

Working Towards Safety On Highdays

It's often impossible to predict exactly what a highday anniversary will bring up for your system, preparing ahead of time could make the date a little less anxiety-provoking and stressful.

Highdays recognised and celebrated by high control groups can have an impact on a survivor's system. This can be a collection of disturbing feelings, thoughts or memories that occur on or around a date that marks a significant event. You could be feeling sad, irritable, anxious, emotionally shut down, rapid switching, or unable to sleep.

As the date nears, bad memories start to resurface, and you will realise that you are experiencing the annual echo of a trauma. Research shows that our brains store painful, sad or traumatic memories in an easily accessible way so that we can be reminded of, and warned off, the dangers to protect us from something similar happening again.

Other elements can also serve as potent reminders of the traumatic event. Seasons, for instance, can evoke memories and emotions associated with the trauma, especially if the event occurred during a specific time of year. The changing of leaves in autumn or the first snowfall of winter might trigger anniversary reactions for some systems.

Sensory cues can also play a significant role in triggering reactions. Certain smells, sounds, or visual stimuli that were present during the traumatic event can act as powerful triggers, even years after the incident. For example, the smell of a particular cologne might evoke memories for a survivor of sexual assault.

Physical symptoms often accompany highdays and can be just as distressing as emotional and cognitive symptoms. Sleep disturbances are common, with parts experiencing insomnia, nightmares, or changes in their sleep patterns. Fatigue may become more pronounced, even if the body is getting adequate rest. Unexplained aches and pains, headaches, and gastrointestinal issues may also arise or intensify during this time. These physical manifestations of stress and anxiety can further exacerbate the emotional toll on a system.

Emotional symptoms during highdays can be intense and overwhelming. Anxiety levels may spike, leading to increased worry, restlessness, and a sense of impending doom. Depression is another common emotional response, characterised by feelings of sadness, hopelessness, and a loss of interest in activities that were once enjoyable.

Cognitive symptoms during highdays often revolve around intrusive thoughts and memories of the traumatic event. Flashbacks may become more frequent or vivid, causing the parts in the system to feel as if they are reliving the trauma. These experiences can be extremely distressing and disorienting. Intrusive thoughts about the event may dominate the internal landscape, making it difficult to focus on daily tasks or engage in normal activities. Concentration and memory problems may also worsen during this time, affecting work performance and personal relationships.

For many individuals, highdays serve as powerful triggers that can reactivate dormant parts/alter or agitate those present. The anticipation of these anniversaries can itself be a source of stress and anxiety, potentially contributing to the reemergence of symptoms. It's crucial for individuals with DID and their support systems to be aware of the potential for anniversary reactions and to prepare accordingly.

What works for one system may not work for other systems, so consider taking time before the upcoming highday anniversary to plan out what your system will need to make the day go by smoother. For some people with DID, the best course of action may just be to make an extra effort to stick to their established self-care routines, and keep on task with daily responsibilities. For others, switching up their self-care on a highday anniversary, or even requesting a mental health day off work may be necessary.

Seek out trusted family, friends, and your therapist if you need a little extra support on a highday anniversary. Try to give them a heads up a couple weeks before the date so you can develop a safety plan together, that way, your system is prepared for any unexpected feelings that could occur.

Internal programmes may be triggered on highdays. There can be several programmes depending on the belief system of the group.

Typically the following system programs are triggered on highdays:

This list does not note every internal program, not all these programs will be in a system

Black Diamond Programming-Ritual abuse is for internal ranking of cult/occult loyal parts. Diamond Programming in the Pyramid System the alter believes they receive direction and energy from satan. (Occult programming)

Dragonfly Programming-These alters often do not speak due to silence programming, they will have high pain tolerance, and flat affect. They typically will not front unless it is the highday. A sexually related program in occult rituals. (Ritual abuse/SRA)

Hocus Pocus Programming-Front program for cult alters as beliefs in magick have become more acceptable. The programming allows the system to acknowledge their belief in magick and practise highdays. (Spiritual Programming 1993 present)

Jesus Programming-Will affirm to the individual that the spiritual being they are seeing is an angel of god. (Spiritual programming)

Remember To Forget Programming-Programming so the individual forgets what is previously talked about. Some programmes triggered if the individual does not forget: Suicide programming, callback programming, self harm programming, and spin programming.

Reporting Programs-Alters are programmed to routinely contact and report back to their handler or cult. These programs may be time-triggered (every month, full moon, etc.), date-triggered (i.e., corresponding to cult highdays, etc.), or situational triggered (i.e., host enters therapy, reveals cult "secrets," etc.).

Sacred Heart Programming-Suicide program for alters who don't respond to the call back for the Sacred Heart highday. (Spiritual Programming)

Suicidal Programming-Suicide programming may occur during highdays and significant dates when the survivor is away from the group.

Someone would know if suicidal programming were triggered in an alter or person by a switch to the suicidal alter which would lead to suicidal gestures. The alter can present as

'robotic' as they have one task and that is to kill the body. If the suicide programming is slower to develop the person will become depressed to the point of suicidal ideations and attempts.

Each alter that has suicidal programming will have a specific method.

Spirit Doll Programming-The alter follows the spiritual beliefs of the cult. They believe they are a doll and not real.

Spiritual Programming-The spiritual beliefs of the handlers/group are indoctrinated throughout the system of alters. Other programs are linked to spiritual programming. Emphasises shame, guilt and being unacceptable to God because of sin.

Theta Programming-This form of occult training is used to train alters in Magick and psychic training. The alters have extensive belief systems. Alters usually come from multi-generational occult families also known as Bloodliners. Their religious ideology tends to be at conflicting odds such as occult beliefs and organised religions such as Christianity. They can be trained to heal or even remove memories of other alters. (Spiritual programming)

Vessel Programming-An alter is sexually traumatised during a ritual. They are told they are a spiritual vessel for spiritual entities. Other participants at the ritual rape the alter (the vessel) with the belief they are gaining spiritual strength and wisdom. (RA)

Internal parts that may be impacted by the highday:

This list does not note every alter part, not all these parts will be in a system.

Aligner Alters-Alters that will insure the system stays aligned to the programming, cult, or occult teachings and clan. (Cult programming)

Back Alters-Back alters may be kept at lower levels and do not know of one another. These alters live in "alternate" worlds, they are fully trained and under the watchful eye of internal programmers. Many of the alters have been ritually abused (occult) and taught dark magick

Black: These alters were created during occult rituals, and are Moon children.

Dark Emerald Green: This colour is assigned to the AntiChrist-Satan alter(s). Green is the occult colour for Satan and happens to be the most sacred colour. Few people outside of Satanists know that Green is more sacred for them than any other colour.

Guardian of the Veil Alters-Alters who participate in occult rituals during Samhain. The belief is the world of the spirits is the easiest to access, as that boundary of perceived separation isn't as concrete. These alters believe they have a foot in each world, aiming to lift, render, or pierce the veil for themselves, to gain greater spiritual awareness. (Spiritual programming)

Hierarchy Alters-Alter in occult hierarchy ceremonies different ceremonies at different times have different alters participating. (Spiritual programming)

Lilith Alters-Female alters that believe they are monsters and are out at night. They are occult alters. They are told to have sex with demons, and are seductresses. (Spiritual programming)

Satanic Hierarchy Alters- Alters that ensure the occult alters of the system are controlled and follow occult teachings, will often hold rituals internally on highdays. (SRA)

Sexual Alters-Alter who was created to have sex with individuals. Each alter is programmed in a specific genre of sex. Sexual alters are also programmed for cult/occult specific sex. Sexual alters that aren't programmed are usually, and will front in a sexual environment only. (Beta Programming)

Silver: This colour is for the Satanic alters who perform high level occult rituals. The Mothers of Darkness have silver coding.

It's important for your system to work towards supporting one another during highdays and anniversaries that the trauma occurred. This support and kindness should also be extended to parts that hurt the body, perpetrator parts, and those parts that seem unwilling to assist.