



The Dissociative Continuum

Everyone falls somewhere on the dissociative continuum. As humans, we are designed to have parts of our personality serve us in different ways.



Increasing dissociation of identity, memory, perception, time, and self

Healthy Ego States. State dependent learning. Smooth switching from state to state.	One or a few conflicted ego states. Conflicted ego states may be intrusive. Anxiety.	Ego State Disorders and Post Traumatic Stress Disorder (PTSD). Ego states around trauma are intrusive and avoided.	Borderline Personality Disorder. High internal conflict. Intrusive partial switching. Impulsive behaviors to escape/avoid.	Complex PTSD, DID NOS, and Disorders of Extreme Stress (DES NOS). Many ego states; intrusive, full or partial switching. Phobia of inner experiences	Dissociative Identity Disorder (DID). Ego States have diverse identities. Full switching occurs. Amnesia is strong.	Complex/Poly-fragmented Dissociative Identity Disorder (DID). Many distinct ego states with highly structured individualism/identities. Full switching. Amnesia is very high.
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Figure has been adapted from Looking Through the Eyes of Trauma and Dissociation, 2009