

What is this?

I have many aliases online. Yet, here you will know me simply as IDENTITY due to posting on various communities. Despite this, I am trying to be uncensored as I can and informative about my psyche to bounce back ideas off of people. The more I understand, the more I can hopefully heal from the labyrinth that is my mind that seems to work against understanding itself. I am afraid of things that may or may not be realistic if I am caught off-guard by one of these strange forces in my mind.

All I ever wanted was to be understood by someone I trust. To feel that true connection despite my fragmented, shattered mind. The date of this writing has started on October 1st, 2025.

Why am I fragmented?

That's a rather complex question. I wasn't always like this. And I hope I can feel the holy spirit I once felt as my first ever memory. It was quite radiant, I felt like I loved the entire existence and everything around me. Agape love – even. Hence, it's very possible that I am attracting entities because of this. I try to be honest, always, unless it's to escape an immediate situation. But that's besides the point.

I was a radiant hyperactive girl despite surviving days of oxygen deprivation and almost dying at birth due to this. But that's not why I am like this, or at least is a minimal part. I have a troubled relationship with my mom to say the least, a mother wound that has effected me severely from childhood to adulthood.

But I believe all of this has a meaning. Everything happens for a reason, it's why everything that happens to us is stored as a memory somehow. Either in the subconscious, or in the body. I will elaborate on this later.

All I really know is that I have an external projection of my psyche and an internal one. The external one feels nothing but she has her purpose. The internal one feels so, so, deeply, but I cannot access the vast majority her memories, her feelings, her perception of the world. It would be so, so, painful and overwhelming, and she would have little resistance to suggestibility, and there are so many malicious individuals that would love to control her and

destroy her psyche. Hence, this girl locked herself away as the mastermind behind IDENTITY. And she is mostly known as THESIS, as she was the original/core/genetic/childhood self.

Who is THESIS?

Side note: The names of these psychological states are in all-caps for reasons unknown to me. I don't really know, it just seems appealing to me and emphasizes that they aren't exactly other people. I must remember this.

THESIS has Asperger's Syndrome and was a gifted child. The external identity (ANTITHESIS) is also autistic but THESIS is brilliant with intelligence, and feels so deeply. She was heavily bullied growing up and felt strong loneliness. THESIS has always wanted to be some kind of artiste, a writer, a creator, a creative. She loves creativity and using her mind. She is a rather systematic-logical thinker who can be one of the boys but not a boy. She is prone to overthinking.

The radiance glows less and less every year. This is somewhat normal though, people generally miss the magic of their childhood. But something about THESIS betrays her hiding and reveals a sense of stress and terror. This is why she is locked away. It is impossible to understand THESIS fully without understanding who she essentially created to take over. THESIS is highly prone to being manipulated and being taken advantage of, including by "HIM." She is highly hypnotizable, suggestible, which is why she is sealed away and mostly controls my internal processes.

THESIS was very stressed by "HIM" who we will get to soon. "HE" came around when I was 12-13 years old. This stress was first identified as depression for THESIS started to feel disconnected from herself and others despite trying to be more vulnerable. Eventually, aripiprazole was prescribed and I felt more in control as ANTITHESIS came into play.

Who is ANTITHESIS?

ANTITHESIS feels nothing at all, has no drives, and if she fully took over, she'd stare at the wall all day and night, only coming out to eat and do toiletries. Sometimes this happens when I pull an all-nighter, but being ANTITHESIS

sucks because she is the stagnation/meaningless/boring part of the pendulum we are stuck in. Being THESIS sucks because she is the suffering/agony/terror/pain part of the pendulum we are stuck in. THESIS sometimes gives me her emotions and gives me the drive to seek knowledge despite ANTITHESIS being a shell. ANTITHESIS absorbs information like a sponge but doesn't exactly process it deeply. THESIS processes things but sometimes doesn't let me access them.

ANTITHESIS can feel pleasure from things such as masturbation, but this drives THESIS away to want to become "HIM" and is ultimately malicious and useless. Fortunately, I have ceased this. THESIS has been letting me know more and more ever since this, and it seems that "HE" is a force stronger and more insidious than we first realized. ANTITHESIS'S purpose is to hide THESIS by being off-putting, scary/disgusting – even. At least to others. This way, it's extremely difficult to hurt me.

Most people intuitively see ANTITHESIS'S purpose but others cannot and find me cruel and monstrous. Thankfully, these individuals almost never genuinely want to cause trouble. Perhaps it is some form of subconscious envy.

Who is "HIM"?

"HE" is very malicious force that is somewhat of a trickster. "HE" intentionally conflates "HIMSELF" with THESIS. "HE" tells THESIS she was always meant to be male and she should become a transsexual. This is done by stressing out THESIS and offering transsexuality as an escape. When deprived of aripiprazole, "HE" gets "THESIS" to feel extreme detestment of women, womanhood, and femininity. "HE" seems to be interested in Gnosticism and often offers "THESIS" a fake heaven in "The Real World."

Certain forms of media and lightings are used to torment THESIS. A particularly effective one was called "I Saw The TV Glow" where THESIS had a fantasy about "HIM" being her spirit guide and her manifesting "HIM" in reality so she could live with "HIM" forever and ever. This is some sort of weird trap. It is unknown whether "HE" is demonic oppression or some other weird internal force. The cessation of masturbation, reading The Bible, and avoiding Gnostic influence has warded "HIM" enough but "HE" is still dormant and sometimes attacks THESIS.

Other forms of these attacks include “HIM” overlaying “HIS” body over mine which usually upsets THESIS, especially when she feels “HIS” penis and testes. It’s not that she can masturbate the phantom genitalia outside of dreams, but she can feel “HIS” pain that my body doesn’t have a penis and testes. Sometimes “HE” can overpower THESIS’S ego by bombarding it with enough misogyny that “HE” can give me a sense of pseudo-masculine ego. My first encounter with “HIM” was when I was about 13, where THESIS didn’t resist at all and I was set on transition. Thankfully, I had a moment with the holy spirit that made “HIM” back off, or at least strengthen THESIS to make her resist “HIM.”

It is unknown what “HIS” problem with women is or why he has attached so hard to THESIS. I must resist “HIM” in particular at all costs because one of ANTI-SYNTHESIS’s traits is that rather than being a woman, it simply is an it/”HE” of destruction of which I will elaborate on. Thankfully, it is only a theoretical ego state as of now. “HE” has some names, but no centralized one. I must not repeat them to give them power unless I am trying to banish “HIM” although my attempts have been unsuccessful. They all start with “M”, but SYNTHESIS has a similar name.

Another one of “HIS” old attacks, although mostly abandoned nowadays due to me seeing through it, is to present “HIMSELF” as “The only man who will always be there for you.” Initially, “HE” tried to get me to see “HIM” as some sort of animus THESIS should love and be “one” with like in a spiritual marriage, and when that didn’t work, “HE” would present himself as some of sort of fake Christ-like figure where “transition” would be my only “salvation.”

At times, I have been known to try creating a phantom penis during dreams and often try to masturbate to completion, but it becomes very physically painful in *real life* due to my vagina feeling literally sore if I was penetrated. It seems that “HE” rapes THESIS somehow while I am distracted.

Is “HE” fragmented as well?

It seems that “HE” is generally in the background, but there are different versions of “HIM” that can strike me. Generally, what I call the T-SIDE version of “HIM” seems to be the one that “HE” typically uses to subtly break me. The T-SIDE version is sort of similar to THESIS but male, and additionally, is called that way because “HE” presents “HIMSELF” as a teenager in this form, as opposed to the A-SIDE version of him, who presents “HIMSELF” as an adult in that form.

The T-SIDE version of “HIM” seems to be what ANTITHESIS fears being. While I try to be careful with Jungian theory (he was interested in Gnosticism and the occult), it seems that the T-SIDE version of “HIM” is ANTITHESIS’S shadow. The T-SIDE version is mostly interested in having Asperger’s Syndrome and being a nerdy “guy” who codes various things, is interested in esoteric male stuff, and is basically the type of “guy” who would refer to “himself” as a ‘sensitive young man’ sincerely. When I feel the T-SIDE version of “HIM”, it’s often melancholic and feels like “If only things were different” type bitter-sweetness.

The A-SIDE version of “HIM” seems to be what THESIS fears being. And similarly to what I said earlier, it seems that the A-SIDE version of “HIM” is THESIS’S shadow. The A-SIDE version is mostly interested in dominating others whether psychologically, physically, or sexually. The A-SIDE version of “HIM” likes the idea of having huge muscles and being tough, headstrong, and determined to defeat anything that stands in “HIS” way. When I feel the A-SIDE version of “HIM”, it feels kind of addicting but scary, like I’d genuinely lose control and get myself in trouble if I completely gave into “HIS” A-SIDE.

The Sides of “HER”?

While I can see that “HE” is a trickster with an end goal of having me “become male”, I have another mental entity with an A-SIDE and a T-SIDE as well that I refer to “HER.” I am uncertain of what “HER” motivation is (if there is any), but it could be to be a partner to “HIM” in some strange regard. I haven’t noticed “HER” be as developed as “HIM” but there are some traits “SHE” has.

“HER” T-SIDE is also a teenager, but I do notice “HER” sometimes when I feel rather giggly and silly with no known activation. This is opposed to a straightforward mood swing because it’s one of my many disembodied emotions, although “HER” T-SIDE has no real goals that I am aware of. Which makes me think that perhaps “SHE” could somehow wed T-SIDE “HIM” to reduce “HIM” trying to influence me.

“HER” A-SIDE is a lecherous adult woman entity. It already seems that “HIS” A-SIDE sometimes partners with “HER” A-SIDE and leaves me alone

because they have grand amounts of sexual energy that aren't held back very much. "HER" A-SIDE likes to imagine herself as having big breasts and other highly feminine body features. "SHE" doesn't seem to manipulate me directly, but I've had moments in the past where I would imagine myself with big breasts and a big phallus. I'm not sure how exactly "SHE" and "HIM" interact but I think this would be a point of consideration from now on.

Who is ANTI-SYNTHESIS?

ANTI-SYNTHESIS is essentially what I happens when I give up and surrender to evil. The reason I call it ANTI-SYNTHESIS is because it is the antithesis to SYNTHESIS, who is a reformed woman who integrates both THESIS and ANTITHESIS and banishes "HIM." I sometimes fall into an intentional trance where I can communicate with THESIS despite various ways ANTITHESIS prevents THESIS from communicating with me. ANTITHESIS is scared on some level that understanding THESIS too much will destabilize me. She is right in some regard, the more I understand, the more I feel a powerful stress response deep within.

Typically, THESIS gives me insight into potential future timelines. If ANTITHESIS became truly overpowered and could no longer manage my body, then either "HE" or THESIS would have to control it. Generally, THESIS overpowers "HIM" but if ANTITHESIS gets overpowered, she might try to recreate her only to accidentally create ANTI-SYNTNTHESIS instead due to ANTI-SYNTNTHESIS being created from terror, and being terror itself. ANTI-SYNTHESIS is all of THESIS and ANTITHESIS'S worst traits.

It would be erroneous to think that "ANTI-SYNTHESIS is like... my un-ideal self." I chose neither THESIS nor ANTITHESIS so ANTI-SYNTHESIS cannot be chosen. THESIS is the projection of my soul into this body and she may one day form SYNTHESIS here, and MASTER-SYNTHESIS in The Heavens and New Earth. Hence, it is fruitless to think of *my* "ideal" or "un-ideal" self when I *am* my body and my body has innate characteristics.

ANTI-SYNTHESIS is a wicked, wicked, entity that rejects any purpose besides some form of destruction. While THESIS is some form of creative and artiste, ANTI-SYNTHESIS wants to destroy all that is beautiful and innocent. THESIS has given me the very longstanding fear that she may be mind controlled into some heinous acts. I'm not sure how realistic this fear is, but it

weighs on me sometimes. While forming SYNTHESIS is important, preventing ANTI-SYNTHESIS is even moreso. Although, THESIS has given me the hunch that my ultimate fate is either ANTI-SYNTHESIS or SYNTHESIS so this might be a moot point.

Hence, I must be careful with overpowering stress, certain medications, and general evil and overly disgusting behavior. I have made a major mistake a few years ago that will most likely be used against me by either "HIM" or another force in the future when tempted. "HE" gives me revolting thoughts that I try to resist, but the most important thing is to not fall into fear or shame. I must remember to love myself, but moreso, love God and follow Christ or lest ANTI-SYNTHESIS boils me with increasingly terrible darkness.

Who is SYNTHESIS?

SYNTHESIS is a combination of the purposes of THESIS and ANTITHESIS. The split between them heals when she is formed. Despite this being the ideal form for me in this world, I actually do not know much about SYNTHESIS. I simply know she has the childlike radiance of THESIS without being overpowered by malicious forces like "HIM." She is very confident and puts her writing skills to the test, creating fantastic works of beauty and magnificence.

But the most key characteristic of SYNTHESIS is that her perception of the world is *literally* more profound/colorful/bright. As of writing this, I often get visual distortions between SYNTHESIS and ANTI-SYNTHESIS. It is hard to notice the pattern of when this happens exactly, but sometimes when I feel chained and anxious, my vision becomes somewhat incoherent and words feel like nonsense.

What is the trance?

The trance is how THESIS communicates with me. I need to get her in the mood, and this is often with high-BPM melodic music. At times, "HIS" influence was so muddled with THESIS that I considered that the trance was feeding "HIM" rather than letting me communicate with THESIS. Other things that can feed the trance are certain fictional books that give THESIS wild flights of fantasy. Unfortunately, it is quite difficult to remember as some part of my psyche often deletes any trance thought almost immediately, too fast to write down most of the time. At least I'm left with an impression, and at least it's stored inside of THESIS for later processing.

What's up with me and autistic teenage boys?

THESIS and "HIM" have curiosity in autistic teenage boys for completely different reasons. It's a good way to differentiate them apart. They are both interested in masculinity but THESIS has a boundary differentiation between herself and manhood and "HE" intentionally uses this to try implanting the idea that THESIS is meant to "be a man." While THESIS is interested in mental/cognitive masculinity (as opposed to behavioral or physical masculinity), "HE" wants her to be a "man" so she can surrender herself to lust in order for "HIM" to control her further.

THESIS is interested in the "extreme male brain" theory of Asperger's Syndrome because she agrees with it. The autistic teenage boys I talk to regularly remind me of THESIS in a way, although THESIS is frightened and dissociated by male sexuality to the point where "HE" takes over when thinking about it. "HE" attacks THESIS harder when I do not surrender to masturbation, probably because "HE" is fed by sexuality, especially cruel, addictive, and non-intimate sexuality like pornography.

What is femininity signaling?

Sometimes I do things that solidify that I am a woman. These can be subtle, like setting my text to pink on a forum, or they can be more overt like taking testosterone blockers such as spironolactone. There was an incident where I went to the endocrinologist and he prescribed me the testosterone blocker but it wasn't ready yet. "HE" seemed to attack me quite strongly while waiting, to the point where I felt like I would have to "break" and give into feeding "HIM", but fortunately I didn't. The testosterone blocker actually worked for reducing some effects of testosterone in me but it seems that "HE" is still present unfortunately.

Another feminine signifier I did one time was go to a Roman Catholic church during Mass and I loved it. I loved the music, I loved the atmosphere, and I loved seeing people worship God and His beauty. I got a good feeling from it, but about an hour so after coming home, I got a top 3 worst headache of my life to the point where I was crying and wailing from pain. Perhaps this could have been unrelated, but I feel like my headaches are stress-induced. They seem to go away when I externalize my fears instead of being confused all the time.

Feminine signifiers follow a pattern like this where they feel good in the moment, feel horrible a bit after, and then feel good again. I do wonder yet fear what would happen if I became a mother one day. I sometimes do imagine having children and have dreams about it, but “HE” doesn’t typically attack me in feminine fantasy whether daydreams or dreams, so it’s hard to tell what “HE” would do.

But I also have background feminine signifiers like surrounding myself with men who are more naturally masculine than I could ever be. I’ve talked to women before but I often do feel as if I don’t fit in, and sometimes A-SIDE “HIM” wants to domineer them and take over their groups. Hence, I need sufficient external masculinity to suppress any idea of “internal masculinity” I have.

Another way A-SIDE “HIM” works against me is that I have a part of me that does enjoy masculine vulnerability and men’s defenses being opened up with their stoicism being lowered, but “HE” sees this as an opportunity to “compete” with them and eventually consume them to reverse our roles. This doesn’t happen often, but it’s something I need to be wary of.

A broken sense of intimacy?

Due to “HIS” influence, I cannot feel much of my body. Sexual intimacy is distorted and sexual contact becomes meaningless like virtually everything else. Even emotional intimacy becomes something I give away freely, I have an “Honest Content” policy due to being very autistic. Despite this, I have a functional fetish that breaks through ANTITHESIS’S defenses and feels good, so good that it even hurts at times, although that’s likely to be an illusion due to the nature of the fetish’s formation.

The fetish is very intimate to me, yes. It’s the most effective tool I have at calming “HIM”-related stress I have because it can never co-exist with “HIM” due to it being non-genital sexual arousal and thus making “HIM” bored. It seems that this is the only thing I can truly feel on a conscious level besides anxiety/stress/fear, but it probably has spiritual consequences I cannot grasp quite yet due to it being encoded from something shocking to me as a young child.

I do not think SYNTHESIS will have this fetish if I do achieve becoming her. I think I can’t let go of it just yet because genuine intimacy is highly threatening

and frightening towards THESIS. Hence, I cope with intimacy by rerouting it to something others would find completely nonsexual.

What is “The Terror”?

“You are fundamentally hiding something deep within from other human beings and perhaps even from yourself. Dive into the filth and find it and confront it, or you will never be able to connect with humanity and will never truly be able to love anything that exists outwith your own head,” - anonymous internet post.

“The Terror” is hard to explain but it is something that clouds my entire perception of reality and is why I am never at peace. It is unknown whether this created “HIM” or if “HE” created this, or if “HE” is unrelated. Is it a fear of vulnerability? Is it a fear of myself and my own connection to anything at all? I can’t quite introspect at all, I have a self but no connection to it.

Hence, I rely on others to give me a sense of identity to no avail. Even when I’m “alone” I feel watched, always. I paint the eyes on myself because nothing is scarier than being lost forever. Sometimes, I consider undoing every connection I have and facing true isolation/solitude, but with my sense of perception, it might lead to an ANT-SYNTHESIS situation.

The Mirrors of/to THESIS?

Sometimes I learn about THESIS by meeting boys/men that remind me of her. Although, THESIS is akin to a little girl and thus I cannot exactly project onto them that well. These boys/men are always deep feelers and thinkers, and can deduce things about others despite their Asperger’s Syndrome. Despite this, even they cannot deduce THESIS within me. They see ANTITHESIS and want nothing to do with me, often calling me names like “fucking retard” after enough interaction. This generally comes as a shock to me because I can never see it coming until it’s too late.

It is possible that some part of me is optimized to attract and repel them without my main ego realizing it. Alternatively, perhaps they *can* sense THESIS subconsciously and are afraid of becoming split into their own version of THESIS/ANTITHESIS.

What are some other related ideas?

I do wonder though, is there anyone that serves as a mirror to ANTITHESIS? Someone who was originally ANTITHESIS and had to become their own THESIS sounds like something my THESIS would be interested in meeting, at least briefly, but my ANTITHESIS doesn't let me perceive this. Perhaps they would be a pseudo-intellectual type of person and that's why the mirrors of THESIS are repelled by ANTITHESIS.

And on another note, I used to have an imaginary friend as a child who was essentially just a clone of me so I could play Wii games when I had nobody else to play with. I've had hunches that she perhaps became "HIM" but I'm unsure of that. Perhaps "HE" is simply envious that I don't play with "HIM" anymore. I used to consider absorbing "HIM" back somehow but now I think "HE" has no good attributes and I should focus on forming SYNTHESIS instead.

I've also considered that I am a targeted individual somehow, but I have no evidence of this. It strikes me as another "worst case scenario" that THESIS uses as a reason to stay locked behind.

What are some metaphors for THESIS and ANTITHESIS?

THESIS is like a princess
ANTITHESIS is like a knight

THESIS is like a coward
ANTITHESIS is like a brute

THESIS is the type to be overwhelmed
ANTITHESIS is the type to be underwhelmed

THESIS is the type to be brilliant
ANTITHESIS is the type to be dull

THESIS is the type to be introverted
ANTITHESIS is the type to be extroverted

THESIS is like a chessmaster
ANTITHESIS is like a pigeon knocking over the chess board

THESIS is like the color blue
ANTITHESIS is like the color red

THESIS is like a closed door that gets forced open
ANTITHESIS is like an open door that gets forced shut

THESIS is like a cat
ANTITHESIS is like a dog

Isn't this just "X", "Y", or "Z"?

Attention whoring? Somewhat, but this has a purpose other than hedonism. The more I bounce back ideas off of others, the more I can starve off "HIM" and "HIM" trying to transition me and/or create ANTI-SYNTHESIS. Plus, there are much more easy and effective ways of getting attention if that was my purpose.

Schizophrenia? Potentially, but I absolutely cannot give up and fall into despair. The book "The Centre Cannot Hold" by the schizoaffective woman, Elyn Saks, inspired me even if I'm not rich and mostly dysfunctional. What I call "bouncing back ideas" can also be seen as transference in psychoanalytic terms. What I am essentially doing is outsourcing therapy to teenage boys online because "HE" stifles my speech and mistrusts the type of woman to be a professional therapist.

Am I not properly bound to spacetime?

I do think that everyone is bound to spacetime in some regard, we are physical beings in physical human bodies. I think being bound to spacetime is a gift in many regards, it allows us to grow and change as people and see our progress, it allows us to be human rather than angel or demon. Being an embodied human bound to spacetime is a gift because it's where our capacity for human emotions comes from. Hence, when this is disturbed, you get individuals such as me who can only feel emotions in an "intellectualized" and observed way. While the purpose of this document is not to be depressing, I do feel a need to mention that my entire existence these days is spent either distracting myself from stress, trying to understand it, or sometimes trying to heal it – but this is difficult when I have little direction.

THESIS has been through a lot of pain, hence why “HE” tries to get her to see physicality as evil and wants to destroy her womanhood so she would supposedly be completely separate from spacetime (in “HIS” point of view.) Hence, I now try my hardest to reject any ideas that want humanity to lose what it means to be human, whether by dismantling God-given barriers between different beings, whether by trying to detach humans from their spacetime-bound bodies, or whether by making humans not want to be bound to spacetime in some regard.

Ultimately, I am a Christian because I believe that The Father sent His Son as a human in particular to save us from death and the consequences of sin – yes, but also because while life contains a lot of suffering, it won’t have to be that way in the end and our human bodies are an important part of The Final Resurrection. My sense of not being properly bound to spacetime is even seen in my fictional writing if you’ve ever seen it before, I am drawn to stories where I don’t have to write setting but this makes them seem like disembodied monologues and dialogues without any real *meaning*.

Hence, my ultimate goal is to detangle everything in my psyche so I can go back as much as I can to my body bound by spacetime. I once learned that when something highly shocking happens to an individual such as a car crash or a loved one dying, they feel as if nothing is going to be right again, that the world around them isn’t real, that nothing else matters, et.c. This is how I always feel, and I often fail to realize how dismal it is. I want to go back home and I will do anything I can to do so!

What is my ultimate fate?

This all feels like a surreal game, yet I must remember everything is real. Everything has meaning – infinite meaning, even. The prize is greater than anything I can imagine. At times I have the feeling at the back of my head that I will become a monster like ANTI-SYNTHESIS but I must resist this. I must become SYNTHESIS no matter how hard it would be and how much I will suffer. I must reject Gnosticism, I must reject Satan, I must reject the occult, and I must

reject “HIM.” I must follow Christ and I must strengthen my spiritual defenses. Once, I banish “HIM” and create SYNTHESIS, I will externalize the beauty and magnificence I will feel into great works of art and writing. Yet I must remain humble and remember to not fall into great sins like pride. I have mostly conquered the sin of lust, and one day in heaven I will hopefully be sinless and live forever in perfect harmony.

In conclusion, everything happens for a reason and everything I have experienced will be shown to me in context if I reach heaven. This is all for character growth! Hence, I hope you – the reader, will interpret this well and perhaps find your own inspiration.

Never give up!

Changelog:

Ver 1.0: Initial Document Creation – October 1st, 2025

Ver 1.1: Added metaphor section, femininity signaling, and “HIS” fragmentation – December 31st, 2025

Ver 1.2: Reworked the “What is this?” section and edited frightening things from that part and other sections, made a new section about “HER”, combined “other miscellaneous ideas” with the “theoretical concepts” section, talked about humans being bound by spacetime in a new section – January 1st, 2025