

Name: _____

Date: _____

System Ask

How many system members are there? _____

Youngest member? _____

Where do they live? _____

Oldest member? _____

Where do they live? _____

Any friendships within the system? _____

Any relationships within the system? _____

What does the headspace/inner world look like? Is it just one building/area, several, or more?

Do members have separate rooms/areas? Does anyone share a room? _____

Name: _____

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Any unused rooms/areas? _____

Unexplored rooms/areas? _____

Who likes being in the headspace/inner world? _____

Who dislikes being in the headspace/inner world? _____

Name: _____

Date: _____

Any members who never front? _____

If so, what are the reasons? _____

What do members do in the headspace? _____

Name: _____

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Is anyone spiritual? _____

What are their beliefs? _____

What is something that system members have very different opinions on? _____

Do most alters act like the host when they front, or can they act like themselves?

Favorite part of the inner world/headspace? _____

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Least favourite part of the inner world/headspace? _____

What's something you want people to know about DID/OSDD?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. There is no handwriting or other markings on the paper.

Name: _____

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Running jokes within the system? _____

Does anyone in the headspace feel content with how the body looks? _____

Does everyone in your system have different fashion sense or is everyone's style rather consistent? _____

Anyone have a playlist for themselves of their own favourite music? _____

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Are there any interests the entire system share? _____

Are there non-human alters? _____

Is there anyone who's better with coping with the stresses of life better than other alters? _____

Who and how do they cope? _____

Does anyone wake you up or keep you from sleeping? What is the reason?

Name: _____

Date: _____

What was your first solid memory of an alter fronting? _____

Who co-fronts the most often (what group/pair)? _____

Does anyone talk with a different voice in the outer world? In the inner world? _____

Who seems stand-offish but really does care, and the reason.
