

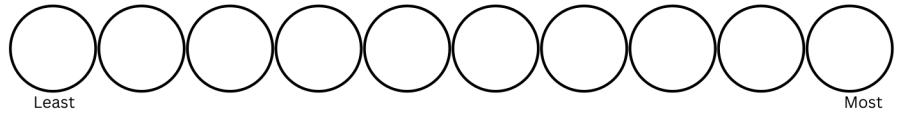
THE PLURAL SPECTRUM TOOL

ADAPTED FROM THE PLURAL ASSOCIATION NONPROFIT

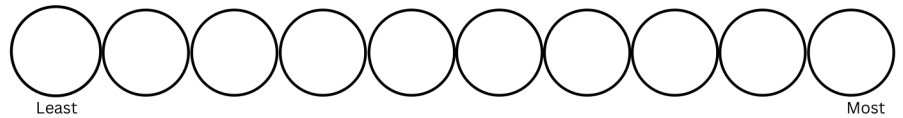
Please follow this link to be taken to the Plural Association Nonprofit page: <https://powertotheplurals.com/the-plural-spectrum-tool/>

All Systems are Unique
There is NO Wrong Way to be Plural

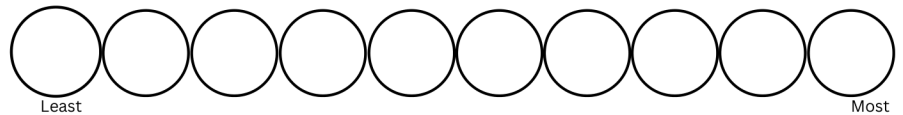
Memory sharing: The more memories and times you share together, the more bars you color in; the more amnesia and time loss you experience, the fewer bars you can color in.



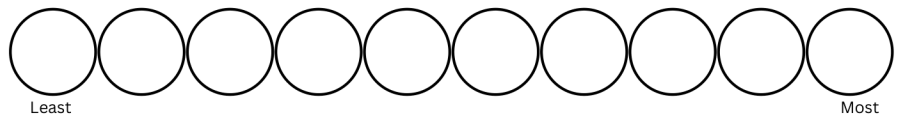
Co-Operation: The better you work together as a team, the more bars you can color in.



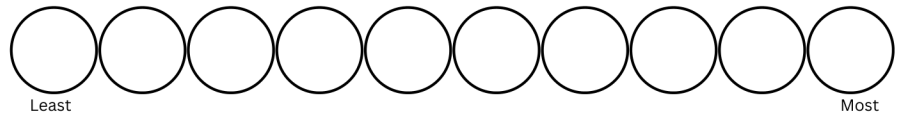
System Stability: The more stability you experience, the least clinical distress you experience, the more bars you can color in.



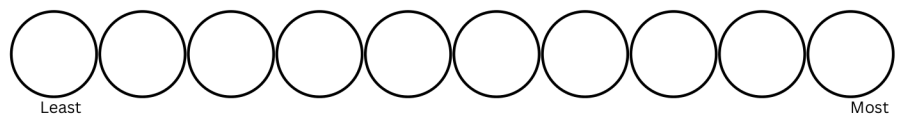
Internal Communication: Are you able to talk internally with other Headmates/parts? Can you see them? Feel them? Hear them? The more internal communication you have, the more bars you can color in.



Ability to Switch: Are you or some of you able to switch and stay at the front? Are switches fluent? How much energy does it cost you? The easier your switching is, the more bars you can color in.

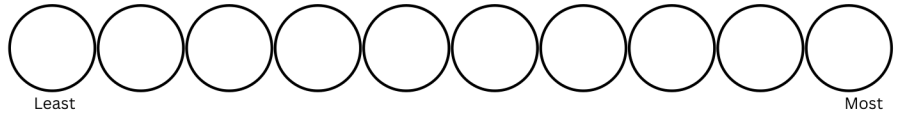


Co-Consciousness: Can you time share together? Can you front at the same time? Can you communicate when others are fronting? The more consciousness you share, the more bars you can color in.

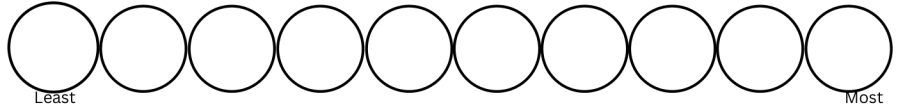


Elaboration/Individuality of

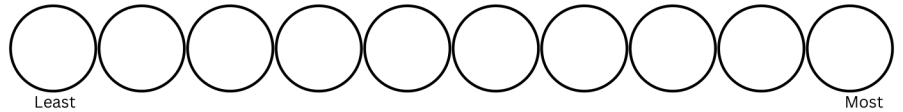
Parts/Headmates: Defined as how much individuality Headmates/parts have. Do they have their own name/age/gender/opinions/hobbies, etc The more individuality Parts/Headmates have, the more bars you can color in.



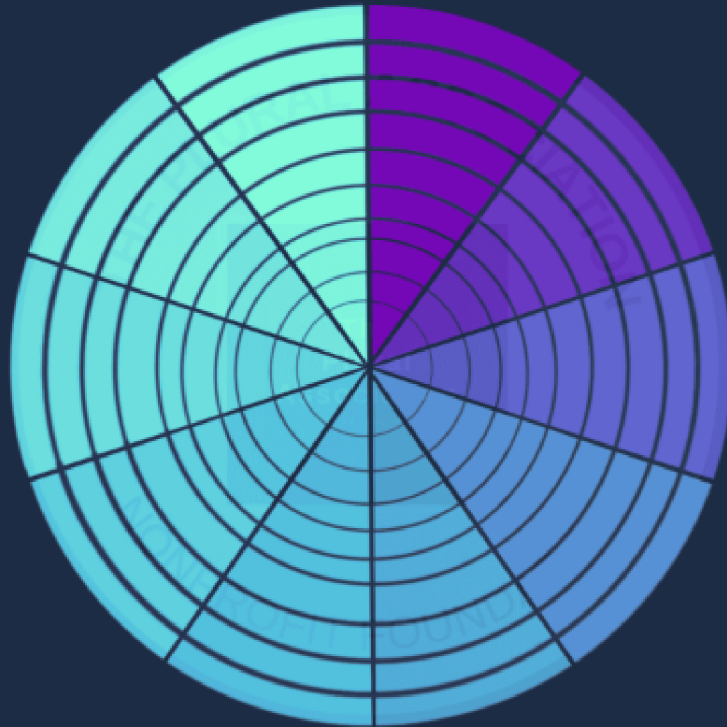
Overt: Is your Purity visible to others? In a clinical setting? When you are with friend or a partner? In the candy aisle? The more visible and overt your system is, the more bars you can color in.



Pride: Do you experience Plural Pride? Around your System? Survival? Neurodiversity? Or do you experience a lot of shame around your experience? The more pride you experience, the more bars you can color in

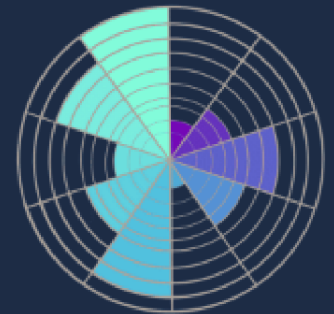


The Plural Spectrum Tool



-  Memory sharing
-  Co-operation
-  System stability
-  Internal Communication
-  Ability to switch
-  Co-consciousness
-  Elaboration
-  Overt
-  Pride
- 

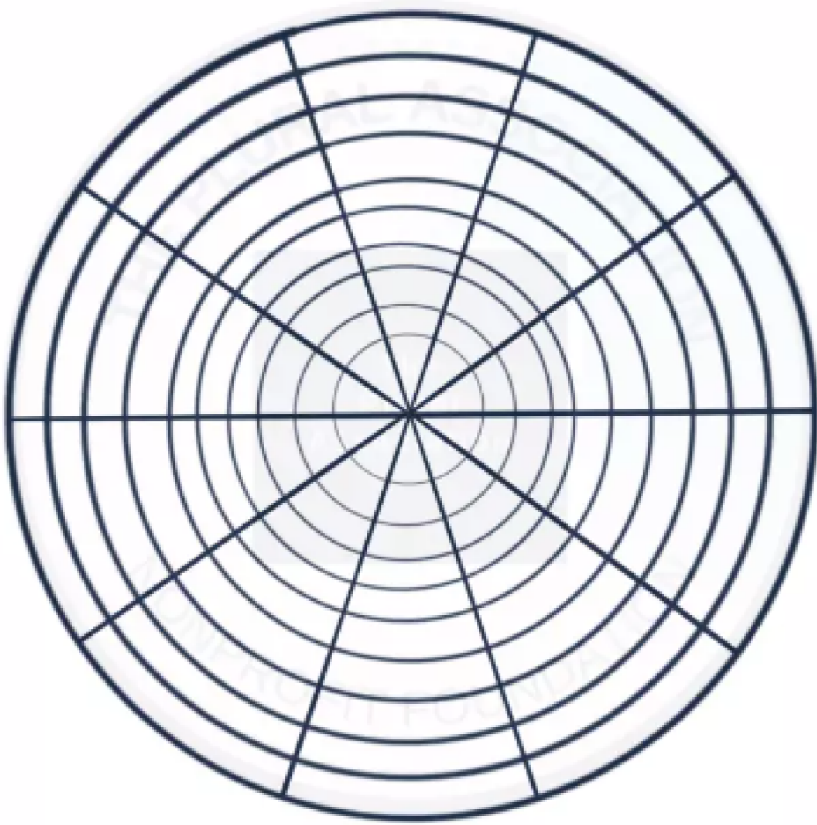
Example



For each item, you can color from
(least) 0 to 10 (most)

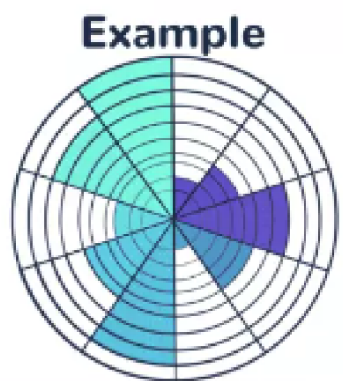
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- Co-operation**
- System stability**
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- Pride**
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