Basic Plural Terminology for new systems

The following is a direct reference from the Plural Association, a nonprofit foundation.
Please follow this link to be taken to the Plural Association Nonprofit page: https://powertotheplurals.com/faq-resource-about-plurality/

1 HEADMATES/ALTERS/PARTS/PEOPLE

These are some of the words used to describe the people in a system. You can use any words that you and Your System are most comfortable with.

2 SYSTEM/COLLECTIVE/TEAM/TROOPS

These are some of the words used to describe the group of Headmates/parts/alters who share the same body and life. You can use any words that you and your System are most comfortable with.

3 SWITCHING/SHIFTING/CHANGING

These are some of the words used to describe when one Headmate/part/alter takes over from another. If 2 or more Headmates "front" at the same time, it's called co-consciousness. Fronting is using the body.

4 INNERWORLD/MINDSCAPE/WONDERLAND

These are some of the words used to describe an experience some have, where they share a space in their mind with other Headmates/Parts/Alters. Some make one on purpose. Singlets can also have an innerworld.

5 PLURALITY

Plurality simply means people who are Many.
It is an umbrella term that people may use freely,
to self identify with.

6

ROLES

Headmates/Parts/Altes can have different roles or tasks.

FICTIVES

Some Headmates/Parts/Alters have a source they are based on, like a fictional character (Fictive).

INTROJECTS

Typically understood as internalized attachment figures. This often manifests as attachment to negative beliefs about self/others/the world originally held by attachment figures.
Introjects can be positive or negative.

7 Functional Multiplicity / empowered Plurality.

A term anyone can use to describe wanting to live happily together
in harmony with your System,
rather than trying to become 1 person (often called fusion and/or integration.)