

Plural Labs

Glossary

This is a list of words that are often used in the plural community. The goal of this list is to define and categorize these terms as they're used by the community. The goal is *not* to dispute the objectivity, validity or correctness of any of these terms. These terms are included for no other reason than their use in the broader community.

It is our belief that every form of plurality is valid. There is no "incorrect" way to be plural. However, this belief is irrelevant to the goal of this glossary. It is, fundamentally, about cataloging the terms and defining how they're used in the community.

With that said, this also isn't a definitive list. Not every word used by the community is going to be listed here. A word missing from this list doesn't speak to its use or legitimacy as a word in the community. If a word isn't on here, we either don't know about the word, or it's been left out for one reason or another. If you'd like to ask about a word, you can send us an email at pyrxi@plurallabs.net, or reach us through the community server.

General

Community terms that are used by, or apply, to most systems.

Plurality:

1. (noun) The experience of having multiple people sharing the same brain or body.

System:

1. (noun) The collective group of people sharing that brain or body.

Headmate:

1. (noun) An individual person within a system.

Origins

How something or someone came about, often in reference to a system or headmates.

Endogenic:

1. (adjective) Forming or occurring naturally.

Traumagenic:

1. (adjective) Forming as a response to trauma.

Parogenic:

1. (adjective) Intentionally created.

Quoigenic:

1. (adjective) Unsure of, or not concerned over their own origin.

Mechanics

Words that generally describe the inner workings of some systems.

Front:

1. (noun) The state of being "in control" of the body or mind.

Fronting:

1. (verb) To take control of, or actively be in control of front.

Back:

1. (noun) The state of rest outside of front, where a headmate isn't immediately present or in control.

Switching:

1. (noun) The process of entering the front (switching in) or leaving it (switching out).
2. (verb) To enter or leave front.

Headspace:

1. (noun) The mental collective space within which a system coexists and interacts with each other inside of.

Co-consciousness:

1. (noun) The state of multiple headmates being conscious or aware at the same time.

Influence:

1. (noun) The act of a headmate's presence passively affecting, or influencing, another headmate's thoughts, feelings or actions.
2. (verb) To passively or actively affect a headmate from inside the system, as another headmate within the system.

Parogenic-Specific

Terms that are used specifically in relation to parogenic systems.**Tulpamancy:**

1. (noun) The theory and practice of intentionally creating a system.

Tulpa:

1. (noun) An intentionally created headmate.

Clinical Plurality

Terms relating to the clinical side of plurality.**Dissociative Identity Disorder (DID):**

1. (noun) A dissociative disorder characterized by intense dissociative episodes and the often resulting identity or memory conflicts.

Multiple Personality Disorder (MPD):

1. (noun) An outdated term for DID.