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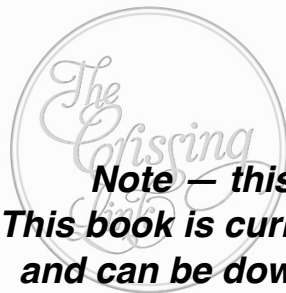
2. (I) (P) (L) (E)

3. (C) (H) (O)

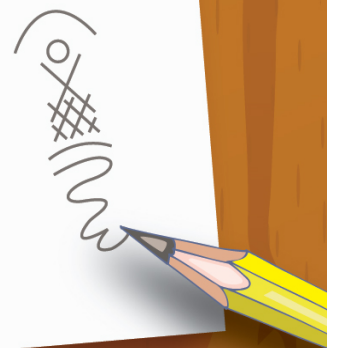
4. (I) (C) (E) (●)

A multiple system's arguments  
with the concept of integration.

*Rev. Criss Ittermann*



**Note – this is a sample.  
This book is currently in-progress,  
and can be downloaded for free.**



# Thanks for Reading

We're very grateful for the opportunity to share our life's work with people and look forward to getting more of it out into the world.

This work is not complete yet. We are working hard to get our knowledge out of our collective and into the external world where others can utilize it.

For additional selves-help and selves-advocacy materials we have created, please see:

<https://kinhost.org/Main/BootCamp> - for the United Front Boot Camp (selves-help, 2011 30-day blog challenge) — the predecessor to the United Front books.

<https://kinhost.org/ManyMinds/HomePage> - (2017+) the Many Minds on the Issue podcast, which also has many episodes with selves-help and selves-advocacy content.

If you are interested in assistance implementing these principles for your own collective, please see our website at <https://LiberatedLifeCoaching.com> where we offer individual and group coaching and we beta test materials like this.

Thank you for your time. If you have any feedback on these materials or any of our offerings, comment on the page, email us or let us know at [thecrisses@gmail.com](mailto:thecrisses@gmail.com) and we will give it thought and consideration.

You may also contact us at 845-820-0262.

Please take good care of yourselves,

The Crisses  
Rev. Criss Ittermann

# Multiple Choice

A multiple system's arguments with the concept of integration

Rev. Criss Ittermann

available for

This book is ~~for sale at~~ ~~free~~ <http://leanpub.com/multiplechoice>

This version was published on 2019-01-16



Leanpub

This is a [Leanpub](#) book. Leanpub empowers authors and publishers with the Lean Publishing process. [Lean Publishing](#) is the act of **publishing an in-progress ebook** using lightweight tools and many iterations to get reader feedback, pivot until you have the right book and build traction once you do.

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## **Also By Rev. Criss Ittermann**

Split Decision

United Front

Core Discoveries

Case Histories

United Front: Recruits

United Front: Rebels

United Front: Adventurers

*This is dedicated to you. Never let anyone tell you that who you are is substandard, that you have to change to be acceptable, that simply being you is not normal. Don't allow them to hold you up to someone else's definition of what it is to be alive.*

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# Introduction

*If people don't understand our behavior – so what? Their request that we must only do what they understand is an attempt to dictate to us. If this is being “asocial” or “irrational” in their eyes, so be it. Mostly they resent our freedom and our courage to be ourselves. We owe nobody an explanation or an accounting, as long as our acts do not hurt or infringe on them.*

—Erich Fromm, *The Art of Being*

Imagine a world where it didn't really matter that you're a multiple. It's just a way people are. In fact, there could be a whole world where nearly everyone is multiple, and we look at people who don't have groups in their head like they are strange. There's no particular reason that everyone *has* to be singular. That's just an arbitrary cultural rule. In some cultures, it is thought, being multiple was a part of a rite of passage, a sign that there were gifts to be trained and honed, that you had potential to be a spiritual leader and help a tribe with the mysterious and mystical otherworlds.

Being multiple is simply put a mental difference. Normal is only defined by the majority. Just because group entities are in the minority doesn't make that difference a *bad* thing. Diversity should be celebrated and honored.

You have people in your head. If you've been through any parts of *United Front*, or perhaps on your own, you're working on them getting along. In spite of your diverse ideas, skills, and interests, you may share a common goal and vision about your collective life. You each go about pursuing the dream of what your life will become in your own style, with your own unique perspective and gifts, but hopefully you're all steering your life in the same direction.

The point of this book is gathering a collection of essays that make a case for your own self-advocacy, from the start of working



on yourselves (whether or not with professional helpers) through to the end of your lifetime together. By extension, it's also about cultural advocacy. Systems change. Leaving a legacy or paying it forward so that the lives of other multiples are improved in the future, so that living life as a group entity is a little easier on everyone.

As Inside, So Outside (and Vice Versa). The boundary between your internal reality and the external reality is permeable — things pass through in both directions. By working on yourselves, you change your relationship to the world around you. By working on the world around you, you also change your relationship with yourselves.

So we're also including essays that bring up serious cultural sticking points, and the people who reinforce norms, mores, policies, theories, and models that keep group entities bogged down with their expectations and judgements. Or worse, get us marginalized, institutionalized, shunned, fired, keep us powerless and make us feel like we are broken when we really live in a broken society.

The hope is that as more plurals and multiples are awake, and able to own their own power in the world — then we can all turn our attention towards the changes needed to help fix that broken society and make our own lives and those who come after us easier, safer, more comfortable, more accepted for who and what we are. Others with other issues to deal with are doing similar work, and if we are all working towards a more fair and just and accepting society, one day we'll succeed.

# **Manifestos for Many**

# The Multiple Manifesto

Here's to my brethren: to those of multiple minds, those who are communities and communes and chaos and families in a body of one, to those who look at every side of the issue at the same time, who dress like a queen, a wallflower, a whore, a dapper gent, a business person, and a jock all before breakfast, to those who look in the mirror and see someone else's face looking back, who don't recognize their own hands, who are as surprised as anyone else at what they do or the smart-aleck comments that fly unchecked from their lips, to those who ask rhetorical questions in an empty room and get an answer, to those who sleep perchance to get up as someone else and decide the day is young again and there's still so much to do and only so many hours to share, whose current identity is obvious to those who know how to look — down to the fall of your hair — to those condemned by science and portrayed as killers and loonies in the movies, mocked as a turn of phrase as the epitome of being two-faced, the victims of a tug of war between the DSM and the FMS and never asked if we give a rats ass if they believe in us because we actually don't believe in them either.

It's time to rise up and demand our rights, our rights to getting along inside without fights, our rights to shine as who we really are, no matter how many. It's time to allow all of our varied voices to sing in harmony and allow a few to sit out because that's just how they are, and a few because they don't yet know how to sing. It's time to realize that if this is who we are, maybe this is how we're meant to be, we just need a little help getting the kinks out of our system — no pun intended. We can get over the pain and the discord and we can overcome the chaos, but maybe there's a reason for every facet and every face and every individual we are and maybe we want to stand out, to non-conform, to be outside of the singular norm, to celebrate our Id our Ego our Anima and our Animus with names and voices and clothes and postures and

beliefs and likes and dislikes.

My brethren, it's time to throw off the shackles of a science less than 150 years old and the unproven theories they use to experiment on us, and perhaps make our own path, one of wholeness and wellness without needing to be one.

It's time, if for no other reason than that we have had it up to here. But maybe it's time because health insurance is barely (if at all) covering mental health, if we're lucky enough to have health coverage at all. Maybe it's time because the world is going to hell. Maybe it's time because there's no magic pill that's going to make us sane overnight, and it doesn't pay if they found one anyway. Maybe it's time because they have us convinced that being sane is the exact opposite of having multiple minds. Let's redefine sane as functional and helpful members of society who abide by the laws of the land — and regard our multifaceted multi-tasking instantaneous group collaboration and brainstorming potential as a vehicle to redefine genius. We hold our breath for years to be given the blessing of sanity, to please the gatekeepers to that elusive golden calf of being one whole and holy person once more. But perhaps we've been through what we've been through, become the people we've become — yes PEOPLE — precisely for the strengths and the individuality that being multiple brings us.

What if we could be sane without worrying about digging up our past, without being in treatment for years, without worrying about what people think, without giving in, without giving up on ourselves, without hating ourselves, without making the situation worse before it gets better, without twiddling our thumbs for years based on therapies that are inhumane and when you think about it make absolutely no sense. Let's not hold out on having sanity until the “good doctor” can see us again!

What if we could be sane — GASP! — without the sanction of the status-quo gatekeepers of the faith of psychology?

We have the power to unite inside, to form coalitions, to form clans, to form rules, to band together and act as one even if we never plan on becoming one.

Now is the time, because otherwise they're wasting our time, and time is all the more precious when you have other people to share it with.