS THEN ALWAYS EXIST AND MAKE MY HEART HAPPY - CHARLOTTE

Summer! I like when everything is green and happy, and I'm a memory holder for a lot of our holiday memories from growing up so it's just what I know. - Tigerlily

Summer cause we can go swimming!!!!

Summer when I can go swimming and to the beach, but also like leaves falling in autumn and love spring when all the flowers come out - LA

Autumn so I can kick the leaves

echo and doll enjoy seeing all the colours of the leaves changing in autumn :)  
~ echo & doll :):)

any season birdie just like the feeling of when dark and grey from thunderstorms - birdie/rai

autumn ~ Trinket



Winter we like the cold and wearing hats and coats

Winter, it's cosy and crunchy snow but we live in the wrong country now.

Winter coz it snow - shark

winter :D pretyyy snow and cold me like the cold and having warm blanket nest with all the stufiesss feel extra special in winter and hot chocolate and milk with honey and me just like winter lotsss :D ~ nemo/ouroboros

Christmas season be soooooo good u get more toy cars n food that b so gooder – Little Red Fox

## **Q7. What are some things that make you laugh or smile?**

Being a little in a DID system can be really hard and unfair a lot of the time, and sometimes we can forget to laugh or smile and things can just be rubbish for a long time. We know this and we send safe hugs to anyone who finds it hard to laugh or smile. Things that make me smile are my doggy and my dolls and Lego and Sylvanians! And one time we did goat yoga that was good fun! And we have a goose called Geoff that's our friend she makes us smile too!

My friends said....

Cuddling our cat

Animals and farts

Janice makes us laugh

If I see something cool outside, like a plant or flower we've just learnt about, or if an animal looks happy outside, or if something funny happens

Memes lol I communicate in memes a lot cause sometimes it hard for me to talk

Sunflowers, rainbows, butterflies and dragonflies, our real kids, they are hilarious and magic.

I LAUGH WITH MY EVER BESTEST FRIEND IN THE WORLD AND SHE DO LIVE INSIDE ANOTHER PERSON LIKE ME AND WHEN WE BOTH BE OUT TOGETHER IT MAKE ME THE HAPPIEST EVER. I SMILE ALL EVER DAY WHEN I BE NEAR BIRDS OR IN NATURE OR WATCHING THE MOVIE ANNIE (2014) - CHARLOTTE

I don't know what makes me laugh but I smile when I get to do stuff related to my special interest, like listening to Tiger Club songs or drawing the characters. - Tigerlily

Cats doing silly things..like chasing ther tails an doin zoomies like baby rhinos round the house

when doggo pulls a silly face!! ~ Erin

It be funny wen grownups inside think they no everythink coz they don't –  
Shark

We like to dance and we like to sing and we like to put stickers on things;  
unicorn stickers are the best. - Suzy

I laugh wen r therapeutic companion not know nothing and I teach her bout  
everythin. that so funnier - Little red fox

shiniesss and stuffies and things :O ~ Trinket

making and seeing others happyyy :D talking to the brain sillies and outside  
friend sillies it always make things better :D seeing echos silly parrot videos  
and dragon gifs :D ~ nemo/ouroboros

lulu (lucifer) /sys ~ doll :):)

rain and thunderstorms ~ birdie/rai

## Q8. What does a perfect day look like for you?

A perfect day for me would be being somewhere with friends and doing some paddling in a river or the sea and playing a game and watching a fun film and spending time with our doggy!

Being happy and laughing at things and watching my bigger sister do her crochet and making fun of my biggest sister when she sings coz it makes me laugh. And I like working at the Otter Shop where all the animals are happy and no boys are allowed.

Get up late and eat icecream then play with the cat and watch a video in the day with the curtains closed and a blanket then we can go to the wood and make bows and arrows

A day when I get to make art and play in therapy - LA

Sunny but not too hot, swimming, cake, friends, laughing

When the big ones are not too tired and nothing is stressful and we've seen someone who cares about us

IT LOOKS LIKE FUNDAYS IN NATURE HAVING A PICNIC THEN AN ICE CREAM THEN VISITING MY MUMMY BIRD AND HAVING A SNUGGLE THEN EATING SALT VINEGA CRISP THEN PLAYING WITH MY BEST EVER FRIENDS HORSES THEN GOING HOME TO ARE DOG AND THE OUTSIDE BODYS CHILD AND WATCHING MUSICALS AND HAVING POPCORN AND NOTHING BAD EVER HAPPENS - CHARLOTTE

It will look perfec wont it. That wot it look like. Perfec for me. Perfec for u but difrent coz we difrent and perfec be perfec for yr own perfec - Little red fox

watching parrot videos going in the forest and if could would fly like in innerworld :) ~ echo

hmmm going outside playing in the woods or better the ocean swimming and seeing all the silly creatures and maybe find a cave where can hide and have a quiet place and bring all stuffiesss and comfort things there too :D ~ nemo/ouroboros

drawing, dressing up and make-up trying different clothes and colours and cuddling with lulu /sys listening to him play piano ~ doll :):)

thunderstorm all day and being outside while it ~ birdie/rai

Superwoman says there is no perfect, so we're not supposed to be perfect, that's what we've learned. - Suzy

Waking up with my cat Pickle and having my headphones on to block out the world then goin to do yoga where our boy who loves cats gets to dance and showoff but no one knows or can see him cause they just see the body he shares with the rest of us.... ha ha suckers.

## **Q9. Do you have a favourite animal? Do you have any pets? Please tell us about them!**

We have a doggy called Jason! He's is a lurcher and is 11 and is our best friend or our baby depending on who you ask haha. We love birds too and like feeding them in the garden.

I like tigers!!!! I also like lemurs and monkeys. We have a fat orange cat called Corbyn who looks like a little tiger cub - Tigerlily

I have two puppies. I had to persuade the others to let me have them. They are great

No pets but we want a dog maybe a mini dachshund or a cockapoo. But we love foxes too and rabbits and badgers and all animals but not bugs

I have two dogs. I love them a lot. One is older and he is my world and has been there for me when it's been rough

thunderbirds ~ birdie/rai

CATS our cat is the best and fluffy and cuddly and right now he is sitting on half our face and its hard to type

My cats , Mrs Pickle Pants and Dory. They let us feel safe while we feel safe feelings. Pickle is our baby an she loves us an sees us an accepts us in all our weird and wonder when others turn away. We don't have any friends except our cats.

Black panther We have a cat and a kitten. The kitten looks like a black panther, but a bit smaller

also have a sort of pet in innerworld a shadowy wolf well it can shapeshift into anything but most of time it is wolf and it realyyy nice it friend :D and it protect us

Sharks are the best coz they bite ya if you get to close – shark

I like foxes cause they sooooo cool – little red fox

crabs they are very silly creatures :3 ~ Fidget

dragon!!! GRAWRRR :D but also snakes and seals and really like so many animals all animals are silly creatures :D ~ nemo/ouroboros

I like fishes and sea animals but the people we live with rn have three cats and a dog!!! They r all very sweet and fluffy and like to cuddle and we love them

we have lots of pets! we have a big dog and two cats. but my favourite animal is a sloth because we have a sloth teddy. and we like dolphins because they splash with us in the water! ~ Cali

crow! ~ Trinket

YEP MY FAVOURITE ANIMAL BE BIRDS BUT WE HAVE A ST BERNARD DOG AND SHE BE THE CUTEST EVER - CHARLOTTE

Me better is unicorn they be pretty colours – little L

I actually really like squirrels because they are smart and save nuts for when they need them - Yellow squirrel

I like the unicorn! That's the best one, and after that, the kitty cats! We have two cats named Madam Fluffkabob and Professor Cuddleface and they are the best kitties in the whole wide world. If I am feeling sad, Madam can tell, and she comes to make me feel better. She is our emotional support cat, even though she hasn't had any training. She is very smart on how to do emotional-support-cat. - Suzy

parrot ~ echo

# Feeling Safe and Being Brave and Strong

## Q1. What are some things that make you feel loved and cared for?

Feeling loved and cared for is REALLY important when we're littles! Our old host Amber was very understanding of this and was mummy to lots of us for a long time and that really helped us. Being allowed to buy toys we like feels nice too and being able to do things we want to do and when people understand we are little and it's confusing! Having friends that are like us helps too! Thanks friends!!!

Our survey said....

Someone checking in on us. Sending us a little message

hugs, if someone asks us and it's safe then hugs are good. ~ Hope

Cake, bubble bath, hot water bottles, friends being nice

When ppl listen to me and don't treat me like a grown up...

Our cats Dory and Pickle purring and smooching us

When someone talks to me in a caring way, or kind parts of me do things to make me comfy, or hold me through a teddy bear, and when we watch kind kids' TV programmes or read kind books

Animals

SAFE SNUGGLES. KIND WORDS. POTS OF LOVE. TWIGS OF TRUTH. FRIENDS. WHEN GROWNUPS BE KIND AND GOOD TO MY HEART. WHEN I HAVE SAFE WINGS (CUDDLES) FROM MY MUMMY BIRD. WHEN MY MUMMY PHEONIX (LORNA) DO LET ME BE OUT IN HER BODY SO I CAN DO FUN STUFF IN THE REAL OUTSIDE WORLD - CHARLOTTE



Yeh I like them pots of love to cause we all have r own pot and love never runs out - Little Red Fox

I actually feel most loved when we are together on The Sunflower Meadow inside this body - Yellow Squirrel

Me love when the bad group don't get me – Little L

When I allow to care for Littles smaller then me – Batty P

Steak flavour crisps and being seen and heard. When grownups inside b kind 2 us kids – Shark

When zavier play computer wit me - Little red fox

hmmm we like giving gifts to each other (within system) jayjay realy likes getting me dragon stuffies and it make me realy happyyy :D and getting words of affirmation at least me think that the word for it especially when have big bad thoughts and feelings me need someone to tell me it going to be okay and that this is real and me is real and things and jayjay and lulu and some of outside friends are the best always there for us and they realy good at listening when talk about anything at all realy listening and not ignore or not take it seriously we can talk about anything together and always making me feel better and like not alone and that someone cares and see me and all of us as us ~ nemo/ouroboros (mostly) (but also the others agree with this)

I like it when people give me a hug, and pet my head, and give me ice cream!  
- Suzy

When the grown ups in my system listen to me and respect me, and when they get me things I like from the shop or make me food or sing my favourite songs to cheer me up. - Tigerlily

When people there for us, make time for us, say nice things and show up consistently - LA

## **Q2. Is there something that makes you feel safe and cozy?**

Being in bed with our doggy Jason and our Carebear Hopeful Heart!  
My friends like similar!!

My duvet

Bed and stuffies - LA

we got superhero pyjamas and a nice cuddly hoody

Being with my softies

Snuggling in our blankets with our cat with our bedroom door locked.

Blankets and peace and quiet

My teddies or being in a warm bed. - Tigerlily

Being in bed with my doggies

Blankets, our soft toys, hot water bottles

we have a tent that goes over our bed which we sleep in and do hard things in like therapy so that we all protected and can zip it up and get snuggly and no one can get in. ~ Sky

hiding in nest of blanketsss and stuffieesss and having the other brain sillieesss around they always make me feel safe :D ~ nemo/ouroboros

Blanket :3 we have a big star war comforter we're not even a fan of the movies that much but it makes us happy bc it feels gender affirming n is kid stuff :3

We like to snuggle up under a blanket with all of our stuffies, especially that weighted blanket, that's the best one. - Suzy

MY MUMMY BIRD AND MUMMY PHEONIX AND CUDDLY OCTOPUS-  
CHARLOTTE

I actually feel safe when things are in order and I can write down rules on my clip board - Yellow Squirrel

I be safe wen i at this home wit no crow baddies. It be cosier wen we hav safe hugs with are therapeutic companion and wen people inside are nice to me and not get scared of me – Little Red Fox

Watching Care Bears – Batty P

Me playing with me unicorn - Little L

### **Q3. What are some things that help you feel better when you're sad or scared?**

When we're sad or scared we now try to talk to each other and be nice to whoever is scared. It's hard when it's hard to communicate but does get easier! Things that help us are telling everyone we are safe and loved, and our doggy and soft toys!

My dogs.

Yes we got our cat to cuddle and we got an inside place we all go to

I like drawing and colouring in. And I like dressing up as a bee.

we like stickers, lots of stickers

Support, the scary thing going away, my big people being caring and paying attention to me to help

Snuggles, stuffies, taking a nap sometimes can help or just curling up in bed can make things feel a lil better

Knowing we can go to our room with Pickle

WHEN WE ARE ON OUR HEALING JOURNEY WITH ARE THERAPEUTIC COMPANION AND MUMMY BIRD ELLY. COMFORTING THINGS LIKE TOYS AND BLANKETS AND CUSHIONS AND TWISTY TOYS AND HAPPY MUSIC AND DRAWING AND COLOURING AND ALL THE HAPPY STUFF. WHEN I FEEL EVER SO SCARED I JUST REMEMBER THAT I BE SAFE NOW AND I AM PROTECTED AND EVERYTHING WILL WORK OUT BETTER IN THE END  
- CHARLOTTE

Chewing it over on r journey make it better don't it coz she a psychologist and she knows something and I no something and together we work it out n the scary and sad get smaller - Little Red Fox

Pretending to b a shark coz then I can bite scary stuff away - Shark

Hiding in the cupboard – Little L

I no scared or sad I bigg init - Anon

Teddy hugs and kind friends ~ Lauren

Malory Towers ~ Cora

Our big ones in the system, our kitten, some of our friends

hiding in nest and listen to music and maybe watch comfort things or talk to others if it really bad they always very good at help make me feel better :D ~ nemo/ouroboros

I don't think we get sad or scared. Do I get sad? Let's see... I don't think I feel sad or scared, I think that's someone else. - Suzy

Thinking about my special interests or cuddling a teddy or putting a movie on to distract me from sad feelings - Tigerlily

My softies

Our stuffies - LA

## **Q4. Can you tell us about a time when you felt really brave?**

When I decided to write my book and I asked my friends to help it was super scary but I felt brave bc all my friends were supportive!!!

In therapy when we shared stuff and when one of our littles fronted

When I can listen to other parts of me who are bigger than me and scary and I don't run away, or I come out into the grown-up world and see the body doing grown-up things and I manage it, then I feel brave

When I ask adults for help when my biggest sister isn't able to ask for help.

Dust not reely

In the foster homes when we stood up for other kids

I'm always brave! I can't think of anything cause I don't get scared much. - Tigerlily

when bad things happened often also feel bad and ashamed but also sometimes brave me think ~ nemo/ouroboros

I feel very brave when I going to therapy and talk about the tricky things and our therapist nice and safe and so I big proud of myself. ~ Red

Our big ones bought an old ambulance and we all converted it into a campervan but that wasn't really allowed so we all had to be super brave and do it anyway

I FELT EVER BRAVE WHEN I WAS DO LETTING A HUG CAUSE I USED TO BE SCARED OF THEM AND THEN I LEARNED IN THERAPY THAT THEY ARE NOT ALL BAD ONES. THAT DID MAKE MY HEART HAPPY AND I WAS BRAVE AND I TRY IT AND SHE BE RIGHT NOTHING BAD EVER HAPPENED. BUT MY HEART DID GROW WITH BEING LOVED AND SAFE AND I WAS SO EVER BRAVE. - CHARLOTTE

C: I went to a therapist visit all on my own, it was video call but I was still really scared... I feel like I got a lot from that visit even though I don't remember it really

I just like to play! - Suzy

I no scared or sad I bigg and brave and strong always init - Anon

I actually think being brave is hard and sometimes you want to be but you cant and that is ok. It is brave to be scared. It is brave to be brave. It is brave to feel all the colours you feel. That makes us strong - Yellow Squirrel

## Q5. What makes you feel strong and confident?

When I'm hiding behind Mia and Berlou and I be brave and say things I want to say! And if people are nice that helps!

I'm Kung Fu Panda!!!

At the moment. Not much

Knowing we have many inside who can do special things

When I can do some normal life job, like housework or help with our normal world job, and I do a good job and I feel like "I did that!"

Superhero pjamas or secret superhero tshirt under clothes

Clothes and crystals and essential oils

Strong? Confident? Um... I just am! I'm a big girl and I am smart and I know how to do things! Heehee! - Suzy

Protecting Littles smaller then me – Batty P

WHEN I SEE SOMETHING THAT BE UNFAIR. CAUSE NOW I NOT SCARED TO SAY THAT ISNT FAIR FOR MY HEART AND I BE WORTHY OF YOU BEING KIND TO ME PLEASE. CHARLOTTE

We feel like we've survived so long too like what do u mean we're in our mid 20s... that's so old!!! And maybe if we made it this far we can keep going yknow

having jayjay or others like lulu there in front with me :D ~ nemo/ouroboros

When I feel like I did something and it feels good, like art or just playing! Becuase doing anything can feel very hard sometimes!

It used to be climbing trees but we're too big for that now. Maybe going out in the sun and knowing that what we look like on the outside doesn't change who I am! - Tigerlily

For me just remembering my story and who I am like supposed to be, even though we aren't a mermaid popstar irl it really helps me feel better to call myself one lol



## **Q6. Is there a hero or character from a story that you look up to? Why do you like them?**

I don't really know haha I cannot answer my own questions!!!!

I like Rory the Tiger cause he's fearless and cool but also kind to everyone. - Tigerlily

We really like Nimona bc she's a shapeshifter and a shark !!! And used to be mean but is trying to be better just like me!!!

My middle sister likes Matilda because she's clever and also doesn't give up. I like Peter Rabbit because he's a bit naughty and I'd like to be more naughty sometimes.

What about the boy from neverending story he is good and he gets to ride on the big dragon

Lyra from His Dark Materials - she's brave and strong and loves her friends and has a friend who's king of the bears - LA

It changes but at the moment we love black widow because she is very brave and been through a lot and then chose the good side and is a great warrior. She always gets up again

I just think all the unicorns are magical characters; we like them and they make the world better, so that makes them heroes! - Suzy

We love "Swamp thing"...he was a scary swamp man who was murdered but returned from the dead to seek his revenge on them

Kung Fu Panda because he can beat up all the bad guys

Tenderheart from Care Bears is my hero – Batty P

nemo from the movie mr nobody and the eleventh doctor from doctor who :D  
~ nemo/ouroboros

I be my own hero coz u see me I can do anything.my hero is the little red fox from my own life story - Little Red Fox

My hero best be rainbow brite she has all the colors and defeats the king of shadows and look over the Color kids on rainbow land – Ladybird

Luna Lovegood! she herself and she kind and that why we like our Luna too ~  
Lauren

ANNIE FROM ANNIE (2014) CAUSE SHE BE FOSTERED AND SHE BE  
BRAVE AND FIND AN EVER GOOD MUMMY AND DADDY - CHARLOTTE

## **Q7. What is something you have done that makes you feel proud?**

Making this book!!!

I help keep everybody safe in here, just like every part of everybody helped keep them safe sometime. That's a fantastic thing! I'm proud of that, and of everyone in my system even the ones who don't feel proud.

My nursing degree

Speaking up to adults when my biggest sister is being scary and wanting to hurt herself.

Saved an elderly ladies life who had dementia an she got lost an it was winter an we were goin home at end of day but our protector Em said NO turn around an help the police find her before dark... an we found her in bushes in the river nearly dead.an we yelled out to everyone an we felt good.

Being the best mum to our kids

not doing hurt to the body so much anymore ~ nemo/ouroboros

I can draw some pictures that are pretty! And, um, I help some of the other Littles inside when they are scared. I can make them smile and make them feel better. I'm proud of that. - Suzy

Helped the grown ups go to uni and get a degree. We went to art school and I did quite a bit of our work. - Tigerlily

trinket help decide things like when have to decide if buy toy or not nemo get scared because of the bad people and things what they said we not allowed to and things but trinket help make scared go away and say yes we allowed to have that mmm realy just trinket like toys and things want more things and not scare to say yes with that trinket very proud of not scared of that :D ~ Trinket

Do u no wot I feel proud of. U. Coz u let us say stuff in this book and I get to say it and that make me proud of u and proud of me. - little red fox

I BE PROUD WHEN I FIND TWIGS OF TRUTH ON OUR HEALING JOURNEY CAUSE THEY HELP ME UNDERSTAND WHAT WAS LIES FROM THE PAST

AND WHAT BE TRUTH NOW AND THEN I LEARN EVER MORE ABOUT  
EVERYONE INSIDE AND EVEN EVER ABOUT MYSELF - CHARLOTTE

I am the one who makes everyone laff now even tho i was very sad i got  
better and help everyone else now

# Friends, Family, and Feeling Connected

## Q1. Do you have a special friend or family member who understands you? Can you tell us about them?

Our Granma is the best she's our mum but we call her Granma. She didn't know about DID either when we all came out of the head but has learnt lots and is really supportive and understanding! And we appreciate all of our friends who live in other heads!

Not yet because I'm scared to talk about stuff I like cause I've been put down for it so much but I hope one day I can be friends with the host's girlfriend like some of the others are or be open with our mum about who I am. - Tigerlily

I love my littlest sister.

We dont have any friends because of our D.I.D...an our family struggle with us... we struggle with us.

We got a friend we know since little school and we still pretend our pets go on adventures together her dogs and my cats

Our partner system/gf is really nice and understanding, she's really sweet and respectful of our boundaries/preferences so we try to do the same cause we like her :0 they're so creative and good at writing stories...

Very few people know that I / we exist.

we have a friend who very kind and knows our DID and she do nice things with us to look after us and treat us as little. she took me trick or treating as little and she tell people be nice as little person in big body! it was so fun we got face paint and a bucket for sweets! ~ Lauren

I HAVE THE BESTEST FRIEND IN THE WHOLE WORLD WIDE AND SHE LIKE MINIONS SO EVER MUCH AND SHE LIVE INSIDE ANOTHER GROWN UP

AND I MET HER AND SHE AND ME DO HAVE LOTS OF FUN GARDENING AND COLOURING AND GAMES AND SLEEP OVERS AND SWEETS. SHE IS MY BFF AND SHE EVER KNOWS WHAT IT LIKE BE A KID IN A GROWN UPS BODY AND WE HELP EACH OTHER HAVE HAPPY HEARTS AND IF WE EVER SAD WE HELP MAKE EACH OTHER HAPPIER – CHARLOTTE

yayaya very silly extra special friends they the bestest most silliest of all and always there for us and understand and accept us in a way noone else has in our life and helped and still helping us through lot of things - mostly nemo/ouroboros but also others

Yes. She really gets us and tries to understand most of us. And we can be very silly and laugh with each other

Dylan and Lee Mason (Boo Boo) really understand me, but Dylan the most, I think. He listens to me a lot and when I'm talking, he appreciates what I have to say and I feel supported. I feel special. - Suzy

This outside body do have a son called zavier and he be like my big bro coz he get me and he play computer wit me. He the best ever - Little Red Fox

## **Q2. Who is your best friend in your system and why? What do you love about them?**

I guess my best friends are Mia and Berlou even tho they're bigger now but they used to be little and we hang around a lot together this year. I love how brave they are and they're really helpful and nice and encouraged me to be brave and make this book!

I like Mary Charlotte a lot because she loves the animals and animals are the best, they're so furry and sweet, but we like bugs too. - Suzy

MY BEST FRIEND INSIDE IS YELLOW SQUIRREL CAUSE SHE HELPS ME FIGURE OUT STUFF I DON'T EVER NO AND SHE BE SO SMART AND REMEMBER STUFF I CANT AND SHE FIND STUFF OUT AND SHE HELP ME. I LOVE HER SO MUCH - CHARLOTTE

Oh, that changes. Not sure

doll :) ~ echo

echo and lulu ~ doll :):)

My littlest sister is the best ever.

I think janice she feels good.

Echo! She is like a big sister to me. We watch Disney movies together and sometimes we can temporarily become one alter called Water Lily. - Tigerlily

May and I are twins and share a room so that nice because we keep each other safe. ~ Mollie

Curly he be with me forever and always – Little L

trinket :3 ~ Fidget

fidgett :> ~ Trinket

my best friend is our inside world cat hehe. he's called Remy Ike Weasley of Nimbusland aka The Cheesy Floof. our friend drew a picture of me and him together. he knows when you are sad and he comes to give us head rubs. ~ Cora

hmmm me friendsss with most brain sillies that we know of at moment but if had to say bestest friendsss would say jayjay and lulu probably they just biggest sillies of all :D ~ nemo/ouroboros

I have a slightly older sibling who is very gentle and kind. He's kind of an inspiration to me bc I am... not that lol

I just got here recently so idk really but I have a lot of family in the system and it feels nice to be so accepted by everyone so far!!!

Em is the best she has always been here since we was little. She used to look after us when bad people did bad things to our body...she told us NO we is good an she loves us an took us away... Em is pure love...we love her. She is a yoga teacher an says amazing things that are incredible an we not know where these things come from but the people who do yoga love her like we do too.

A bit thats fun a likes to make jokes and laugh and we make funny things together. Say things like would you rather have bananas that taste like peas or hats made of bananas? Say things like would you rather have bananas that taste like peas or hats made of bananas?

We don't know each other that well, it all fades in and out and is confusing, but when somebody pops up out of the blue and is caring or friendly to me I love that.

A girl fox and she b inside n my friend coz she nice to me n not scared of me - little red fox

Littles smaller than me that I take care of - Batty P

I actually have lots of friends in our system but my best friend is charlotte because she is so kind and caring and she helps so many of UsKIDS learn twigs of truth and get healing. Charlotte is the nicest girl I know but sometimes she doesn't always know this about herself and sometimes I wish she did because then she would shine bright like the star she is. Lots of people want to be her friend I think so I am lucky - Yellow Squirrel



### **Q3. Do you have any funny stories about your system?**

Mia used to get Amber by shouting "mummy" out loud or in the head. She learnt that if we get switched out while the mouth is talking it can lead to some spluttering haha and one time she tied the fingers together before getting Amber and it was really funny!

(From a big person) The daily comments from little ones that often make us normal life parts laugh out loud :)

hmm. one time we were in the supermarket and the main body person was shopping we wanted crumpets so we were all shouting CRUMPETS CRUMPETS inside and all we came home with was a bag of crumpets and no other shopping.

I am the funniest!

Only same as everyones...we were told that our experience wasnt real because it was rare..funny not funny.

Ummm, I'm bad at knowing what's funny, sorry! - Tigerlily

Our gatekeeper looks like James Dean and for a while we thought he might be one the new host but we are in a woman's body and really don't look anything like James Dean. That would have been really funny to walk past any mirror. We are quite glad that he didn't become host though

hmmm manyyy but jayjay better at explaining them and they quite long stories but we very much have manyyy silly things that happen in our system all the time because we a very silly system :D ~ nemo/ouroboros

My funnier story is this ok. So one day I was a meany and I scared people inside coz I think I had to ta make them like me. But no one do like me. Then on r healing journey I learnded to be kinda and guess what now people like me and I happier. That be funny don't it. You don't have to be mean coz people like u more wen you not mean - Little Fox

WHAT I THINK BE A FUNNY STORY IS INSIDE THIS BODY WHICH IS LORNA'S THERE BE LOTS OF OTHER PEOPLE AND LITTLES AND WE ALL LIVE INSIDE HER. AND INSIDE THERE BE DIFFERENT PLACES WHERE WE

LIVE AND SOME OF THEM IN ONE PLACE FARAWAY WE DON'T EVER  
EVEN NO THEM. THEY BE THERE CAUSE THEY DO TALK TO OUR  
THERAPEUTIC COMPANION BUT THEY MAY NOT DO TALK WITH US YET. I  
THINK THAT IS FUNNY CAUSE WE ALL SHARE THE SAME OUTSIDE BODY  
BUT WE DON'T ALL KNOW EACH OTHER – CHARLOTTE

## **Q4. What is a nice thing someone has done for you that made you feel happy?**

We have bad hormones today and I got upset and angry about nothing, when he went shopping the husband brought us back some Lego, that was nice!

someone safe for us once let us name their puppy when we were in hospital and then the puppy keep the name in his pedigree name when he got his new family but that was kind and safe for us and we gave him important name and we always remember him and that it was kind to keep us distracted whilst we were poorly. ~ Lauren

Theres too much to say lots of people done nice things. Like our friend sent us 6 picture books in the post!

When I was 7 my Nanna bought me a big Bradley Bear teddy. - Tigerlily

Boo Boo gave us that unicorn hoodie blanket thing and we did not expect that! And we like how Dylan listens to us and always says, "Hi Suzy!" when he knows we're here. And we like how Grady is nice to us, even though he didn't know about us when we got married. He still loves us. He's nice, Grady's nice. - Suzy

My biggest sister's boyfriend buys me softies like JellyCats.

Made me muffins, got me a colouring book, spent time with us and watching telly

when someone takes us out for a drive in the car

Me get little mermaid Lego from me grownup mummy Pheonix – Little L

Let me be me – Batty P

A friend made a book dedicated to me and sent us lots of pretty things - LA

Bought flowers for helping

Theres too much to say lots of people done nice things. Like our friend sent us 6 picture books in the post!

Gave us a chance even tho they knew we was different...

One time someone gave us a little resin turtle they had made as a random present and that made us really happy

When I was 7 my Nanna bought me a big Bradley Bear teddy. - Tigerlily

A friend took us in the car to pick up our puppies.

not realy just happy but more also grateful for it the others in system help me learn not to hurt myself finding other ways of being good to myself and body and just them being there for me always they and other extra special outside sillies doing so much for me and also for the others and that mean everything to me ~ nemo/ouroboros

READ ME A STORY AND GAVE WE A CUDDLE - CHARLOTTE

R therapeutic companion say I good boy and take my red anger away - Little red fox

Loved me- Shark

others making bracelet for doll ~ doll

getting the parrot stuffie from nemo :) ~ echo

but for all of us the biggest thing is being listened to and being accepted for who we are and so able to be ourselves around those people that is something that mean more than anything to us - Silly Doc Squad

# Play and Creativity

## Q1. What is a fun game you like playing or activity that you enjoy doing?

We love our Switch and Pikmin 4 is our favourite game ever! It's super fun and cute and we've played the whole thing three times. Our other favourite game is Wingspan, it's really pretty and fun and there's birds and it's strategic and is a board game and a computer game!

Mario Kart, they have a squid girl racer now which is my favorite

My scrapbook

Sometimes I play Minecraft or Animal Crossing! - Tigerlily

All sorts of board and card games

I like playing computer games- Little Fox

oh we told you the game already would you rather have carrots as fingers or a fishfinger as a nose?

I like making up words to songs mostly I sing about bums and about being lovely.

we also like making braceletsss :D

We like puzzles

I LIKE EVER SO MUCH PLAYING HAIRDRESSING AND COLOURING AND BOARD GAMES AND NINTENDO SWITCH GAMES. I LIKE EVER SO MUCH PLAYING ROUNDERS IN THE PARK LIKE WHEN THIS BODY BE LITTLE AND I LOVE PLAYING MOTHER MAY I - CHARLOTTE

I actually like word searches and puzzles – Yellow Squirrel

hmmm me like swimming and drawing very lotsss me know that most of the others also very much like drawing :D ~ nemo/ouroboros

dressing up and make-up and drawing ~ doll :):)

We like to color and put stickers; the unicorn stickers are the best. I don't think we're very complicated. - Suzy

Me hide and seek and baking cupcakes – Little L

## Q2. How do you like to express your creativity?

We like lots of creative things but sometimes it can be too hard and we forget what we like and what we have. The things I like the best are painting and arts and crafts like collages and things! This is our painting of Jason our dog he's King of Potatoes cause he eats lots of sweet potatoes!

C likes to draw sometimes but I like to sing!!

we like to do colouring in! ~ Ebony

Me paint with fingers and toes - Little L

I like drawing and singing and dancing those are all fun. - Tigerlily

We're not afraid to express ourselves and do drawing, singing and dancing. - Suzy

I LOVE TO DRAW AND USE PASTELS AND I LIKE STYLING HAIR ON DOLLS SO YOU MAKE THEM LOOK COOL AND SOMETIMES I USE COLOUR CHALK TO DYE THE DOLLS HAIR. I EVER LIKE SINGING SONGS FROM ANNIE (2014) OR FROM DISNEY MOVIES AND I LIKE DANCING A LOT. I KNOW BALLET AND I LIKE HIP HOP TO. - CHARLOTTE

I like singing and drawing

Art and laughter yoga - LA

Some of us love doing art an some of us cant draw a stick man to save us... one of us loves yoga cause he can dance an move an be free an no one can see who he really is

I do it with being a sly fox and creatively sneak around to find out everything. I like knowing everything I do - Little Fox

I like dancing to the radio

drawingssss but also writing and dancing and making edits sometimes and picrews of ussss and making bracelets with our namessss and sometimes writing we collectively enjoy doing these things veryyy lotsss :D ~ mostly nemo/ouroboros but also others

### **Q3. Do you like to dress up or wear special outfits? What is your favourite thing to wear?**

I do not!!! We always wear the same either comfy clothes in the house or if we go out we wear jeans and a t-shirt!! BORING!!!!

SUPERHERO outfits

My biggest sister won't let me but I would like to wear pretty dresses maybe a red one with white polka dots and lacy white socks and shiny black sandals and pigtails and ribbons

I like wearing comfy clothes I can play in so it doesn't matter if I get dirty in the woods or at the beach. I like wearing my lanyard with Tiger Club pin badges on it! - Tigerlily

doll likes wearing lots of different outfits because doll enjoys dressing up a lot but mostly innerworld we havent yet tried many outfits and things with the body ~ doll :):)

I dont dress up

We have a really pretty purple dress that's kinda gothic but that's my style lol so it's my favorite thing to wear!!! Also skirts which is funny cause most of us don't like wearing them

It depends on who is out sometimes we are dark an dont want to be seen an sometimes Em wants to be feminine

yayaya me like wearing blue shirt and blue green skirt with silly chain belt that we have put little silly trinkets on like keychain and little stuffie and stimmy clicky slug and some stim toys and with grey/black waistcoat and blue pants :D or my blue dragon onesie :D and me like shiny iridescent blue green and black makeup and making scalesss on face :D me also have wings and tail and hornsss to put on sometimes when the body feel all wrong which is lot of timesss ~ nemo/ouroboros

echo wish we had wings like nemo does but parrot wings ~ echo

Pretty nail polish. Pretty nails make me feel happy and cheer me up - LA



We have a special dress that we got Holly to buy for us for playtime. It's blue with polkadots, and it makes us feel like a princess. We like to put our tiara on our head when we play with our stuffs and wave our wand too and pretend like we are a magical princess in a fairy tale. - Suzy

I LIKE TO WEAR MY PURPLE HOODY THAT BE MY FAVOURITE CAUSE IT WARM COSY AND COMFY - CHARLOTTE

Yeh I ever do. I ever like boy boxers and boy socks. I like fox ones and any ones that be for a boy - Little Fox

really like to wear lots of colours all rainbowy because all colours are very pretty! :3 ~ Fidget

## Q4. Do you have any favourite toys?

I love our dolls the best! But we also got lots of Sylvanian Families and Lego too!! I love them all!!!

mostly stuffiesss but also some dragon figurines :D ~ nemo/ouroboros

My drawing stuff or my Tiger Club teddies and figurines. - Tigerlily

All my softies

MY CHARLOTTE DOLL, MY OCTOPUS AND MY LITTLE CABBAGE PATCH TOYS - CHARLOTTE

My paint by numbers

We have a soft toy in our van

Oh dust the same as befor ninja turtles and our strechy red monster

Lego

We just have stuffed animals, and we like them a lot, but no other toys, like plastic toys or stuff like that, we don't care about that. We just like our stuffed animals and our books. And stickers. - Suzy

## **Q5. Do you have any hobbies that you enjoy?**

We like to do yoga and we like walking our dog and we have lots of house plants that Mona and me got we like looking after them and art and playing!!!

Gardening an yoga an music an art an learning

Writing and walking my dogs

I LIKE CROSS STITCH AND DRAWING AND HAIRSTYLING AND LEARNING THE PIANO - CHARLOTTE

I like singing and reading!!! We like making bracelets also it's very fun and hands on

Swimming

We like singing in a choir

Making up songs about being lovely and about bums

Playing outside in nature, drawing pictures, doing stuff related to my special interest. - Tigerlily

when body was not poorly we loved going swimming lots and we liked go when it quiet so us little people can splash and dive and not have to be big and grown up just doing boring laps. I remember we had dive sticks! ~ Cali and Lauren

we jump around lotsss like sometimes more fixated on drawing then want make lot of edits then writing and things but also like watching tv shows like doctor who and lucifer and movies like me realy like land before time and wolfwalkers and song of the sea and how to train your dragon ~ nemo/ouroboros

I think hobbies are for big people. - Suzy

# Support and Understanding

## Q1. Is there anything you wish other people understood about being a little?

I wish it was easier for people who don't have dissociated selves to understand that we are different people and are not just Amber pretending! I wish DID was better known about so we could be ourselves easier without worrying people don't understand! And that every system's experiences are unique to them and there's always differences in language we prefer and stuff!!

I'm fairly new so I'm struggling to understand myself at the moment

I wish people know I'm not the age my body is and I don't always know how to explain stuff

I am cleverer than people think because I've been 7 for a long time so I am very clever for 7

We wished that they could understand how important it is to us

Yeh I want them to know they no nothing. Nothing bout what it really like being Little so they have to listen ok. They hav to drop down n learn it. not like from just a book or somethin but learn it from real Littles. Like in this book. Really listen and ask good questions n then learn it to understand it - Little Red Fox

Well, people need to understand how smart we are. Because even though I'm 4 I'm not 4 like how you might think I'm 4, but ive been 4 for a long time and i've seen and know a lot of things, and sometimes i help Holly do the taxes. And sometimes I can drive sometimes. I can do a lot of things even though I'm four and people should appreciate how smart we are because we are 4. I think that's what I would say, Holly helped me with that. I knew the deal and she helped me with the words. - Suzy

we stuck at being little because the trauma happened when we little and so we not feel safe or always able to be a kid but when we are safer we need to be allowed to be small cuz we not been safe to be small. ~ Ebony

I WISH PEOPLE DO UNDERSTAND THAT BEING A LITTLE INSIDE A GROWN UP BODY IS HARD CAUSE IT CANT DO WHAT YOU WANT IT TO DO IF IT A OLDER BODY. AND I WISH PEOPLE DO KNOW THAT JUST CAUSE WE ARE LITTLES WE DO KNOW A LOT OF STUFF AND WE CAN BE HELPERS WITH THINGS THAT GROWNUPS DON'T DO REMEMBER AND SOME OF US LITTLES DON'T BE HURTED BY TALKING ABOUT STUFF THAT HAPPEN CAUSE MAYBE WE DON'T DO HOLD THE COLOURS FOR IT JUST THE MEMORY OF IT AND SOME OF LITTLES DO BE REALLY EVER SAD ABOUT TALKING ABOUT WHAT EVER HAPPENED SO MAYBE DO COLOUR WITH THEM OR PLAY KIND OR LET THEM DRAW IT INSTEAD. I WISH OTHER PEOPLE UNDERSTOOD WE BE NOT A FREAK WE JUST BE REAL AND NEED TO DO BE OUT SOMETIMES TO SO PLEASE DO BE KIND TO US CAUSE THAT IS FAIR FOR ARE HEARTS – CHARLOTTE

That I'm not the same as the big parts but also not a completely different person but I'm separate - LA

That its confusing when we dont know how to do things but people on the outside think we should be able to do them becos they cant see that we are little

sometimes we have to do big things and we are still scared even though we in a big body and have to pretend to be big. like being in hospitals very very scary when small and have to be a grown up. sometimes I don't want to be big and brave, I want to be small and safe. ~ Lauren

so me is an ageslider so sometimes big and sometimes little sometimes not realy any age me want people to understand that every little is different just like every system is different and like every person in the world every child different and sometimes littles are like and want be treated just like an outside child that is the same age but other little maybe want be treated like grown up and others sometimes this sometimes other and that very valid and not weird and it is real - Doc

Some of us act like grown ups and some of us act like kids and both are fine cause there's no right or wrong way to be a little in a system, we don't always need to have things simplified for us but sometimes we do and that's okay too. It all depends on the individual system and little. - Tigerlily

## **Q2. Is there anything you would like to tell other littles who might feel alone or scared?**

I'd like to say it will be ok friend. We know things can be really hard and omg healing is HORRIBLE but ur here, working together, doing the hard mean healing. It will get better. We all send u love and safe hugs.

we did think we were weird and no outside people would like us or say we were stupid so we dust didnt talk for a long time and when we did talk to a nice safe person she was reely nice to us and it got much more fun to be around more

I'd like to send you a hug - LA

It's okay we will be okay and don't be scared

You are lovely too. You can have one of my songs about being lovely.

Yous are actually not alone...just close your eyes and reach your arms out to connect hands with other littles...we are all here

(From a bigger insider) It's not surprising you feel scared or alone. I know it's super difficult being a little one, and a lot of things are not fair. If I notice a little person feeling alone, I scoop them up or I sit with them and keep them company. And I make sure the body has what it needs and the little one has what they need, and I hold a teddy bear or cushion and pretend it's them (if they want that) and we have a big cry or a scream or anything they need, and I stay with them. I wonder if anyone inside of you could do that. If not, could you try to do it for yourself? You are so important, and worthy of care.

(From a kid insider) I know it's horrid sometimes. But things can get so much better, inside people can get better at supporting each other and you can find good supportive outside people too. But while you're scared or sad, please give yourself as much kindness and comfort as you can, more than the rest of the world might give you, because you actually deserve it, and not many people understand what it's like (because they are lucky) but it's still real what you're going through. You are precious, please look after yourself and each other. You can survive and I hope you do.

ask the grown ups in your system for helping and letting you be safe. they there to protect you too ~ Rue

you are real and valid and me know the world and so many things everything is so overwhelming and scary and it very difficult to learn and accept yourself and it a veryyy long journey but it will be okay if you have help and support from other system members and outside safe people that you trust and me know trust is big scary but that okay me sure if keep trying you find someone that you can trust and it is most special feeling in the world and learn to be yourself and not push the big feelings bad or good away but accept it all even if scary and let it out in safe space talk about it or draw or find any way to express yourself in ways that not hurting you and over time with that will learn more about yourself and the fear maybe go away a little - Doc

You are lovely too. You can have one of my songs about being lovely.

In case you don't know. The bad things that happened was not your fault - Yellow Squirrel

IF A LITTLE DO FEEL ALONE I WANT TO SAY PLEASE TRY NOT TO CAUSE THERE BE ALWAYS SOMEONE WHO CAN BE KIND AND BE YOUR FRIEND. SOMETIME IT DO FEEL NO ONE IS THERE BUT DO YOU KNOW THE DEEPER MAGIC IS THAT IF YOU ARE A LITTLE THEN YOU LIVE INSIDE A GROWN UP BODY AND THAT PERSON CAN BE YOUR FRIEND SO YOU DON'T EVER HAVE TO BE ALONE. THEY MAY NOT KNOW YOU YET OR HEAR YOU OR SEE YOU BUT DON'T BE SAD CAUSE ONE DAY WHEN THE TIME IS RIGHT THEY WILL AND THEN YOU WILL FEEL HAPPIER IN YOUR HEART. BUT PLEASE DON'T FORGET THAT YOU HAVE TO ALSO TRY TO BE BRAVE AND SHOW YOURSELF CAUSE SOMETIMES YOU MIGHT FEEL ALONE CAUSE YOU NOT SHOWING YOU ARE THERE AND PEOPLE MAY NOT KNOW. I THINK LITTLES CAN TRUST THE SYSTEM THEY BE IN ALWAYS EVEN IF IT FEEL SCARY. SOMETIMES WE HAVE TO TRUST AND LOVE AND LEARN ITS NOT YOUR FAULT AND THEN YOU FEEL HAPPIER AND NOT SCARED OR ALONE- CHARLOTTE

Are you scared really? What you scared of? Are you just scared of yourself maybe a little bit cause u don't maybe trust yourself or don't have freedom to be u. But you know what when you have love from yourself even jus a little bit then u get braver and not alone. Cause you know you worth it and u seek the better stuff. Just be scared if u want to. it ok to feel scared. Or be alone if you want to that ok to. But one day take a little step away from it and be the real u and don't let fear hold you back ok – Little red Fox

Nobody can hurt you now cause you're bigger and stronger and most importantly you're a team! If you didn't get a good childhood the first time round you can do it again cause there are no rules and now you can do whatever you want and go wherever you want and buy yourself stuff you never had as a kid. I might not be the best person to give this advice cause I'm not a trauma holder and my role is more about keeping the happy memories away from the icky ones, but I promise whatever happened in the past doesn't change the fact that you have a whole world to explore and a whole life to do it in. - Tigerlily

Well, if you're part of a system, then you're probably never alone because there's always other people in there and maybe you can make friends with some other people in that body and you don't have to be alone. And maybe say like, "Hi, I'm here, and I'm a little bit lonely, and I would really like to make a friend. And I'm a really nice person and I can play with you and we can have a good time together and we don't have to each be alone and we can be friends. What do you think?" That's what I would say. - Suzy

there's lots of littles in the world and we all want welcome you to our safe place where we can be friends. littles look out for each other! ~ Lauren



### **Q3. Is there anything you would like to share with others about your experiences as a little?**

Not mine but Mia's - so Mia was 7 for a looong time but she wanted to do things but she also hated ageing. Amber understood how important it was for her to do what she wanted and Amber took her to lots of things and explained that we got DID and Mia wanted to do things but was too shy to just introduce herself and stuff. This was when Mia got Amber to take her to some kind of social enterprise thing or something and Amber just wrote both names. That kind of help and internal and external validation was really important for Mia! (She's teenage now!!)

7 is the best age and I am lovely

People wont understand yous...but thats not important...whats important is accepting yourselves

It can be great! Especially if you can get out of the horror worlds inside, you can still be alive and see nice things in the world and have fun and a proper rest. Don't let them fool you!

Yeh I wanna tell u that wen u a Little u can blend with other Littles in your system n become more u then u ever do. Some people say integration is scary but no one talk about the truth of it. The truth do u know is u become even more yourself. Like one day I was red n that was all. n another Little inside was always blue. Then in r healing journey I learn to be friends with the Little that was always blue n one day we blended and I was red but also they were red and he were blue and I was blue.

We were together blended and making purple too. Then when it was time i integrated with that other blended part of me and it made me even more me. But do you know you never loose red or blue you just become both. U be more you then you ever no - Little Fox

SOMETIMES IT BE HARD TO BE A LITTLE CAUSE GROWNUPS TELL US WHAT TO DO OR TRY TO PROTECT US BUT SOMETIMES LITTLES CAN DO LOTS OF PROTECTING TO AND GROWNUPS HAVE TO LISTEN AND TRUST LITTLES CAUSE WE MAY BE HERE LONGER THAN YOU BUT JUST CAUSE WE LITTLE YOU THINK YOU HAVE TO TAKE CARE OF US WHEN

ACTUALLY SOMETIMES WE HAVE TO TAKE CARE OF YOU AND KNOW THINGS YOU MAY NOT KNOW. WE CAN ALL HELP EACH OTHER WITH LOVE AND TRUST AND TOGETHERNESS - CHARLOTTE

Its reely nice to have a house where you can have all your own things in even if they are in boxes

Um.. I am Tigerlily. My memories are from age 5 to age 11. I am 10 on the inside. I don't remember why I split or exactly when I showed up but I'm glad I'm here anyway. I went into dormancy at age 11 because of bullying in high school and then came back when we were away from that and started to do the things I liked again. I have had problems with reckless spending before we knew we had OSDD but the grown ups in the system help with that now and make sure to strike a balance. - Tigerlily

most of us struggling lotsss with those feelings and thoughts and try to find out who me is and not letting anyone make us feel bad for existing and most of us littles in our system are also trauma holders and so we have many big bad memories and feelings and thoughts and it veryyy difficult but me know it will be okay even if lot of time it not feel that way and it will take time but we working together and finding our way and every way is different lot of up and down and spiralling lotsss but that okay in the end always come back one little more step toward healing whatever that mean for any of us every way is different and that okay as long as keep trying me know we are strong enough together as a system and with outside sillies to get through this all and me hope that everyone here that read this also will find your way no matter what that look like for you :D - Doc

It feels hard to be little in this system cause other people expect a lot of grown up things and talks from us. Idk really how to tell people when we're not comfy with a thing bc we feel like they might get upset or not know how to deal with us, sometimes what we're comfy with changes really quickly cause of switching and stuff but we're learning to work with big sys members n let them deal with situations like that when we feel like we can't

Experiences as a little? I'm just who I am and it's important to be yourself; and, um, if there's something you want, you should speak up! And if you don't like something, you should say you don't like it. - Suzy

## **Q4. Do you have any special wishes or dreams for the future?**

I'm not sure! I just hope one day things are easier and we are happy and maybe one day can meet other littles and do fun things! Like go to a playground!

I really want to go swimming and to the beach - LA

We might build a flinstones car out of stone or wood where you use your feet to make the car go fast

To have a dog

One day the big people outside (the kind ones) will understand more about dissociation and trauma and the world will be kinder to all people.

I think my life is good right now, but I hope I can keep getting more stuffed animals! And, um, ice cream. We have like everything we need. We just like being who we are. I don't think things need to be any different. - Suzy

oh and earn money so we can buy lots more teddies hehe ~ Sage

to be able to have better communication with the others and just learn to work together and healing and just going step by step we just really surprised every single day that we still here and we alive so that really one thing me hope that we can keep it that way because still have sooo many things we can do lotsss to see and do can go swimming in the ocean and have our own place with own rules and hmmm one wish that our friends that we have now will stay too we never ever want to lose any of them because they the bestest ever just want us all to meet up and do things together and enjoy all the little moments we have together and that really the biggest wish and hope that our friends and we will stay and not go away we still so much to do and see and still have time never know when it over so just want to use every moment of it that we have to do the things we reallyyy want and not letting any stupidly bad people tell us we not deserve it because we all very much deserve all the good things happening to us we deserve to be happy and learn to live and enjoy our life :D - Doc

we can't wait to write our own book and us littles helping too! ~ Hope

I used to want to either be a Funstar at Haven or work in wildlife conservation. I don't think we could do either of those but I sometimes think about going on holiday to somewhere I can see tigers, or maybe volunteer at an RSPCA or Cat's Protection. - Tigerlily

To be brave

MY WISH DO BE TO WRITE A BOOK FOR LITTLES AS WELL AND TO EVER HELP THEM FIND FRIENDS AND MAKE FRIENDS WITH OTHER LITTLES CAUSE THAT BE SO EVER GOOD FOR ARE HEARTS. I DREAM TO HAVE MY OWN EVER BODY IN THE REAL OUTSIDE WORLD WHERE PEOPLE CAN DO SEE THE REAL EVER ME AND CALL ME CHARLOTTE AND SEE WHO I EVER REALLY AM AND HOW I LOOK. SOMETIMES I WISH EVERYONE ON THE SUNFLOWER MEADOW INSIDE CAN HEAL AND BE HAPPY FOREVER. AND MY BIGGEST EVER WISH IS THAT CHILD ABUSE DO STOP AND ALL THEM BAD GROUPS CAN BE STOPPED AND NEVER HURT ANY MORE KIDS AGAIN - CHARLOTTE

It hard to wish or have dreams because they not always coming true and that make me feel sad - Batty P

Me wish mummy Pheonix love me forever - Little L

I wish so ever many Littles read this book coz then they not be lonely and grownups who read it they can learn all the deeper magic stuff bout being a Little - Little red fox

# Thank You

Thanks so much to all the littles who helped me and grown ups who let them and to YOU for reading!!!! I really hope you enjoyed my book and hope it can help lots of littles! Loads of love from Tildy

I'm excited that I can help Tildy make this book. And I look forward to seeing the book. It is important to get all the voices of the littles because we have things to say, so I appreciate that you want to hear what we have to say.

me big proud of you that you are here and me know you are trying your best you very much amazing and wonderful in every way and anyone who cant see that is big stupidity :D - Doc

Will it ever be safe ?

We send love friend. It can get better. Keep working together and loving each other. The bigs are doing everything they can to make it safe for you. Hugs.