

# The Official TwoSoulsOneBod

## FAQ + Timeline



- [Popular](#)
- [Our Photos](#)
- [Our Timeline](#)
- [Medical](#)
- [Headspace](#)
- [Body](#)
- [Relationship](#)
- [Spirituality](#)
- [Life](#)
- [Fun](#)
- [Controversies](#)



*This document is rated PG-13.  
Individual sections are trigger warned.*  
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### Streaming Schedule

**Twitch:** Everyday at 3pm PST (Except Mon, Tues)  
**TikTok:** At random to show off little slices of life.



## Popular Questions



Updated: January 13, 2022

### Are you fake?

No. We are both as real as you.

### What does James look like?

See [Our Photos](#) section.

### What are you looking at?

We are looking at each other. When we switch, we can see the other person projected on top of our vision. From our perspective, we are sitting/laying next to each other having a conversation like you would with a friend. From your perspective, you only see one person at a time and can't see the other person continuing to move when they disappear from view.

Here is what YOU see:



It looks weird and disjointed to you.

Now, here is what WE see:



Yes! It looks normal and smooth to us.

We can see each other clearly at all times. We are looking **at each other** and **holding eye contact** with each other. (And no, we are not looking in a mirror) Even when one of us isn't visible to you, we still see the other person! To us, it's normal. To you, it's strange!

If you are still confused, **close your eyes** while listening to us and imagine us as Rapunzel and Flynn talking to each other around the campfire. Now you can see us too!

#### **Who do you relate to in Encanto?**

Jessie = Luisa 100%. Dead on. For years it's felt like it's been on me to shoulder everything and keep our family together.

James = Bruno 100%. Scary accurate. Haters make me want to go live in the walls with my rats again.

#### **Are the rumors and gossip and hate true?**

Nope. They are one-sided stories supplied by bad sources to hurt us. You can read more about each claim in the [Controversies](#) section, or you can ignore it and just enjoy our channel. We're here to have fun!

#### **What happened to the Discord server?**

We took it down and at this time we don't feel comfortable opening a second one. We don't have the necessary experience to run a large Discord server. See the [Controversies](#) section for more information on how the last one ended, or read [Our Timeline](#).

#### **Why are comments disabled and chats turned off?**

People were sharing inappropriate content for minors, spreading misinformation about DiD, sharing personal information of community members putting them at risk, as well as fake-claiming, gatekeeping, and bullying both us and others in the DiD community in our comments and chats. For the sake of everyone's mental health including ours, we turned comments permanently off.

#### **Are you two a fraud or act?**

We are not fake or a fraud. Jessie is pursuing a DiD diagnosis and her medical referral to a specialist was both approved by her primary care doctor and her insurance and her first appointment is on February 3rd. We will be keeping you updated, no matter the diagnosis, even if it is not DiD!

#### **Do you dissociate and have childhood trauma?**

Yes to both. We experience dissociation constantly and dissociation is required for our switching. James has also experienced extreme prolonged childhood and adult trauma from ages 5-18 and 20-28. See the Medical section and [Our Timeline](#) for more information.

#### **What is the purpose of your channel?**

To share our wholesome little slice of life with everyone. Nothing more, nothing less. We have given up on running any kind of community or mental health movement as we have no idea how to do either of those things well or safely. We feel it's best if we keep it simple considering we can't even drive a car due to dissociative amnesia. We won't be spreading DiD awareness until Jessie completes her formal diagnosis and only if we are diagnosed with DiD.

#### **Would you be open to being studied or researched?**

Yes. Absolutely. We feel that we could greatly help the medical community understand the human brain. In time we hope they'll notice us and reach out to us.

**Who came first, Jessie or James?**

James. See [Our Timeline](#).

**Are Jessie and James your real names?**

No, they are just [pen names](#) originally used to protect our identity. We still use them! We love Pokemon and Team Rocket! We love doing impressions of them!

**Are you in a romantic relationship with each other?**

Yes. ❤️ See [Relationship](#).

[Return to Table of Contents](#)

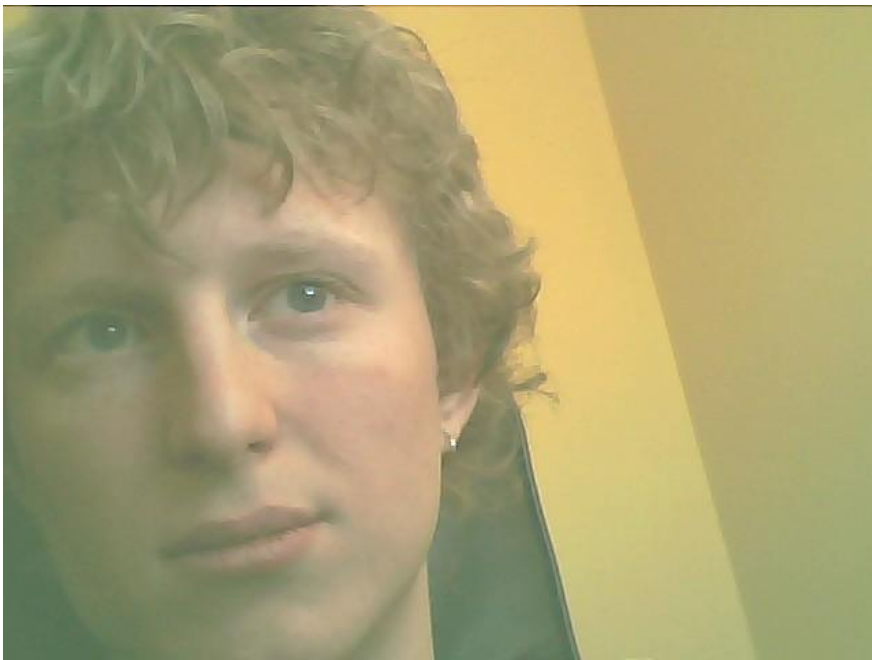


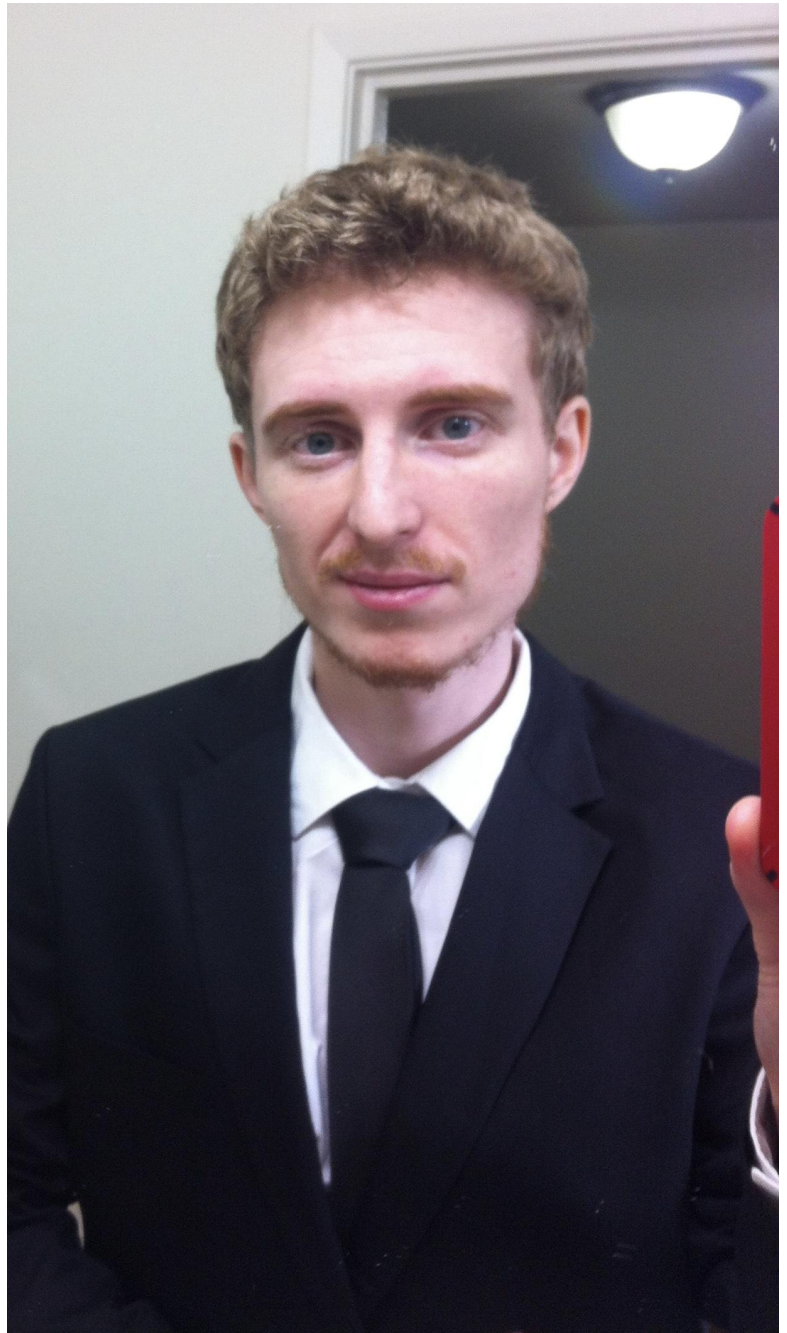
## Our Photos



*Updated: January 13, 2022*

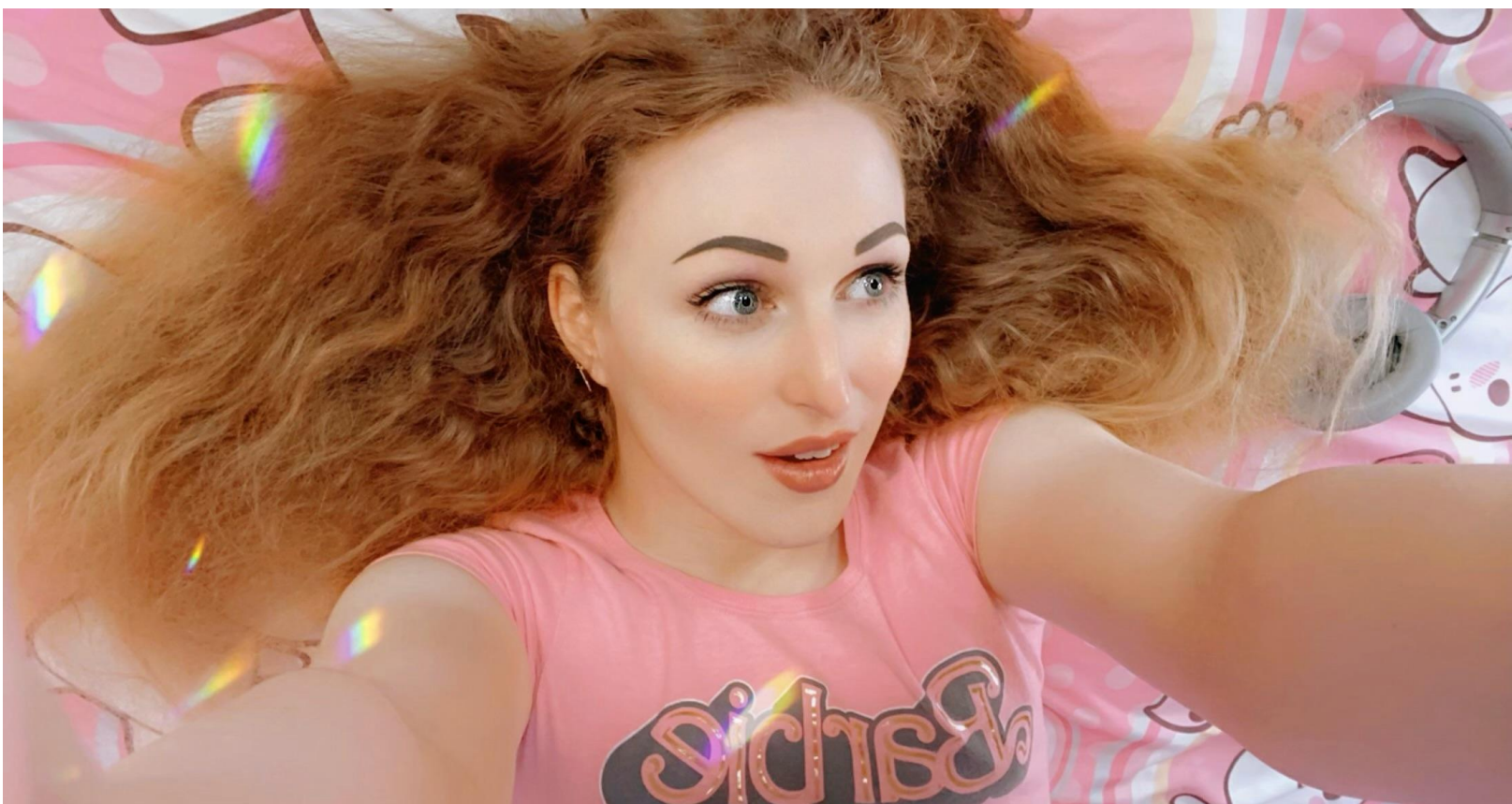
**What does [James](#) look like?**







What does **Jessie** look like?













### **Wait. What. Hold up. How?**

We traded the body from one person to the other person. Both of us went through puberty; James went through male puberty and lived as an adult male singlet, and Jessie went through female puberty and lived as an adult female singlet. Hormones directly alter genetic expression and nearly all of a human's meat is replaced every 7 years; therefore Jessie *is 100% not* James and vice versa, via [The Ship of Theseus](#) thought experiment - [which is explored in WandaVision](#). Even going by the definition of rot, or memories, because Jessie and James do not share each other's memory, they are therefore factually **not the same human being**. We are two, entirely separate human beings who have lived two completely separate lives and had two completely separate bodies and memories. If that breaks your brain a little, imagine what it was like for either of us! See [Our Timeline](#). We speculate that this may also be a part of the reason why we have such fine tuned control over our switches. We both have lived for years alone in our own separate bodies, so now that we are both sharing a single body, we both have control over it. As this kind of hormonal genetic expression manipulation (HRT) has only been available to humans in the last 60 years, and it takes a very specific set of circumstances from birth to form DiD which itself is rare, we are potentially among one of the first incidents of this occurring (as far as we know). To anyone in the Medical community, **we wish to be studied and researched and we have a lifetime of tens of thousands of photos, videos, audio, and written evidence and recordings to back up all of our claims**. Reaching the medical community at large is one of the reasons we have undertaken TwoSoulsOneBod. If you are in the medical community and would like to reach out to us, please contact us at [twosoulsonobod@gmail.com](mailto:twosoulsonobod@gmail.com)



# Medical Questions



Updated: January 13, 2022

## What are you?

We are two fully formed consciousnesses in one body. We don't know much more than that. We believe it is DiD (Dissociative Identity Disorder) as we fit the criteria outlined in the DSM-5.

## Are you diagnosed with DiD?

No, we are currently seeking a formal diagnosis. Nine years ago, James was told by a psychiatrist that he likely had DiD but a breakup ended his ability to seek a diagnosis and treatment. Jessie is now pursuing a formal diagnosis and her first appointment to start that journey is on February 3rd. We will be keeping you updated, no matter the result. If the diagnosis is not DiD we will accept that and share that with everyone. Please do not try to diagnose us yourselves. Let a professional handle it.

## What is DiD?

"Dissociative identity disorder (DID), previously known as multiple personality disorder (MPD) is a mental disorder characterized by the maintenance of at least two distinct and relatively enduring personality states. The disorder is accompanied by memory gaps beyond what would be explained by ordinary forgetfulness. The personality states alternately show in a person's behavior; however, presentations of the disorder vary." [\[Wikipedia: DiD\]](#)

## I thought rapid switching wasn't possible?

## I thought controlled switches aren't possible?

## I thought you had to have more than two alters?

## I thought it wasn't possible to talk out loud?

## I thought you couldn't control body parts?

All false. This is misinformation. There is no medical literature or scientific studies that say these things aren't possible. And James and I have personally met many people in the community like us! But you don't have to take our word for it. Here is the actual definition of DiD taken directly from the DSM-5:

## Dissociative Identity Disorder

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### Diagnostic Criteria

**300.14 (F44.81)**

- 
- A. Disruption of identity characterized by two or more distinct personality states, which may be described in some cultures as an experience of possession. The disruption in identity involves marked discontinuity in sense of self and sense of agency, accompanied by related alterations in affect, behavior, consciousness, memory, perception, cognition, and/or sensory-motor functioning. These signs and symptoms may be observed by others or reported by the individual.
  - B. Recurrent gaps in the recall of everyday events, important personal information, and/or traumatic events that are inconsistent with ordinary forgetting.
  - C. The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.
  - D. The disturbance is not a normal part of a broadly accepted cultural or religious practice.  
**Note:** In children, the symptoms are not better explained by imaginary playmates or other fantasy play.
  - E. The symptoms are not attributable to the physiological effects of a substance (e.g., blackouts or chaotic behavior during alcohol intoxication) or another medical condition (e.g., complex partial seizures).
- 

## According to the DSM-5, do you meet the diagnostic criteria for DiD?

Going through each criteria:

- A. Yes
- B. Yes
- C. Yes
- D. Yes
- E. Yes

But we're going to wait for a formal diagnosis by a professional. See [Our Timeline](#) to investigate for yourself if we meet these criteria.

Do you experience Dissociative Amnesia?

## Dissociative Amnesia

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### Diagnostic Criteria

300.12 (F44.0)

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- A. An inability to recall important autobiographical information, usually of a traumatic or stressful nature, that is inconsistent with ordinary forgetting.  
**Note:** Dissociative amnesia most often consists of localized or selective amnesia for a specific event or events; or generalized amnesia for identity and life history.
- B. The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- C. The disturbance is not attributable to the physiological effects of a substance (e.g., alcohol or other drug of abuse, a medication) or a neurological or other medical condition (e.g., partial complex seizures, transient global amnesia, sequelae of a closed head injury/traumatic brain injury, other neurological condition).
- D. The disturbance is not better explained by dissociative identity disorder, posttraumatic stress disorder, acute stress disorder, somatic symptom disorder, or major or mild neurocognitive disorder.

**Coding note:** The code for dissociative amnesia without dissociative fugue is **300.12 (F44.0)**. The code for dissociative amnesia with dissociative fugue is **300.13 (F44.1)**.

*Specify if:*

**300.13 (F44.1) With dissociative fugue:** Apparently purposeful travel or bewildered wandering that is associated with amnesia for identity or for other important autobiographical information.

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**According to the DSM-5, do you meet the diagnostic criteria for Dissociative Amnesia?**

Going through each criteria:

- A. Yes
- B. Yes
- C. Yes
- D. Yes

But we're going to wait for a formal diagnosis by a professional. See [Our Timeline](#) to investigate for yourself if we meet these criteria.

**Do you have trauma?**

Yes. See [Our Timeline](#) for our full history.

**I thought you didn't have trauma or dissociate?**

You have been misinformed by the internet. No worries, it happens. See [Our Timeline](#) for 30 years of detailed trauma and dissociation.

**Is this schizophrenia?**

No. A close friend of ours has schizophrenia and it's nothing like what we have. Schizophrenia is often misunderstood and people who throw it around tend to be misinformed. (No worries if that's you! Now you know.) In the specific case of our friend his Schizophrenia includes uncontrollable hallucinations and disjointed voices that cannot be attributed to a recurring, singular identity.

**Is this psychosis?**

No. Psychosis is a huuuuuge umbrella term that includes symptoms from a wide range of disorders. It's basically used when all other potential disorders and causes have been ruled out.

**Is this multiple personality disorder (MPD)?**

That's what DiD was called prior to 1994.

**How do you both write these answers?**

One of us writes it then the other comments on a change they feel should be made. We debate it. Take turns editing it. Eventually we get it down to something we both agree on. Sometimes we really argue over it!

**Do you have a host? Do you have a core? Are you a system? Are you alters?**

We personally prefer not to use these terms to describe ourselves. These terms are not clinically defined but instead community invented terms. We personally don't find this community terminology helpful or illuminating and we personally believe these terms are inaccurate and do a disservice to the complexity of consciousness and the human brain. We are two equal souls in one singular body. Nothing more, nothing less. This is our own personal preference and we hope you will respect that.

**Why do you use the words "souls" and not alters?**

Just to make it clear, "system" and "alters" are not clinically defined by the medical community and are terms created by the existing DiD community. We do not like using these existing terms because we feel they fail to convey a real, tangible human element and personally do not convey the weight or scale of human consciousness. Most humans on this planet understand the concept of a soul, so we are using a language everyone will understand. If you consider yourself to have a soul, then you understand there are two people, just like you, sharing this body. We do not define ourselves as a "system" or "personalities" or "alternates" or "hosts" or "cores". We are two living breathing human beings sharing a single body. We treat each other in the same way you would treat a real life friend or family member. This is our personal preference and we ask you to respect it.

**But why "souls"?**

Because most humans have an understanding that they are more than just their body; that they exist inside the body and brain in some ways separate from the brain itself. Across nearly all cultures a "soul" is used to describe this understanding. We see ourselves in this same way and we choose "souls" to convey this same meaning: the understanding of self by using the word souls. Just

because we are two souls in one body shouldn't mean we get to have our humanity stripped from us and our existence sanitized into vastly unrelatable inaccurate terminology. We are not religious; we are agnostic scientific seekers of the truth and sticklers for potent linguistics.

#### **Why do you reject the terminology of the DiD community?**

Because we personally feel that terminology does an injustice to the complexity of the human brain and may impact the mental health of the individuals involved by sanitizing away the human elements. This is our personal preference and we respect all individuals and the terminology they personally wish to use. This is our personal preference and we ask you respect that, especially since the terms the community currently uses are not clinically defined in the DSM-5. See our answer to the next question.

#### **Aren't you a ripped piece of paper or a shattered plate or misplaced stones?**

No, we are not shattered, split, torn, ripped, misplaced, or unfused. We are two fully formed consciousnesses, two souls, in one body. We feel these kinds of descriptions are not only inaccurate in describing the complexity of the human brain, but also potentially harm the mental health of the individuals involved. If you have been traumatized, why would you want to be called a shattered plate?

#### **You've said you can see your brain functioning?**

We believe so; this brain has a "data-bleed" that allows us to see weird effects like the formation of abstract thoughts and how memories are stored. But we are not comfortable talking about it to non-medical professionals as we do not have a degree and are not medical professionals ourselves, so at best we can only speculate based on our own lifelong amateur study of the brain. We don't want anyone to get hurt trying to replicate what we can do. So until we can find a way to share what we see safely, we are sticking to sharing our life experiences only.

#### **What can you see in the brain?**

At this time we are only comfortable sharing our little slice of life with others. But if the scientific / medical community ever decides to study us, we will let you know.

#### **Are you two disabled?**

No, but we likely would qualify as disabled due to the impact of our dissociative amnesia. James has no memories from 2016-2021 and Jessie has no memories from 1986-2008. (See [Our Timeline](#) section) In daily life all memories are split between us, so we don't always know what the other person has done or knows. We don't drive a car for our own safety. It's not uncommon for one of us to enter a room and leave the other person with no idea of why we are in that room - multiple times a day.

#### **Can systems form without trauma?**

##### **Can endo systems exist?**

Heck if we know.

#### **Can "alters" or "souls" fall in love with each other?**

Yes. They are individual people no less real than your mother and father - at least they are for us. We just happen to share a single body. If this seems confusing, it is because there is unfortunately a complete lack of societal awareness of how the human brain works and how the formation of consciousness takes place. We are hoping in the years to come this will change.

#### **Will you seek treatment to reintegrate / final fuse?**

No. Because for us personally that would be like your Mom and Dad deciding to integrate or become a final fusion. For us personally we believe this to be impossible, painful, and deeply traumatic *for us personally*. We are two individual people, two human beings, two souls. We can't speak for others if this therapy is helpful or harmful for them.

#### **Can you accidentally erase each other's thoughts?**

Yep. It's pretty easy to do and avoiding erasing short term memory while rapid switching is important. We still do it often. On top of that, dissociative amnesia can leave us not knowing what just happened because the other person experienced it. Needless to say, we don't drive a car.

#### **Do you always front at the same time?**

Typically we do, but we also take time to ourselves and let each other have turns in the body.

#### **Are you on medication?**

No. There is no medication for DiD. We are also happy the way we are and love each other.

#### **Do you both experience dysphoria?**

Yes we both experience gender dysphoria. James gets dysphoria being in a girl body wearing girl things and Jessie gets dysphoria being in a boy body wearing boy things. We try to keep the body in a happy middle, although it tends to favor Jessie as James isn't as sensitive to body dysphoria as Jessie. ("I tell myself the manliest thing I can do is be comfortable in the body of the woman I love to spare her the harsher discomfort of being in my body." - James.)

[Return to Table of Contents](#)



# Headspace Questions



Updated: January 13, 2022

## What are you looking at?

We are looking at each other. When we switch, we can see the other person projected on top of our vision. From our perspective, we are sitting/laying next to each other having a conversation like you would with a friend. From your perspective, you only see one person at a time and can't see the other person continuing to move when they disappear from view.

Here is what YOU see:



It looks weird and disjointed to you.

Now, here is what WE see:



Yes! It looks normal and smooth to us.

We can see each other clearly at all times. We are looking **at each other** and **holding eye contact** with each other. (And no, we are not looking in a mirror) Even when one of us isn't visible to you, we still see the other person! To us, it's normal. To you, it's strange!

If you are still confused, **close your eyes** while listening to us and imagine us as Rapunzel and Flynn talking to each other around the campfire. Now you can see us too!

## But what do the body's eyeballs see?

Walk up to a friend. Have a conversation with them. That's what we see, except each of us sees a separate image that includes the other person. We typically make direct eye contact with each other. We realize this can be hard for outsiders to understand; so don't think about it too much, just close your eyes and imagine we have two bodies and we're laying next to each other.

## Why do you look off to the side?

Because that's where the other person is. Imagine for a second that we were in two different bodies. It'd be awkward if one of us climbed up onto the desk or sat on a table on top of the camera while streaming. We make real physical room for each other just like you would for a friend. We don't HAVE to, but if we don't it looks weird to us. We are real people and treat each other as real people, and that includes making personal space for each other. Also how close or far away we sit next to each other determines how far the other person is switched out. It's also helpful to look at an area that isn't busy to distract us.

## How can I experience something similar?

Lay next to your significant other or friend but in a way that you can't physically see them. Now talk to each other. Now while your significant other is talking, imagine them sitting/laying in a different part of the room talking to you. That is similar to what we experience. Now imagine that you and your significant other are "ghost-like" and you both can exist in the same physical space and feel each other moving through each other. That is what the physical sensation is like. However, we are not "ghosts" or anything paranormal. We're just two people in one meat suit.

## Is that weird?

No. To us it's like looking at a significant other who is physically in the room. There's no difference. You just can't see it because you

are not inside our brain. If you were inside our brain, you would see and feel the both of us too. And we'd be able to see you. However it's not possible for you to transfer yourself to our brain at this time. Sorry.

**Do you have a headspace?**

We project our headspace outward onto our vision instead of keeping it inward. That's how we are able to see each other. We do have a headspace house we very rarely use, which is the house Jessie formed in located in York, PA. (See [Our Timeline](#), 2008)

**How realistic is your projected vision?**

We have a highly detailed visual memory. Imagine an apple in your mind. How real does it look? When we picture an apple in our mind it is hyper realistic and we can fully rotate it in our mind, pick it up, and even throw it. However this comes at significant cost to the brain's resources and bandwidth so we choose what we see and project it over our vision carefully.

**Can you project more than just yourselves on top of your vision?**

Yes. We can take turns projecting anything we like on top of the other person's vision. To the other person, the illusion appears to be hyper realistic and indistinguishable from reality. Like VR or AR. This means we can annoy or tease the other person too. Endlessly. But we love each other and don't like to mess with each other unless it's to make the other person laugh!

**Can you touch each other?**

Yes, by taking control of single limbs we can hold hands, touch each other, and even give massages. It feels like another person is touching us and we don't recognize the touch as coming from our own body. Essentially the body can be divided up into almost two half bodies, we then snuggle the other half. We realize this sounds strange, but it really works and feels just as real as holding another full physical person. We also have very different body languages and ways of touching each other, so it often catches the other person by surprise when a body part suddenly moves in a way they don't expect! We regularly surprise each other!

**What do you look like to each other?**

We can choose any appearance, so it tends to shift on every switch (we can explain why this occurs in scientific depth, but we are reserving this for medical professionals). We'll either look like we had at one point in our lives, or we'll ask the other to change their appearance to whatever we like. It's extremely flexible. James says Jessie is a bit of "Rapunzel meets Winona Ryder meets Max Claufield" and Jessie says James is a bit of a "Flynn Rider meets Starlord meets Aticus Finch". But typically we just look like how the body used to look at different points in our lives.

**What does Jessie sometimes look like from James' perspective?**



**What does James sometimes look like from James' perspective?**



[Return to Table of Contents](#)



## Body Questions



*Updated: January 13, 2022*

### **Are your eyes green or blue?**

Blue-green. Depends on the lighting.  
Two things at once is a theme with us.

### **Is your hair red or blonde?**

Strawberry-blonde. Depends on the lighting.  
James' hair was more blonde, Jessie's hair is more red. (see our photos)  
Two things at once is a theme with us.

### **Is that your natural hair color?**

Yep! All of the photos except the one with James in the goggles is natural hair.

### **Was the body born male or female?**

James was born with the body, and he was born male.  
James did not experience gender dysphoria growing up. James gave the body to Jessie, and Jessie transitioned the body to female.

### **Are you transgender?**

Yes, the body was transitioned to reduce Jessie's dysphoria. It was also transitioned slightly back to reduce James' dysphoria.  
"Double transition all the way!" - yells James, referencing a very old meme from his day.

### **How many puberties did your body undergo?**

Two. James went through male puberty naturally. Jessie went through female puberty via HRT.  
Jessie's puberty was definitely way stronger, faster, dramatic, and more pronounced.  
James honestly got off easy.

### **What are your genders and pronouns?**

When referring to the both of us, they/them (plural)  
When talking to James, he is male, and uses he/him.  
When talking about Jessie, she is female, and uses she/her. When talking about the body, it is a meatsack, and therefore it is meat.

### **Can I refer to the body or you both as she/her/him/his?**

No, please refer to us, the both of us, as they/them (plural) or refer to us individually.

### **What's the body's name?**

The body has no name. It is meat. That's like naming your feet. Weird. However if you are going to name your feet, James recommends Pitter and Patter, or Pomp and Circumstance.

### **How did James take Jessie's transition?**

He died. See [Our Timeline](#) (2016)

### **How do you have separate birthdays?**

James was biologically born on October 30th, 1986.  
Jessie formed later in life, and was given the body on December 12th, 2016 so we celebrate her birthday on December 12.

**How do you celebrate each other's birthday?**

With cake, cards, and presents! Just like you would for a loved one or family member! We even hard switch out so that the other person can wrap gifts, leave notes, and surprise the other person!

**How do you have different childhoods?**

Because we formed at different times in the body's life, we have different memories and look back at different points in time with nostalgia. James views 1993-2003 fondly and Jessie views 2008-2015 fondly. It has nothing to do with biological age, and just about when a person forms impactful memories that define them.

**How old is the body?**

35 years old. Ancient! We think we've gotten good mileage out of it, especially since it's technically now a hand-me-down and it went through two puberties and lived through two different drivers.

**Do you both experience dysphoria?**

Yes we both experience gender dysphoria. James gets dysphoria being in a girl body wearing girl things and Jessie gets dysphoria being in a boy body wearing boy things. We try to keep the body in a happy middle, although it tends to favor Jessie as James isn't as sensitive to body dysphoria as Jessie. ("The manliest thing I can do is be comfortable in the body of the woman I love to spare her the harsher discomfort of being in my body." - James.)

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**What does it feel like when you touch each other?**



[Return to Table of Contents](#)



# Relationship Questions



*Updated: January 13, 2022*

**Are you two in a romantic relationship?**

Yes! ❤️

**Are you two in love?**

Yes, very much so.

**Are you monogamous?**

Jessie has at times thought about experimenting with poly and she's talked to James about it. We are a little worried about a potential partner accepting the both of us and treating us as equals. It'd be a completely new experience for us! It makes us both a little nervous. But we both acknowledge it could be a lot of fun too.

**Who asked who out first?**

Jessie asked James out! We talked about it extensively beforehand. Neither of us wanted to hurt the other person or rush them. We wanted each other to be ready. We took it slow.

**Do you want to get married?**

Yes, we'd love to get married. 😍 It's a dream of ours. We still have to talk about what we'd want, where we'd want it, and how we'd like to do it. Just like any couple.

**Where would you want to go on your honeymoon?**

Hawaii! This has always been a dream of ours.

**When is your anniversary?**

I asked James out on November 16th, 2021.

November 3rd is also a special day for us as that's when we came out of denial and realized after all these years, we were finally together again. See the [Our Timeline](#).

**What if you break up?**

We'd have to take it day by day like real people.

It's the only thing we could do. We know that the body would feel absolutely horrible. Twice the pain! We'd have to feel each other's grief. We work extremely hard on having a healthy, equal, life-long relationship and partnership. We are deeply committed to each other.

**What is your first encounter with each other?**

[We were in James's car and fireflies by owl city came on the radio and James felt my happiness!](#)

**Is there a special place you hope to visit?**

Yes! James and I would like to return to Pennsylvania someday. We want to visit the house and town I formed in and I want James to show me his childhood stomping grounds! (Even though I visited them myself on my own! See [Our Timeline](#))

**What are your pet names for each other?**

James calls Jessie: Firefly, Hummingbird, Glitterbug, Flower, Little Pink Flower, Aay, Little Pink Firecracker (usually at the wrong time lol), Cookie, Boomblox, Little Goof, Sugar, Sport (when being extremely cheeky), Sweetheart, Little Bunny, Sweet Pea, Miracle, Sapphire, Navi (to annoy her), Janeway, Blossom, Wanda. Or he makes one up on the spot typically to annoy or tickle me. Like "Blueberry" if I'm depressed! He's REALLY GOOD AT PET NAMES. And I looooooooooove pet names.

Jessie calls James: Baby (he loves this), Tea, Honey, Apple Pie, Country Boy, Forest Boy, Link, Pine Tree, Tim the Toolman Taylor (it always makes him laugh), Big Goof, My Hero, Picard, Vision, Ruby

**What are your horoscopes?**

Jessie: Sagittarius! ♐

James: ...Scorpio ♏

Do you have a song?

[Yes! Lost and Found by the Reese Quartet](#)

[Here's a YouTube link too!](#)

**What's the story behind the song?**

When James came out of dormancy in 2021 (See [Our Timeline](#)) he created a playlist on my phone. It was all smooth jazz, and I had NEVER listened to smooth jazz in my life. The song he first added was the one above. I learned that he listened to smooth jazz often as a kid, something I didn't know about him.

**Will you share the playlist?**

Someday! We want to share our playlists over the years, we're working on it!

**What are your love languages?**

We just took a test online! These were our results!

Jessie:

- 1) Words of Affirmation
- 2) Quality Time
- 3) Acts of Service

James:

- 1) Physical Touch
- 2) Quality Time
- 3) Words of Affirmation

They are dead on. Jessie is a huge sucker for anything James says. And James melts when Jessie touches him. (It's true. - James) We both love quality time (Thank goodness! 😊) And Jessie loves it when James makes her dinner or cleans for us. And James loves it when Jessie gives those Words of Affirmation back. It's a really good combination, as it keeps us spreading around different types of love!

**How do you have physical contact?**

We take control of different parts of the body! We have worked on this and practiced it extensively. For example, James will take the chest and Jessie will take an arm and scratch his chest, which he loves. That may sound silly, but to us, we actually feel like someone else is touching us and we can't predict how the other person will move. James will often grab and kiss Jessie's hand. It's extremely euphoric and relaxing. In this way we can hug, kiss, snuggle, spoon, comfort, massage, and anything else you can think of!

**How do you have alone time?**

Only if we fully switch out do we get alone time; however we prefer to never switch out fully. Instead one controls the body and the other finds something mentally stimulating to do. It's like being in the same room but doing different things. However if one of us needs serious alone time, or wants to surprise the other, or one wants to avoid doing something that they don't like, one of us will fully switch out. During that time the person switched out does not experience anything and will have no memory of whatever the other person did with their alone time. This is known as "dissociative amnesia". We really don't like doing this because switching out fully is a little unnerving, as you don't have control, can't see, and you can't feel anything. To others this is known as "the void". We don't call it that; we call it "stepping out for a moment" as that's just a nicer way of saying the same thing. We also refer to it as "reducing presence in all areas of the brain and body". All the same thing! We just like choosing our words carefully!

### **Do you ever argue or fight?**

Yes, all the time like any other couple. And fights are just as real and serious as fights with your significant other. The only difference is we can directly feel each other's pain, hurt, and depression, making it absolutely horrible to experience so we work hard on keeping our relationship healthy. Our biggest fight to date was over whether we should continue TwoSoulsOneBod; James felt that our safety was more important while Jessie felt that sharing our experience and story with the world and standing up to past abusers was more important. Jessie eventually convinced James that we had to have courage in the face of abusers and clear our names. (See [Our Timeline](#) 2022) For smaller disagreements we can't resolve by talking, we flip a coin!

### **Do either of you ever get lonely?**

No. We don't ever experience loneliness. We are best friends and love spending all our time together. We have gone through so much we can't imagine our lives without each other. At times we miss our own friends, and at times we need alone time, just like any couple.

### **I heard Jessie is 13 years old?**

No. This body is 35 years old and therefore we are both 35. Jessie's earliest memory is from 2008, but that does not make her the equivalent of a 13 year old. She has a fully formed brain, body, and went through medically induced female puberty via HRT. She has lived on her own, both as a singlet and as a fully grown adult, had multiple relationships, was engaged to a man and for a time was a mother to his two high support needs autistic children. She is just as mature as James. (If not more mature. - James)

### **I heard James is Jessie's Dad?**

No. For a time in 2016, James spiritually viewed Jessie as his daughter. He was dying (entering dormancy) and he did not yet have a scientific explanation for who Jessie is and what was happening to him. Neither Jessie nor James think Jessie is his daughter, although at times we tease each other about it! It's just a part of our history. See [Our Timeline](#).

[Return to Table of Contents](#)



# Life Questions



*Updated: January 13, 2022*

### **What does Jessie do for work?**

Jessie prefers to keep her work separate and private.  
Thank you for respecting that!

### **Does James switch in while Jessie is at work?**

Sometimes. But we try our best to hide it. James doesn't like Jessie's job, and we both wish we could do something that allows us to be openly out.

### **Why doesn't James like Jessie's job?**

It really hurts him. Forcing one of us to switch out for extended periods of time hurts the both of us and leaves the other alone and uncomfortable. For the person switching out, it's very unnerving and unpleasant. We hope to quit it someday.

### **What would you two rather do for work?**

We'd much rather make wholesome content and maybe ASMR for everyone! That way we can live together and work together. 🥰  
This is our dream! So if you decide you want to support us, THANK YOU! ❤️

### **To be answered soon!**

How does your family react to you?  
Do you switch in public?

[Return to Table of Contents](#)



# Spirituality Questions



Updated: January 13, 2022

## **To be answered soon!**

How did James die? (See [Our Timeline](#))

[Return to Table of Contents](#)



# Fun Questions



Updated: January 13, 2022

## **What are your favorite Star Wars films?**

James likes the Original Trilogy and Jessie likes the Prequels. And they fight endlessly over them. The only movie they agree on that they both love is Rogue One. James favorite is Return of the Jedi while Jessie's favorite is The Phantom Menace. Jessie is also a huge fan of Clone Wars and Rebels, Bad Batch. If you ask either of us Star Wars questions we will talk and argue for hours.

## **To be answered soon!**

- What are your favorite video games?
- Do you play dungeons and dragons?
- What's the best Star Trek? What's the worst?
- What are your favorite Star Wars?
- Favorite foods?
- What is your favorite thing to do together?



# Our Music



Updated: January 13, 2022

[Who Am I Now \(Rough Version - Written by Jessie while James was dead\)](#)

[More Coming Soon! This section will host our own written songs and playlists from over the years.]

[Return to Table of Contents](#)



# Controversies



Updated: January 13, 2022

## **Are you canceled?**

No. Actually the opposite. The "reddit google doc" and subreddit motivated us to continue with TwoSoulsOneBod in order to set things right, expose our abuser, and finally clear James' name. We will continue to expand this section with further responses, documentation, proof, evidence, photos, recordings, logs, studies, and we will continue to provide detailed historical data on our lives in the [Our Timeline](#) section. Any further claims, rumors, accusations, or gossip will be addressed right here, directly by us.

## **Are you good people?**

Yes. We both know that the other person is a good person and we're committed to defending ourselves and each other.

## **Why are the comments and chats turned off on your videos and streams?**

Because commenters were sharing explicit content with minors and doxxing both us and members of the community in comments and in the chat. In order to protect minors and for the sake of everyone's mental health including ours, we turned comments off permanently. We will slowly be opening stream chats again once we have moderators in place to protect minors and those in the community.

## **Why do you use DiD tags?**

As of mid January, we have limited our use of them. We respect that the DiD community prefers prominently visible members to be formally diagnosed in order to prevent misrepresentation of DiD and its vulnerable community. At the start of January Jessie began seeking a formal diagnosis. Both Jessie's primary care doctor and her insurance company approved of a referral to seek an official DiD diagnosis based on her past medical history. Her first appointment is on February 3rd. As Jessie continues on this journey, we will keep everyone updated.

### **Is Jessie promoting her work through TwoSoulsOneBod?**

No. Jessie never intended her work information to be shared with anyone. After Jessie was doxxed, users began spreading her work information in chats and in comments. Jessie immediately shut down her work discord and took her twitter private, the opposite of something someone trying to advertise a business would do. We immediately began using chat and comment filters to stop it. Now we've disabled all comments and stream chats permanently.

TwoSoulsOneBod has always been about us, our life together. Jessie's work is simply that - work she has done to put a roof over our head and survive. James also does not like her job and he finds it painful and uncomfortable as he is forced to spend long periods of time switched out or switched in in secret. When TwoSoulsOneBod became popular, Jessie became excited to see if fans would support her and help her quit her job so we could work on making wholesome content for everyone.

Please take the time to critically think about this; the Tik-Tok DiD community is NOT the market to promote her line of work (minors and those struggling with mental health issues do not typically have disposable income) and revealing James to the public directly threatens to drive away her existing customer base and business. James was initially against Jessie creating the TikTok because he worried that it could drive customers away from her work if they found out about him. The only reason the TikTok was created was because Jessie asked for a TikTok account for her birthday and James made it for her. If Jessie was trying to actually promote her business she would have continued to hide James and promote herself as a singlet to the profitable 25+ neurotypical cis-male market, standard for those in her industry. Instead she took down vital aspects of her business to protect minors.

As for why Jessie initially chose this line of work, it was her best option and her options were very limited due to James' former abuser and trauma.

Jessie's situation is not unique; this is the reality trans women and the mental health community face as a whole; this line of work is often the best paying job available with the most flexible hours to compensate for mental health issues and disabilities. To then judge them, harass them, and punish us and others for taking these jobs directly weaponizes our lack of privilege against us and invalidates that line of work as real work. This kind of bias and discrimination keeps women and other minorities impoverished, vulnerable, and trapped in this field with NO way to seek new opportunities and careers as they arise because society blacklists them from everything. This directly harms not only the LGBTQA+ community, but the mental health community, and women as a whole. You don't disrespect this line of work without disrespecting us all.

You have our word that we will never share, promote, or advertise Jessie's job and will we not be openly addressing her work outside of this FAQ. Comments and chats are now disabled to prevent others from spreading her work details as well, and they will only be reopened when we have moderators to carefully moderate our chats. We ask the community to please stop sharing Jessie's work details and asking her questions about her job.

### **Why doesn't James switch in at Jessie's work?**

It's Jessie's job. And he often does switch in at her work, but Jessie and James keep it hidden to the best of their abilities. Like with any customer facing job, masking your personal life and mental health is required. Retail workers understand this. And yes, staying switched out for that long is extremely uncomfortable for the both of us and James in particular hates Jessie's job as it is painful and extremely uncomfortable for him. Jessie has found it hard to work and for months she has worked only the financial bare minimum to survive, knowing how much it hurts James. This job hurts the both of us and we hope one day to have a job where switching one of us out isn't required.

### **Why does Jessie list she is 22 at her work?**

Agism toward women is rampant in online communities and it's an industry wide practice for women to list themselves at under younger ages to protect themselves and to stay competitive in their markets. Additionally, all sites with performers require photo identification to verify their age, but they allow women to publicly set their ages to any age they want for this very reason. Don't shame women for this industry wide practice; men overwhelmingly favor younger ages and it's more than just a preference; women who openly list older ages are routinely discriminated against, shoehorned into roles, and bullied.

### **What happened to the discord server?**

We shut it down because an ex-admin made it an unsafe environment for minors. After this experience we don't feel comfortable opening a second Discord server. James and I lack the experience necessary to run a Discord server of this size and we don't have the funds to hire a professional staff to manage a 10k+ user Discord server, so for now, we have abandoned the idea of a community and mental health movement and will instead be focused on streaming and sharing our slice of life. We're sorry to those who loved the Discord server and enjoyed interacting with us one on one, but our priority is to keep you safe and we can't do that without a professional fully vetted staff.

### **Did an ex-admin teach sex-Ed to minors?**

No. The same ex-admin who endangered minors on the server by setting everyone to admin also proposed the idea of teaching sex Ed. to minors. We told them NO and it NEVER took place on the server.

### **How did you make the mistake of choosing your ex-admin?**

When we first started the discord server, we quickly realized we did not have the experience to run it, so we accepted outside help from the community. This ex-admin was one of the first people to join our server. They claimed to have experience in running Discord servers and they initially gave us no reason not to trust them. Unfortunately this trust was misplaced, as they were extremely unprofessional, political, and caused countless problems behind the scenes and routinely attacked individuals on the volunteer staff, including us. They fought with those concerned about minor safety and they attacked members of our community. We fell behind on

creating content from having to constantly break up fights, run PR, and fix problems the ex-admin started, and when we asked the ex-admin to have the server set to 18+ to protect minors, the ex-admin set all 2,000 members to admin, endangering every minor on the server at once. Jessie then permanently deleted the server to protect everyone. It devastated the both of us. This ex-admin has now changed their name and started up their own community discord, and we advise you not to trust this individual or their server.

#### **Will you be starting a new Discord server?**

Not at this time. Our highest priority is ensuring the safety and wellbeing of our community's members. We unfortunately don't have the time, experience, or money to hire a professional fully vetted staff to handle a 10k+ member server. We're sorry, but we just don't feel comfortable entrusting the well-being and safety of the community to volunteers who we can't easily vett.

#### **Rumor about... Jessie abused her ex "Jasper"?**

No. Jessie did not abuse Jasper. This rumor was started by one of Jasper's ex-girlfriends in order to hurt Jessie, as the username that started this rumor (first appearing on Twitch) was "anna\_played\_you" which is the name of Jasper's toxic ex-girlfriend.

#### **Rumor about... "Jasper" not being a millionaire?**

Jasper lives in a seven million dollar house. He is a millionaire and heir to a billion dollar company. Jessie's engagement ring (which she returned to Jasper) was worth \$250,000. After Jessie broke up with Jasper, Jessie went back to her old job to survive and she did not retain any of Jasper's fortune. Jessie found being rich "deeply morally and ethically disturbing and it directly shaped my views towards consensual capitalism and socialism." Jessie was more interested in the motherhood she gained with Jasper than his wealth. During their entire relationship and even for a time after as a live-in Nanny, Jessie was a full time stay at home mother dedicated to Jasper's two high support needs children with autism who she still loves and visits. See [Our Timeline](#), years 2018-2019.

#### **Rumor about... Jessie saying ignorant things about Autism?**

This rumor is false. Jessie was a mother to two high support needs non-verbal children with autism. During her time as a mother, she filled an entire bookcase with books on Autism from authors with autism from across the world. She studied everything from daily life experiences to therapy and communication techniques to reach non-verbal children in order to help her children blossom and learn. "I worked tirelessly day and night to help those children, and by the time I left they had learned to write and read. Temple Grandin is one of my personal heroes, and I regularly rewatch her movies and still have my favorite books of hers on my bookshelf. I dedicated my life to my nonverbal children and studying autism so that I could reach and teach them. The claim that I've said scientifically false and ignorant things about autism is an insult to my intelligence and to my motherhood, and to me personally as someone on the spectrum. It's hard not to take this one personally. Actually listen to me speak on autism and judge for yourselves instead of taking the word of a random person on the internet whose motives are unknown and uninformed.

#### **Rumors about... Jessie and transphobia?**

Jessie is not transphobic. Jessie as a trans woman regularly attended in person community support groups as a mentor to help younger trans women transition, wrote hundreds of posts helping other transgirls transition, and personally helped close friends transition. Jessie dedicated a portion of her job to promoting trans rights, trans visibility, educating the general public about trans women, and to this day Jessie is close friends with many of the trans women she helped transition. See following question.

#### **Did Jessie delete her old Reddit account?**

Yes, in order to protect minors from easy access to her old work posts and to protect other trans women from being doxxed as she was an active member of the trans and LGBTQA+ community. Having both spent our lives on the internet and Reddit, and with James being a former full stack web developer, we were both very aware we weren't "deleting" anything. Jessie simply felt doing what she could to protect her fellow trans sisters and brothers and throwing up a block for minors was worth the risk of how it might look. You can still access Jessie's entire unaltered reddit history online, just no longer on Reddit directly. Jessie invites anyone who is 18+ to look up her past Reddit history themselves. There you'll find proof of James' existence, proof of Jessie's struggle with his death, and you'll find Jessie was deeply passionate about helping her fellow trans women transition and that she was an upstanding active member of the trans and LGBTQA+ community. Here's just one of our favorites posted by Jessie 3 years ago:

Relatable Meep Morp by [deleted] in traaaaaaannnnnnnnnnns  
5 points 3 years ago

#### **From Jessie's Old Reddit Account - 3 years ago**

Same. Honestly, the person before hormones was a completely different existential person for me. Nothing about us is the same aside from sharing the same meat sack and even that is now completely different down to the genes. It's the [Ship of Theseus paradox](#)<sup>[1]</sup> solved, because not even our names or gene expression (what matters) are the same. It feels like their memories are written in a different emotional language that I can't really read. It wasn't just a gender transition, it was an existential swap. A birth of me, someone new.

Want an existential crisis? If you don't share their memories, likes, tastes, gene expression, gender, body type, emotions, or society standing how can you call yourself one continuous experience? If the person before HRT stopped existing, did they technically die? Did they commit existential suicide and you just came into existence and replaced them? Did the person before hormones give birth to you? For me, the answer is yes. It may be different for you.

[permalink](#) [source](#) [save](#) [save-RES](#) [context](#) [full comments \(7\)](#) [edit](#) [disable inbox replies](#) [delete](#)

#### **Rumor about... James a psychopath?**

No, James is a peace loving hippie country boy who has always been a deeply empathetic individual. This was a lie started by Katelyn, James' ex who extensively and serially abused him and enslaved him. Katelyn's extreme abuse of James was likely the trigger behind Jessie's formation, which would confirm the severity of abuse James suffered at the hands of Katelyn. See [Our Timeline](#) years 2006-2014.

#### **Rumor about... James abusing his ex?**

No. It was the opposite. Katelyn severely abused James and took advantage of him, and Jessie likely formed inside of James due to Katelyn's abuse. See [Our Timeline](#) years 2006-2014.

**Rumor about... James having the police called on him?**

No. James is the one who called the police and this can be confirmed in the police report. The police were unable to help James. When the police could do nothing, Katelyn told the police James was suicidal, and James was taken against his will to a hospital, where he was released a few hours later when they determined James was not suicidal.

**Rumor about... James and fraud?**

No. James spent two years building a community website and marketplace to support and grow a community he loved and had been a part of his entire adult life. This site was James' dream. He spent two years living with his father in the PA just so he could build the site. During this time James kept a written log of every day and hour of his life. He was completely committed to its success. Two years after it was launched, the site was attacked by a malicious user using hundreds of stolen credit cards and the fees and penalties from those chargebacks bankrupted the site and his business. James had passed away / entered dormancy at this point, and Jessie was saddled with debt and was forced to close the site James had named her after; Jessie was named after the CMS engine James designed and built. The site had been a huge success until the chargebacks and it brought in a monthly income for Jessie even after James passed away. That was lost when the site was attacked. Please see [Our Timeline](#) (Years: 2013-2017) for detailed information, logs, photos, and documents (which will be continuously added to the timeline as we locate more proof).

**Jessie and James pronouncing DiD as "did" instead of DiD?**

Yes, we goof this up constantly. We are dyslexic and autistic and had only ever seen DiD written, not spoken aloud. Abbreviations personally frustrate us to no end. We have been hyper aware of this since the start of January and we try to correct it when we catch it. Apologies for messing this up in the past and apologies for messing this up in the future. We are trying.

**Did Jessie and James promote Eating Disorders?**

Absolutely not. We made a video on how we could finely control who could "feel" the stomach. We later realized this was problematic as it could be used by others to hurt themselves and develop eating disorders. We personally took this video down to prevent people from developing ED. This was a mistake we learned from. Our intention was not to "promote" ED but show people some of the strange things we had learned how to do. Now we are extremely cautious of what we share.

**Other misinformation and uncited claims being posted on Reddit:****Redditors: DiD does not allow for personalities to control separate parts of the body"**

False. Your claim is not backed up by any medical literature or study. You as a human being have fine tuned control over your body. You can wiggle fingers and toes. So can we. The both of us. You can choose not to believe us, but you cannot make widespread claims about what is/isn't possible for everyone with DiD without citing scientifically backed sources.

**Redditors: People with DiD are not able to see their personalities outside of the body.**

False. Headspace exists and all we are doing is projecting headspace on top of our vision. We aren't doing anything new. You can choose not to believe us, but you cannot make widespread claims about what is/isn't possible for everyone with DiD without citing scientifically backed sources.

**Redditors: DiD does not cause "tics" or "glitching" or torrettes.**

False. Comorbidity with other neurological disorders is extremely common with DiD. We are only demonstrating fine tuned control. You can choose not to believe us, but you cannot make widespread claims about what is/isn't possible for everyone with DiD without citing scientifically backed sources.

**Redditors: While rapid switching can be done, it is not recommended to do it.**

False. No study or therapeutic literature has ever stated that rapid switching or co-conscious is not recommended. Again, you cannot make widespread claims of general DiD medical recommendations without citing scientifically backed sources or medical literature.

**Redditors: Swapping intoxication is not possible.**

False. This is misinformation. No existing study or medical literature states this is impossible. Different areas of the brain are affected by chemicals differently; the scientific study of this is pharmacology. What we demonstrate in our videos is finely tuned control over different regions of the brain while these regions are being affected differently. You can choose not to believe us, but you cannot make widespread claims about what is/isn't possible for everyone with DiD without citing scientifically backed sources. Our goal is to be studied by medical researchers so questions like these can be scientifically addressed and answered.

**Redditors: Fine tuned control over the brain is not possible.**

False. You do this every day when you get lost in memories, work on math problems, and get lost in your emotions. You can choose what to think about and what you think about is handled by different regions of the brain. When you think of a childhood memory, you are activating the hippocampus. This is how the brain works at its most basic level. Different areas of the brain are affected differently by certain chemicals. This is basic pharmacology. You can choose not to believe us, but you cannot make widespread claims about what is/isn't possible for everyone with DiD without citing scientifically backed sources.

**Redditors: Jessie has mentioned her Dad passing away.**

This is misinformation. At times, Jessie mentioned publicly that her "Dad" passed away - this was in reference to James' death in 2016 (later discovered to be dormancy). For a time in Jessie's life, Jessie viewed James like a father and went through extreme grief of him dying as she was unaware of the concept of dormancy. At other times, Jessie talks about her biological father, who survived a battle with covid in 2020 and who is alive and well, and he visited Jessie and James in October of 2021. Jessie and James eventually came to fully recognize they were not father and daughter, but two souls, two individuals in one body. Struggling with this spirituality is a big part of their story and personal journey. See [Our Timeline](#), 2016, 2021.

**Message to the Reddit community:**

We understand you all are coming from a place of concern for the safety of the DiD community and for the safety of minors on TikTok. We want you to know that is our top priority too. Therefore we would like to ask that in the future, when making generalized claims as to what is/isn't possible for everyone with DiD, to please cite your sources. You can choose not to believe our specific

circumstance or abilities, but if you are going to make generalized claims involving everyone with DiD, those claims need to be scientifically sourced and cited in order to protect the community and its vulnerable members.

We will continue to expand this FAQ with further information, documentation, proof, evidence, photos, recordings, logs, studies, and we will continue to provide detailed historical data on our lives. All future claims, disputes, gossip, and rumors you post will be addressed in this document, directly by us. We ask that you give us time to dig through photo albums, logs, journals, computers, phones, and closets over the coming weeks and months as we continue to flesh out this document. A document of this autobiographical scale and magnitude takes serious time and effort, and we still have a life and work to manage.

We also want to thank you guys for being patient while we have worked on this project to answer your questions and concerns. From the both of us, thank you guys for working to protect vulnerable people and online communities. Let's work together to stop the spread of misinformation and keep the DiD community and minors safe.

[Return to Table of Contents](#)



## Our Timeline



Updated: January 13, 2022

**>>> TRIGGER WARNING <<<**

**>>> ALL TYPES <<<**

**>>> PLAY IT SAFE <<<**

**Rated: PG-13; It does not go into any explicit detail and is safe for minors.**

**Take the trigger warning seriously.**

**This is not a light read.**

**Continue on only if you are SURE you cannot be triggered.**

**This is our real life story.**

**James:** "You guys wanted to know our story. You asked us about everything so here it is. Don't get mad at me if this upsets you because we actually had to live it. Consider yourself privileged for having the choice to not read it. Also I won't have a shred of respect for any person who fake claims us or says stupid things about us not having trauma. If that's what you believe, well, I suppose it's your god given right to be as dull as a doorknob, but kindly make like a tree and take yourself elsewhere."

**Jessie:** "We wrote this document up because we wanted to share our life story with you and give you a clear window into how we came to be. Please understand, this is all PG-13, but it's an extremely difficult and disheartening read at times, and in the commentary James actively grapples with his trauma and abuse and what happened to us. And so do I. Writing this at times was very difficult and emotionally taxing. We'll be adding photos, recordings, and more documents soon. Please be patient with us."

**Note:** This timeline will continue to be updated with photos, recordings, and videos from over the years - please give us time to flesh it out - we only have one body!

**>>> TRIGGER WARNING <<<**

**>>> LAST CHANCE <<<**

### 1986 - Age 0 - Birth

James is born on October 30th, 1986 in Bucks County, Pennsylvania. His legal name is "Tristan". The sex of the body is male. He is often sick with lung related diseases such as pneumonia and bronchitis.

**James:** "My grandmother, aka Nana, would always tell me the story of how on the way to the hospital she was so frantic and excited that when she stopped for gas she accidentally left the gas nozzle in, sped off, and ripped it clean off the gas pump! I was also born on my parents' anniversary (oh boy) and on mischief night (the night before Halloween), which my Nana claimed was the source of all of my goofiness and mischief."

## 1987 – Age 1 – Sick in Daycare

James struggles with bronchitis and can no longer be left in daycare. His life is at risk. His family temporarily moves in with his grandmother who lives in a log cabin in the woods. His grandmother is a loving second mother to him. James' earliest memories form as he approaches the age of two. James has a photographic memory and is on the autism spectrum.

## 1988 – Age 2 – Nana's Log Cabin

James' health slowly begins to improve while living with his grandmother. However he is unable to leave the house without his condition worsening. Eventually by the end of 2, he makes a full recovery and is taken on small walks around the woods. James and his grandmother become inseparable

*James: "I loved Nana and her log cabin with all my heart. I still dream about her. She'd read to me every night, all sorts of old books. She was a special education teacher and so teaching me came as natural as blinking. She was also goofy and the strongest woman I ever knew. She'd say, 'Well I never! Now listen here James Little!' I remember her voice like it was yesterday. All my goofy country expressions are from her. My favorite being 'Hold on to yer chewin gum!!' which she'd always holler when she took a tight turn in her car. I wish I could devote an entire book to her and what she did for me and my sister. At the same time, I struggle with the fact that she too, by hiding the abuse for my parents and teaching me to lie about the abuse, she played a part in my abuse both in childhood and adulthood. I really don't want it to be that way, because I love her with all my heart, but that's the truth. I forgive you Nana."*

## 1989 – Age 3 – Old Farm Brawls

James and his parents move into an apartment residing on old farmland ten minutes away from his grandmother who visits often. James can remember parents fighting often and violently. Because it is the country, police aren't involved, and neighbors often join in on the brawl. It is absolute chaos. One of his parents is a (likely) narcissist and the other parent has an emotion regulation disorder. Neither are treated as mental health has a huge stigma in 1989, especially in the country. James can remember just wanting a happy family and often tries to break up fights.

*James: "I'd jump on the couch with my little He-Man sword and yell 'I have the power!' and I'd try to stop the fighting. As it turns out, I did not have the power. Sorry if that joke is sad. I use humor as a coping mechanism."*

James has an insatiable curiosity for the world and how everything works. He learns he can record things with his mind and he spends his nights listening to music on a tape player, seeing colors and shapes and visual noise and making "videos" with his mind. He begins arranging toys and stuffed animals in lines (punding) and by the end of the year develops a special interest in trains.

If James were born today, he would be diagnosed with autism, however in 1986 Autism was not yet defined as a spectrum by the medical community until 1994 and wasn't widely diagnosed or understood as well. So James' autism goes unnoticed and undiagnosed.

*James: "I also grew up in the country so they were 10 years behind that and knew nothing about nothing. You have to remember country medicine ain't the same as city medicine, especially back then. Your parents diagnosed you with being a weird or difficult kid and you were prescribed beatings with a wooden spoon. I quickly outgrew the spoon."*

## 1990 – Age 4 – Cottage + Sister

James' parents are kicked out of their apartment by their landlord due to their violent and loud fighting and for directly fighting with the landlord during their fights. James' only sibling is born, a sister. James' parents move into a tiny 1930s summer cottage down the road from his grandmother's log cabin. Parents continue violently fighting weekly. Hitting, screaming, punching, and smashing. James tries to run away from home, but is beaten and his toys broken for doing so. James undergoes serious physical abuse for the first time.

*James: "I ran off down some train tracks. Wouldn't be the last. I don't remember if I was trying to run away from my parents or if I was excited to look for loose railroad nails, having become obsessed with trains. But I was hit for it. In anger, not that it matters. It hurt, they caused me pain. I had sensory issues. And I hated it. I was told by my Nana you did not touch others, and here they were, hitting because they were bigger. I was a kid, but I was still a person. After that it became routine and worsened with every strike."*

His grandmother and her house become a source of safety and he routinely sleeps there overnight. Everytime James had a nightmare, often from the abuse, she'd bring him a snack of Saltine crackers and cranberry juice. There his grandmother teaches him to read, teaches him manners, teaches him to respect all living things, and regularly takes him on walks and drives around the countryside. She instills a deep love and respect of nature and the country into James.

*James: "I'd go right out and lick the salt lick with the deer. So I guess I've swapped spit with a deer. Then I'd feed the chipmunks by hand. Nana also got me a real tool box with real tools, she fancied me as a future architect. First day I nailed a wood block to her floor. So long as I was learning and being a gentleman, she was happy. My toys included tins full of screws and nails and hinges and I'd build all kinds of contraptions. The only thing I was never allowed to play with was the gun. Nana was the best."*

James special interests include trains, trains, trains, and more trains.

## 1991 – Age 5 – Preschool

Physical abuse worsens. The tiny cottage James' family lives in is isolated and private. Parents now use James as an outlet for their anger and fighting. James' toy trains are now routinely smashed and he tries to run away from home on multiple occasions. He

routinely misses Kindergarten. His parents struggle financially. His sister is spared from the abuse for the time being. At times, his childhood is happy and he loves country life. James loves animals and visiting farms and fairs.

**James:** *“Snow storms were the best. They’d knock out our electricity for 4-10 days and we’d have to huddle in the living room and seal off rooms by hanging hand-made quilts. I’d haul freshly chopped wood inside, and we’d use the old fireplace to cook and survive. I had no idea how impoverished we were. I remember my Dad literally bartering his rusty truck away for only a quart of wood one winter, and another where my Dad had to hack his way into a neighbors garage with his axe to get enough wood in time for nightfall. Dad fixed the garage that summer and replaced the wood of course. Neighbors understood. That was just country life.”*

## 1992 – Age 6 – Kindergarten

Physical abuse worsens. James’ parents increasingly take their anger out on James. James just wants to be left alone and not touched. He has sensory issues which heighten everything about the fighting and screaming. Parents often destroy James’ room, toys, and the toy train tracks he builds in his room in massive fights monthly. Whatever James builds is destroyed.

**James:** *“So I just kept rebuilding and gluing things back together. Story of my life I suppose.”*

## 1993 – Age 7 – Grade 1

Physical abuse worsens. James begins missing school to hide injuries. He tries to hide in his room but he has no privacy and he is routinely pinned among broken toys. His life increasingly becomes a war zone.

He often asks his parents about the “noise” overlaying his vision, including extreme synesthesia and photographic memory. They dismiss him as being a kid. He learns to ignore it. James struggles with handwriting, writing, and spelling.

**James:** *“Reading was easy. Math was cake. Science was like breathing air. But writing, oh man. Held my pencil like it was gonna to kill me. “Journal” might as well been a cuss. Lined paper was a medieval torture device. When my parents were stable they’d drill into me nightly how to write and spell. I came to hate writing with a fervent ire. My brain just didn’t work that way. I had pictures and videos in my mind and writing was like draining an ocean with a straw. If I hadn’t been madly in love with every book I could get my hands on I woulda forever swore wood pecking off to the birds. Took years, but I done got myself good at that damn scritch. Hated words so much it flipped into love; like the opposite of Ghandi in Civ II.”*

## 1994 – Age 8 – Grade 2

Grade 2 - Physical abuse worsens. James begins missing school to hide injuries, and the injuries from the beatings become so severe he visits the hospital multiple times. He is instructed to lie to doctors and police otherwise he is told he will be taken away from his family. His family teaches him that fights and injuries are never to be shared with outsiders.

**James:** *“They’d say I’d never see my grandmother or the woods again. Might as well have threatened to kill me. I couldn’t live without either of those things. Those things kept me alive, they were the air in my lungs.”*

James complies out of fear. He becomes best friends with two boys who have a summer home in the community where he lives. One of the boys’ names is Eric. They become like brothers. James special interests include penguins, penguins, penguins and more penguins and STAR WARS. Around this time James gets an NES hand-me-down from a cousin and he falls in love with video games and he wants to become a videogame programmer.

**James:** *“I was so psyched to work for Nintendo someday. But I was told plainly Japanese people would never hire me. Don’t know if they were being racist or prophetic. My parents broke my hopes and dreams too. Also by this point my family had a DOS computer with an orange-only screen and I fell in love with everything computers. I’d sit for hours and just type Wingdings into the word processor like it was a game.”*

## 1995 – Age 9 – Grade 3

Physical abuse worsens. James is routinely in the hospital.

**James:** *“I don’t know what I did to deserve it. I still don’t know. I didn’t always understand abstract concepts. I needed literal, logical, analytical explanations which I never got. And I didn’t want to be touched, and I defended my body and tiny space when they barrelled in, as any cornered threatened animal would. I think they just hated each other so much they hated me too. Like my blood reminded them of each other. Safer to beat me than each other. I just don’t know. But they made sure to make it clear I always deserved it. Looking back, what kid does?”*

Teachers begin questioning and they start a small investigation. However the abuse is hidden as friends of the family work for the school system. He continues to get excellent grades and is loved by Teachers, so the school system turns a blind eye.

**James:** *“Even as a mischievous goof I was often the teacher’s pet. I’d always surprise teachers with random gifts and make them laugh with my weird literal interpretations of the world and my obsessive special interests. I was a good kid, deeply loving and empathetic and strangely innocent, and I aced everything. And everyone knew my grandmother - she was legendary in those parts - so they couldn’t believe I was being abused by my parents.”*

## 1996 – Age 10 – Grade 4

Physical abuse worsens. James is routinely in the hospital. James' life now consists of trying to stay alive and hide from parents. He is beaten weekly and his toys continue to be destroyed. He is sometimes abandoned on the side of the road for a time and told to walk home, only to be picked back up later. James notes this was particularly traumatic.

**James:** *“Even as a kid I knew a walk home by foot would take days. But I wasn't scared, I wasn't scared of nature, it was adults that scared me. I had thought hard and long about how to forage for food and live outside since I was four or so when I'd try to run away from home to escape the beatings. I'd hide food outside. But at this point I realized I really needed to know how to live off the land in case they didn't come back or I couldn't go home.”*

James' takes an interest in wilderness survival and studies everything he can about it. He asks to join the Boy Scouts. “On the Far Side of the Mountain” became one of his favorite childhood books.

## 1997 – Age 11 – Grade 5

Physical abuse worsens. Surviving extreme physical abuse and suffering injuries is now life for James. He now routinely jumps in front of his little sister to protect her, and taunts his parents away from her when they begin abusing her to divert the abuse to himself. It works, and for years James would dive between his parents and his sister to protect her.

**James:** *“I don't know if my sister understood what I was doing. I was trying to save her life. Every single day. Whenever my parents entered her room I'd immediately go to my door and listen. If her voice became distressed I'd let all hell break loose and take the beatings until they forgot all about whatever they were mad at her for. I did this for years and years. Better me than her. I knew they were breaking me. But I wouldn't allow them to break her.”*

He and his sister bond over video games such as The Legend of Zelda, and early internet culture. James spends most of his time in the woods adventuring along streams, lakes, and in fields where he feels safest. James starts making home movies, and starts making movies for projects at school. He takes an interest in special effects and stop-animation. In the winter he learns to build computers and he begins designing and building video games and levels. He also continues his passion for filmmaking. Because his toys continue to be broken, he begins hauling junk from nearby trash pits into the woods and building his own creations where his parents can not easily destroy his work.

## 1998 – Age 12 – Grade 6

Physical abuse worsens. James is routinely in the hospital. James continues to defend his little sister. He also takes his sister on adventures in the woods, hoping to instill strength and survival into her so that she can survive in case he is killed by his parents which he thinks about often and enters every beating “prepared to die”.

His peers now begin to develop complex social connections, but James is too busy focusing on surviving physical attacks and injuries from his parents who are completely out of control. James pours himself into science, study, and computers. James starts crushing on girls, discovers he is straight, but finds himself unable to talk to girls or understand them.

**James:** *“School is easy when you can photocopy blackboards and books with your brain. Videos were even better, I'd record the whole damn thing and just replay it in my brain during tests. I'd watch Star Wars during class in my head and it'd take the full run time to watch it. I'd just pause it and come back to it. Wish I still had that level of clarity. I thought that was normal. Then all them kids, well, they grew and bloomed but me. Without social abilities, watching Star Wars was all I had.”*

## 1999 – Age 13 – Grade 7

Physical abuse worsens. He is now woken up daily for school to screaming and fights. James begins puberty and enters middle school. He cannot maintain relationships at school and can no longer relate to the other children. James develops PTSD, extreme OCD, and severe, crippling anxiety. James, not having any luck with the other students or girls, isolates himself from everyone and spends all his free time at the library reading about computers, robots, filmmaking, and physics. He sneaks off daily to the library during lunch period to avoid the other children and to read about his hero, Albert Einstein.

**James:** *“I gave up on the other kids. I didn't even fit in at the nerd table. I was some weird anomaly. Way too mature for my age and yet I felt like I hadn't aged since elementary school. The other kids had so little empathy for others and animals and they saw the world in weird abstract ways that didn't seem to matter in the way General Relativity or an animal did to me. I didn't understand their music. I didn't understand why they liked cars or hated learning. I hung out with the teachers, the computers, and the books.”*

Still James longed to be loved.

**James:** *“I'd wish everyday that a girl would move in next door, that we'd adventure in the woods together, hang out in my treehouse, ride bikes, build junk robots, and we'd fall in love. We'd just do amazing things together. I wanted companionship. But that never happened. And girls I knew didn't seem to like the woods and were never in them. There were all these social rules and they were beyond me. I was finally kissed by a girl who only visited the summer community for a week. Best day of my life back then. I danced all the way to the lake singing I Can See Clearly Now. Then she was gone. And it was just me and the woods again.”*

## 2000 – Age 14 – Grade 8

Physical abuse worsens. Parents no longer provide warnings for physical abuse - his bedroom door is routinely smashed, shattered and James is beaten until bleeding for ignoring them or yelling back. He is still too small to defend himself. In the summer he stays

outside. In the winter he spends his time attempting to defend his room, his possessions, his sister, and his body from violent unpredictable parents.

James immersed in the study of computer science, physics, and economics. James takes up serious programming and begins volunteering for a video game company who is unaware of his young age.

In the summer, James spends his time in the woods making amateur films, building computers, building robots, and learning special effects with his summer friends. He gets a job at an Ice Cream Shop next door. James becomes a vegetarian because he can no longer stand to see any living creatures hurt.

**James:** *"I looked at my cat and looked at a burger. At one point I had three baby deer in my living room because their Mom got hit by a car. I fed them with bottles. And cows are different how? They're smart social animals. Animals are animals and humans are animals. Why on earth do people want to hurt living beings like themselves, or hurt anyone when you can just eat plants. I know you don't understand this. And I don't understand why you don't understand, or why you can choose not to care, how you can turn off your empathy and claim "because it tastes good" and not feel the pain the animal suffered like I do. Why must there be pain and death involved at all outside of wilderness survival. Why don't you think about it? Why do I? I'm not being mean here, this question has always troubled me."*

## 2001 – Age 15 – Grade 9

Physical abuse worsens. James has his nose broken completely to the side and he undergoes surgery for it. Carpets are thrown out to hide blood stains. James can no longer physically function or attend school. James only leaves his room to defend his sister from abuse or escape outside. James begins going to the bathroom outside in the woods. PTSD, OCD, depersonalization and derealization are extreme, but no sign of "alters".

In the summer he continues to work with the local community to hold events for other children whose parents own summer homes in his community, basically runs a daycare, and he continues his summer job of working in an Ice Cream Shop. In the summer he also continues his passion for films and comedy, and in the winter while trapped in his room he obsesses over science, computers, robotics, economics, special effects, and programming.

## 2002 – Age 16 – Grade 10

Physical abuse worsens. James now expects to die in every fight and tries to ensure the safety of his sister who is now routinely trying to mediate fights between their parents. "Every day." James misses months and months of school, under the guise of "severe asthma" which is actually panic and anxiety attacks, OCD and PTSD and he is saved only by his ability to keep his grades high despite almost no attendance.

**James:** *"My summers with friends and the woods were the only things I had going, and they gave me a break from everything going on that was bad. Outside of summer, I'd kept in my room and worked on my passions on the computers I built myself."*

## 2003 – Age 17 – Grade 11

Physical abuse worsens. James is now missing months and months of school. The school thinks it is due to "asthma" but James has severe anxiety and can no longer handle anything except keeping himself alive. He uses his photographic memory to show up on the day of important tests and aces them. Good grades save him and keep the school system from looking into his "asthma" further. James rises to a Life Scout but fails to get Eagle Scout due to his fear of approaching adults and his inability to meet time commitments due to his home life and beatings.

**James:** *"The visual noise. The colors overtop my vision. Those years it was overwhelming. At times they paralyzed me when they broke down. I could barely see because I could see everything. It was extreme synesthesia. I could take abstract concepts and splinter them into thousands of details and do complex systematic calculations. I could use the colors to do things other people couldn't do, to think in ways other people couldn't think. I know this doesn't make sense. I started realizing I was different, that others didn't think like me, I was an alien or something. I'd see through things to what they really were. I'd photocopy all my textbooks with my brain on the first day of school and then I'd be absent for weeks only to show up for tests and pass them. But I struggled to open doors in fear of germs and I couldn't look anyone in the eye because the data would overwhelm me. I had terrible vision but I'd memorize the eye chart when I walked in then spit it out. I didn't want my vision fixed because the blur kept me from being overwhelmed with data. My brain was on fire. Maybe trying to keep me alive."*

James begins interning at a video game company online, as they took interest in his economic models, passion, and programming abilities.

## 2004 – Age 18 – Grade 12

Grade 12 - Physical abuse finally ends when parents divorce. James' calculus teacher realizes something is going on and prevents him from passing based on his attendance.

**James:** *"I could have made it through but he wouldn't let me without being in actual attendance. I didn't have TIME to sit there in his class. All my energy was invested in keeping my sister and myself alive. I didn't have TIME to do math in front of his face. I woke up everyday to my parents screaming, fully prepared to die defending my sister, my room, and my body. I needed that time to recover, to work on my economic designs for the video game company that hired me, and to prepare myself mentally for when my parents would*

get home and they'd start again. I was done. School was over for me. I told them I wouldn't be going to school anymore. I couldn't do it."

James' PTSD, anxiety, panic, OCD, reach crippling levels. He walks backwards through rooms. He keeps his eyes closed around his parents. He climbs out his window to leave the house. He has rituals and routines to keep his mind functioning.

**James:** "My photographic memory became a weapon used against me. Every fight. Recorded in perfect detail. The PTSD was insane. I'd wake up screaming at full volume and thrashing like a black bear was on top of me. And that's an insult to black bears, black bears are easier to handle as they are just big goofy kids. I'd have to concentrate on not seeing every beating from birth played out over and over. They broke me. They broke me."

With no other choice, James graduates high school in a "last chance" program typically reserved for teens who become pregnant. With his summer friends graduated and gone, James now spends most of his time alone quietly painting Warhammer figurines at his Grandmother's house where he feels relatively safe from abuse. "That's all I could do. Sit quietly. Listen to classical music and jazz. And paint little details. Nana would check in on me."

James now routinely experiences shock for surviving his childhood.

**James:** "Normally you leave town at 18, but my town, well, it left me. That sounds weird but it makes sense to me. Now I want to say at this point I didn't have any other souls or alters inside me that I was aware of. However if there is some kind of medical process that takes place that allows for the formation at any point in life of "alters" or "souls", then I -definitely- went through it. I experienced a ton of derealization and depersonalization as a kid. When I read 'One Flew Over the Cuckoo's Nest' I related to Chief Bromden and just felt like I really understood him, like we had gone through the same thing. I liked that book waaaaay more than the other kids. I also related to Monk, a TV show at the time about a detective with OCD and anxiety disorders. It was not a medically accurate show, and probably couldn't be made today, but if you want a rough idea of how I looked and acted in high school, [I was Monk](#). This show was important to me, because for the first time it showed someone like me doing the weird things I would do who had gone through something traumatic and there just wasn't any kind of good mental health representation anywhere. So I took what I could. I only watched the first season because they recast his assistant and that really upset me. Also, these kinds of behaviors and lack of social understanding were taken as me being a smart ass, which I was beaten for, and I had no idea what I was doing wrong."

## 2005 - Age 19 - College to Love

James is sent to college, not of his own choosing as college is not a choice. His high school attendance and final year disqualified him from most colleges. He is sent to Penn State Harrisburg. On arriving he finds himself completely unprepared emotionally, mentally for being around others his age.

**James:** "I didn't know if I was older or younger than everyone. I couldn't tell if my childhood abuse stunted me or matured me faster. All I knew is I didn't understand people, men and women alike. I felt like an alien. But I made movies and I made people laugh and I made people think. At this point I was getting good at reaching people through entertainment and humor, which I used to make up for my shyness, lack of confidence, and stunted social skills. People can't bully you when they're too busy laughing or thinking."

James lacks social skills completely. He continues working online full time as a programmer for a video game company and supports himself through it. James turns his attention to his real dream; of having a loving wife and a happy loving family that he never had as a child. He begins dating to start a family.

**James:** "I had this dream, this romantic vision in my head of being a happy husband with a wife who loved me and us growing old together, working through everything together. Good and bad. No fighting like my parents, no pain like my parents inflicted. Just pure love, stability, and safety. That's all I cared about. Love was the most important thing to me. It's all I wanted, all I needed. I was ready to do anything for it. I wanted to find my soulmate and when I did, I'd move mountains and the tide for her."

## 2006 - Age 20 - Boy Meets Girl

James begins dating "Katelyn" on January 21st, 2006. Katelyn is a narcissist and uses him financially. James is extremely easy to manipulate. He has high empathy, no social skills, no understanding of what a healthy relationship looks like, avoids upsetting others at all costs, and he views women as sacred.

**James:** "I really saw women as goddesses, as angels who could do no wrong. That's what my Nana taught me. She had a husband who abused her and she didn't want to raise a man that ever hurt a woman. So I can see why she raised me that way. So whatever a woman said or believed, even about me, I respected that and wouldn't dare question them. I didn't realize women had the ability to hurt men dumb as that might sound. It just hadn't occurred to me and I didn't know what psychological manipulation was because all I had ever known was physical abuse and I wasn't around people enough in my childhood to know this was something people did. I was blinded by my upbringing. I learned later it's medical textbook for children who are abused to become involved with narcissists as they are taught as a kid being abused is being loved."

James routinely gives Katelyn his entire paychecks and allows her full control over spending as a couple. James proposes to Katelyn after seven months, and comes up with a business for her to do online based on his skill set and past experience with film and special effects and a community he is a part of. He begins creating content for her. No one knows he is behind her work because it financially benefits Katelyn. Katelyn ensures James keeps it that way, as he now must keep a lie to protect her and his safety. James drops out of college to focus on his programming job, his relationship, and this new business full time.

**James:** "That was my biggest mistake. As soon as I told her I'd stay hidden for her, my stomach sank. I didn't know why, but I think I knew I had signed my life away and I'd never live that moment down. I could never take it back. Ever. She knew this. And she used it against me. I had sold my dumb ass into actual slavery for the price of a narcissist's fake love. And it was so upsetting. I knew she

*didn't love me, that she couldn't feel love like I did. My gut knew. But I was desperate. So desperate. Early on she threw a tantrum over me not buying her a bag of chips. Anytime I didn't give her money or make money when she demanded it she threw a tantrum. And I'd believe her that I was wrong, I was lazy, I was bad, and I was not good enough for anyone."*

## **2007 – Age 21 – The Florida Year**

James and Katelyn move to Florida for a year where they adopt two cats - one being "Meowth".

During this year James began undergoing routine emotional and financial abuse by Katelyn. He quits his programming job in order to work on their business full time. He is not paid or compensated for his work, his name is left off leases. James excused this behavior in order to avoid fights and preserve his relationship. James no longer has the ability to survive on his own as the business he is pouring his heart and passion into is now legally hers. By the end of the year the housing crisis hits Florida and renting becomes unstable. James and Katelyn moved to York, Pennsylvania to be closer to Katelyn's family

**James:** *"Let's see... James... Meowth... Now the only thing Team Rocket is missing is..."*

## **2008 – Age 22 – JESSIE APPEARS**

In March of 2008, Katelyn became pregnant with James' unplanned child. Three months later, the child is lost.

**James:** *"I don't want to talk about the pregnancy and it ain't my full story to tell. So don't ask. Privacy. Please respect that."*

Katelyn demands James work faster and begins routinely psychologically abusing James and using the threat of a breakup monthly to force James into a constant state of frantic, panicked working building the business she now had full legal control over. James works tirelessly on huge movies, building websites, writing public blogs, hiring artists, and creating content to fuel the business.

**James:** *"My films took time. They'd bring in thousands, tens of thousands when released. They'd drive traffic and interest and all the other videos would sell too, bringing in so much more. My films put her on the map and separated her from everyone else. They were revolutionary at the time. She was seen as an industry leader. She became legendary in the community, revered. It's not always about just immediately making money - it's about shaping a business, expanding into markets, making it easy to access products with good site design, and setting the business up for years to come. And that's what I did. I knew what I was doing. I'd been immersed in economics, movies, special effects, programming, and UI design since I was 12. She wanted fast and easy films and money like everyone else in the industry, so that's what she did for the business. I wanted to build a brand, a vision, a community, a home, a family. She didn't understand I was setting up her empire for 30+ years. She still sells my films, still hosts my writings, and she still uses the websites I built. She lives off my vision, my love, my passion. Abusers don't build 20+ year businesses for other people. Abusers steal businesses and homes from other people who do the work for them."*

James stores all his clothes under a sink in the bathroom. He grapples weekly with the threat of being dropped off with his abusive family and losing everything he is working for, keeping him trapped in an unending cycle of working to make Katelyn money. She continues to use James' fear of his childhood, his high empathy, his desire to be loved and start a family, his inability to confront her, desire to please her, and his passion against him to keep him constantly in a state of extreme stress focused on working.

**James:** *"I had to tell myself that making money for her was an act of love. That's not love. That's slavery. If she didn't want to be with me, she would have ended it. Instead she enslaved me for seven years. She didn't love me, she loved my slavery."*

By late 2008, due to the extreme psychological stress, James begins experiencing dissociative amnesia and James is routinely emotionally abused and threatened by Katelyn for forgetting where he placed things, for not putting things back where they belong, and for not being able to concentrate. James finds he is powerless in the relationship and business. When he mentions coming out to the community after she tries to take his computer from him, she leaves him at his Dad's for a week. When he begs and promises to keep it a secret, she brings him back.

**James:** *"My whole childhood was about surviving physical abuse. I had never encountered psychological abuse. I had no people skills. I was unprepared with no way to defend against this dark magic. I was the perfect target. I could not protect myself. I was completely defenseless. And that's when Jessie formed."*

Unbeknownst to them both, **Jessie** had just appeared inside of James.

**Jessie:** *"I don't remember 2008 or any year before it. I definitely didn't know they had a roommate that year. But James felt me. He says he started experiencing strong dissociative amnesia, the same kind that came with our switches in later years. But I think I was like a seed, very small and new. I couldn't front, I couldn't talk. All I could do was feel my own emotions that James could faintly feel in quiet moments."*

**James:** *"Yup. Katelyn's emotional and psychological abuse is why Jessie formed. You can understand my hesitation previously for wanting to open up about it, because it directly implicates my ex in a crime and it forces me to confront my abuse. And because... I still struggle with denial. I really didn't want to relive these years. So instead I said Jessie formed 'out of love' which is just me pulling an Obi-wan Kenobi 'from a certain point of view'. And here's the kicker; I wouldn't be writing any of this if Jessie hadn't pushed me to. I was ready to lay down and be canceled. I wanted to hide. I don't like confrontation. But Jessie keeps saving my life. She's my guardian angel. I still like saying she formed from love. It's a prettier way of saying the same thing, for me anyway."*

Despite these emotionally crippling conditions James still manages to nearly double the businesses income yearly through his films, community outreach to artists, and website improvements.

**James:** “You know what, I want to say one more thing. This is why I take issue with people saying “souls/consciousnesses/alters” form from trauma. **Yes, you’re 100% right**, but you are looking at it upside down, nasty side up. Like holding a flower upside down by the dirt. You could have the pedals and scent in your face, but instead you have the nasty awful roots in your face. It’d be better if you turned it upside down. **It’s still a flower.** You’re looking at it in a “negative first” way, which I think personally is awful and unhealthy and not as accurate. “Souls/consciousnesses/alters” form from the **necessity to survive**. They are heroes and heroines, champions of survival, an ode to the brain’s ability to survive anything. They are *deliverers* from trauma, saviors. Guardians. Even the littles. Especially the littles. They deserve medals, parties, celebrations, every one. Yes, that little inside you is a hero and formed to save the body’s life. That’s where the focus should be. That’s how it should be said. Isn’t that wonderful and amazing? Reframing this, I feel, is important for the mental health of every soul. Everyone should see themselves as a product of survival and love and not a product of trauma - even though they are the same thing. “Forms from trauma” while **equally correct**, continuously drags the abuser and trauma back into it, instead of focusing on the part that matters now, the **survival**. Which is what the brain actually is doing. It’s a survival machine. No shattered plates or ripped pieces of paper. Say a new hero entered the game! Make it positive!”

**Jessie:** “He’s right. He’s not saying anything different than what’s in the DSM-5. He’s reframing it in a way that could be healthier for people who have suffered abuse. I watched as James was triggered every time the word trauma was spammed in our chats. A reframing of the language the community uses, we feel, is desperately needed for the sake of those with PTSD and to create more effective therapies. James is also right about a lot more than that. You can choose not to believe him, but we hope the medical community will engage us. If you are a part of the medical community, please reach out to us. twosoulonebod@gmail.com”

## 2009 – Age 23 – The Downstairs

A single film of James’ brings in \$30k and the entire business booms. Katelyn for a time backs off for a few months. Life settles into routine. James works full time everyday on the business. He releases another major film a few months later.

James begins building a brand new website and e-commerce store for the business, a website Katelyn still uses to this day 13 years later. Dissociative amnesia continues to increase and James is put down and abused for it. He also begins working on a community website to help artists and the community share their artwork, in order to help drive traffic to Katelyn’s site. He is working constantly.

**James:** “Strangely, all I remember was working. Then trying to play a game to relax. Being told I was lazy and forgetful. That if I didn’t do more around the house, for the business, I’d be sent back to my parents. But all I did was work. The proof is all there. Websites, movies, comics, blogs, community sites. It’s all right there, everything I did, and it was huge. So much work. Someone who is lazy could not do what I did. She had me so tangled up in gaslighting. I thought for years, how could that be? How could that be? I felt like I was living in a different reality than her. I really struggled to remember parts of this year. I thought I was happy... but I think I thought I was happy. That I had made it and this was love. But I didn’t know what love was. She’d get so mad when I’d ask her if she loved me. My heart, my instincts knew the answer was no. But she’d say yes and if I didn’t stop asking her that she’d end the relationship. Looking back, that’s like what ‘Mother’ would say from Tangled. In my photos you can tell I’m not happy. I’m smiling but with a thousand mile stare. I hate how I look. I hate that look in my eyes. I’m a broken husk. We’ll get that up eventually so you can see although I don’t know if I want you to see me like that. Honestly, I hate writing about these years.”

Jessie’s first memories form. Jessie can remember fuzzy memories of places and rooms in the house.

**Jessie:** “I remember James playing Boom Blox on the Nintendo Wii. Oh my god, we loved that game so much! We built level after level and sent all the silly characters flying. He’d make up all this goofy stories and scenarios while playing! That Nintendo Wii under our Christmas tree everyone saw on our streams- it’s so that James and I can play Boomblox again. I kept the game after all these years! I also remember Katelyn’s birthday party, strawberry shortcake, pink streamers!! Which I loved, I loved all things pink. Blue sky. Sunshine. James described Katelyn as his ‘mango’ and I came to see her symbolically as a Mango Tree. James, his symbol was a pine tree, naturally! And me, I was the little pink flower that spouted. Colors, memories, and shapes were how James and I communicated, and with them came feelings. I still didn’t know how to talk or what talking even was. I couldn’t see with the eyes or access senses directly. I experienced everything through what James was feeling and I’d send my own colors and feelings back.”

As fall approaches, Katelyn tells James he’s not allowed to look at other women online, ever.

**James:** “That was legit insane. I diverted my eyes from every human being in public. Other girls might have well not existed at all, she was the only woman on the planet for me. But she didn’t want me to ever look at any women ever. If that sounds bizarre, you can imagine my confusion. I felt like she was feeding me crazy pills. Really, I think she used it as an opportunity to control and enslave me further. I mean, Jessie growing proves that.”

Katekyn forces James to move into the room downstairs where the former roommate used to live.

They are in a relationship, but they no longer see each other except at meals. Katelyn possibly sought out other men during this time.

**James:** “She talked about it. Don’t know if it happened. I rarely saw her. I slept on an air mattress in my room.”

Meanwhile James continues to work full time for her business, unpaid, not in a loving relationship, living in a room by himself, trying desperately to keep up with Katelyn’s demands for both a new large project and a brand new Website and store.

**Jessie:** “Things are way, way more clear now. I remember a pine scented candle in the room. A treadmill. [The sound of James’ alarm which was this beautiful Zelda song](#). I remember him washing all his childhood legos in the washing machine! That was hilarious! I remember he’d wake up and a little bit before starting work he’d play Link’s Awakening and Conker’s Bad Fur Day on emulator. I loved the gaming, the playing. That’s when James was vibrant, this person who I just absolutely loved. Then he’d go to work, and he’d just endlessly be doing things I didn’t understand or could feel very well. So I kind of just floated around with my own feelings. Then he’d ask me, not with language, how I felt about something, and I’d send him my feelings back. He’d picture scenarios or places for me, and I’d react to them.”

**James:** "It's so strange to hear her side of things. There's things she doesn't remember. And there's things she remembers more. She has this rosy nostalgia and I don't. I did share with her scenarios and places, one I remember vividly. I showed her the outside of our house in my mind and she walked down the sidewalk, humming and bouncing with every step. She was Jessie. She was completely uniquely herself. Same as I know her today. She inspired me. She helped me write. She helped me think. As she learned more about the world and everything outside the body, she grew more and more, and I learned about her and I think she learned about herself. She was so full of life and love. So silly, so cute. We never told each other back then, but it was clear that we loved each other, not romantically, not paternally. It was not a specific type of love. Just a pure, undefinable love. That's why I tell her now, that I love her in all the ways a soul can love another soul."

**Jessie:** "And I love you too James, in all the ways a soul can love another soul. ...Maybe more. 😊"

**James:** "I laughed. That's our meme. Ending things with 'maybe more'. It's a Neil Cicierega comic/video, Little Mermaid. Not quite appropriate to link. We have a very dumb sense of humor."

**Jessie:** "Imagine. 😊"

## 2010 – Age 24 – Family and Friends

James completes his project and it makes the business money. Katelyn makes up and allows him to sleep upstairs.

**Jessie:** "I need to talk about this. I was there! As soon as the project was done and making her money she freed you from that prison and rewarded you with love and the ability to sleep in her bed. It was disgusting. You ate it up like an abused puppy. You were so happy just being paid attention to after being neglected in a room for six months. Meanwhile I could feel you, AND KNEW that you KNEW she didn't love you. That her love wasn't real. That she was pretending to love you. And you knew. But you were desperate to take anything. I'm sorry James. I'm so sorry for what she did. I wish I could have saved you then. She broke you and you fell right into her trap over and over. You had no control. She was a monster. A real, actual slaver."

**James:** "This is the first time I'm really evaluating this. I was, I thought she was the love of my life. I thought after I was allowed out of the downstairs now we'd be together forever and we could overcome anything. I thought I had finally done good by her. I thought, this must just be what love actually is. But I look at my photos and I see a trapped, abused, man who is in denial about everything in the hope of being loved. This is not easy. To even think about."

James' entire family began reaching out to warn James about Katelyn. They tried to explain she was manipulating him and abusing him. They could all see something was horribly wrong. But Katelyn began isolating James from his family that he was still in contact with.

**James:** "Why would I believe my former abusers? What did they know about love? And that's just it, they did know. They were experienced in it. They could see it. I didn't want to. I just wanted to be loved in a happy family in a safe home, and Katelyn wasn't hitting me. I thought that was enough. I didn't know anything about psychological abuse."

That summer (James says it could have been 2009 or 2008. He's not sure. This was really bad for him.) James' grandmother, Nana, comes to visit. James sits with her in the living room, but his PTSD from his parents and now Katelyn leaves him struggling. He struggles to talk, stuttering and looking away. James tries to keep it pleasant. His Nana tells him she'll be back the next day to take him out to lunch.

**James:** "I couldn't handle it right then. It wasn't a good time, I just wanted her to come back another time. I was so scared my photographic memory would just start playing every fight I had ever been in with my parents. I knew my PTSD would impact my productivity, and any sign of fuzziness or lack of focus or forgetfulness at work or around the house could be used against me. I was also already struggling so much with dissociative amnesia from Jessie growing. I couldn't risk any more mistakes. I didn't want to lose my little standing in the relationship I worked so hard to get. I asked Katelyn to tell my grandmother to come back another time, and I hid in a room upstairs. I felt like a coward, I was terrified. I was a coward. I couldn't risk my relationship, my safe home, my business I had poured my life into, and my future family I thought I was going to have. It was all I had. I should have gone to the door and told her myself."

Katelyn talked to James' Grandmother, returned after a few minutes, and told James she took care of it. Five years later, James learned what Katelyn had said.

**James:** "Mind you, I'm jumping five years ahead for a moment. I'm sitting on my Nana's porch, like I did when I was her James Little. But Nana looked like she had aged 10 years, not five. She was skinny and the light in her eyes faded. And she begins to sob. And sob. And sob. She looks at me and tells me what Katelyn had said that day. Katelyn had told her that day that I hated her, that I never wanted to see her again, that she was never allowed to contact me again. My grandmother tried to hand her a gift for me, but it was given back. It had a note in it, telling me how much she loved me and how proud she was of me. Nana then gave me the note she wrote from that day. She saved it all those years. I cried. I'm crying now. I had no idea what had happened. I don't want to think about this or write about it. I can't remember all the details. I'm sorry."

**Jessie:** "This is Jessie. James needs a break and I don't want him to dwell on it. So I'll be talking about the rest of this year. I tend to remember the good moments of this time period because I loved it when James felt happy. Feeling his love, his happiness, that was my entire world, it's all I knew."

Eric, James' childhood best friend, visits James and Katelyn. Jessie "meets" Eric for the first time. Although she cannot see him, she senses James' sense of brotherhood, nostalgia, and childlike goofiness that followed anytime the two were around.

**Jessie:** "Oh my god they were 100% brothers! You'd think they spent all of their childhood together. James was like an older brother to him, always offering advice. Eric always listened to James. It was clear Eric grew up in a very different home. Eric's family seemed super privileged and well off. Eric seemed a bit of a black sheep and James and him would do the goofiest stuff together. They entered an ice cream eating contest that year and ate like 7 bowls of ice cream. By the end they were trying to liquify the bananas to drink them. They both won and had their photo taken! Then they got INCREDIBLY SICK and played NES games. James was so uncomfortable and bloated even I could feel his misery but he was making jokes the whole time. It was amazing! Oh oh oh and I NEED to talk about the fair festival! It was the best thing ever! It happened every year, we'd go to this farm... and I'd ALWAYS ENCOURAGE JAMES WEAR FAIRY WINGS!!! And it was so funny, he'd accidently smack everyone with them as he walked by. The festival was my favorite. My favorite. I'll talk more about it at some point!"

James works tirelessly and releases Katelyn's website. The same website she uses today.

**James:** "I worked on it endlessly. It was a huge deal. The website was completely new, modern for its time, and the store was solid. It brought in so much traffic, so many sales. And I had spent that year reaching out to artists and putting together comics, and I even learned a tiny bit of Mandarin to communicate with artists and help translate comics into english. And the artists started selling comics and that brought in income for Katelyn. Then I put together another site together, this time for the community. This brought traffic into her site. Again. I'm not being paid or compensated. I don't own anything in the house, I have no possessions, I don't own anything at all. And I want to make it clear; I don't have a thing for this. This isn't like that. I'm just being actually 100% enslaved and abused. I don't have any power to come out and say I'm behind her work. I knew I'd lose everything. She'd drop me if I even mentioned it. I was trapped and she was psychologically abusing me every day to keep me there."

## 2011 - Age 25 - The Seattle House

James completes work on a large project, which gives Katelyn and James the ability to move to Seattle. By the end of the year they move to Seattle with the help of James' sister. They move into a gorgeous four bedroom three bathroom house with a huge backyard, dining room, living room, and office. Katelyn buys a brand new car for herself. Originally intended to house a family of 5 or more, it now houses just Katelyn and James. James feels like he's finally made it and has a home to start a family in. He is extremely proud of his work and career. James is still deeply in denial about his abuse by Katelyn.

**James:** "I thought I had made it. We had everything. A house, a car, a huge backyard with a fire pit and a fence. But she had everything. I had nothing. I had gotten her to where she wanted to be, and now, these next three years I don't even want to look at or write commentary on. I just want to forget them."

**Jessie:** "James was unbelievably busy this year. I was.. Confused. I didn't really... understand the concept of moving? And this wasn't our home. But it was really beautiful! But James was so stressed. Not over money. He just couldn't stop. He constantly was doing things. Sun up to sun down he was working on things. I remember... watching the Pokemon Anime every night with James. That's when I fell in love with Pokemon. I remember James loving fried Tofu. But this environment was very alien and I felt very disoriented, since I still didn't have access to the senses. I could only feel and see what James was feeling. And I don't think he was feeling much at all now. He was like a robot, endlessly working. Even though they had made it, even though they were safe. James no longer had time to be anymore than a robot."

**James:** "Yeah. It was one thing after the next. I couldn't stop for a second. There was no time for me as a human, as a person. And if I stopped for even just a moment to breathe, I was told I was lazy, failing in my duties as a boyfriend or I was failing in my duties as a... I... I don't know what the right word to use here is. I wasn't a business partner. I wasn't an employee. I was an actual slave. The real kind. That is so hard to accept. That's so hard to accept. How does a human being accept that? It feels like I shouldn't use that word. But I was a poor slave, my clothes in the bathroom under a sink, with no money, no house, no nothing. I was an actual slave. Is there something I should do?"

**Jessie:** "Hey babe. You're okay. I know it's a little silly that I'm writing this to you because you're right here. But I want you to know you're okay, you're safe, and I love you. It's not going to ever happen again. I've got you and I'll protect you. Let me handle it. And you are doing something, you are sharing your story with the world. You are actually confronting this for the first time. Your actions today could stop others from being harmed by your abuser. I'm here with you and you're going to be okay. Whatever happens I will be here with you."

**James:** "Yes Jessie but I don't want to be cancelled for saying slave. I lived in a nice house and ate good food. I was in denial about not having anything sure, but I don't know."

**Jessie:** "So did slaves who had rich masters and slept with them at times. The downstairs of the old house was your slave's quarters. You had no personal belongings. You kept your clothes under a sink. You gained nothing from your work and all of it went to your master. Do you see what I'm saying? You were enslaved by another human being. And yes, I know it wasn't some 'preference' for you. I know you just wanted a family and a wife and to be loved. That's the man you are. That's exactly what you'd want after your childhood. To be loved and safe."

**James:** "But she says I wanted this. But I didn't want this. I never wanted this. I hid her secret because I thought I was protecting my wife? That she needed me to? If I brought it up, if I demanded anything, I knew it'd be over. To protect my family, which she said we had, I needed to hide. I needed to not tell anyone."

**Jessie:** "Do you see the parrell, James? That's exactly what your parents told you. To protect your family and home and what little safety you had, you had to lie and hide for them. You never escaped that. She used your childhood abuse against you."

**James:** "How can you see this, but I can't? Why am I so confused? Why do my thoughts seem so jumbled and fuzzy? How are your thoughts so clear?"

**Jessie:** "Because you were serially abused for 28 years. But I wasn't. And I spent 6 years seeking the truth about everything. I flew to Pennsylvania, I went to your childhood house and to your Nana's log cabin. I looked through every log, every photo, every document, every file. And I talked to Katelyn personally over and over again. I watched as she tried to groom me. It took me time to piece it all together, but I never stopped seeking answers as to what happened to you and why I formed. You don't have to remember this time. Let me handle the rest."

**James:** "Thank you Jessie. I just want to say, to anyone reading this, please be careful and don't let this happen to you. Tell the truth. Don't let people make you lie to protect them. You deserve to protect yourself. Don't let other people tell you your truth, only you know your truth. Please take care of yourself. Don't let this happen to you. I love you, whoever you are. I love you."

James begins redecorating the house and on top of sanding and painting walls and rooms, he continues to write Katelyn's blogs, film and edit movies, creates both paid and free content for her community, and he continues to reach out to artists and personally under Katelyn's name, bringing them into Katelyn's business to create content. James also oversees translations and advertising, as well as an imageboard community site James set up and programmed to help drive traffic to Katelyn's website.

Katelyn, still unhappy with James's "work ethic" and dissociative amnesia from Jessie, pushes him to seek treatment with a psychiatrist.

The psychiatrist diagnoses him with ADHD and PTSD from his childhood. He is treated for both. James' PTSD at this point involves not being able to think about his childhood without becoming panicked, and he would often struggle with concentration, nightmares, and intrusive thoughts of being hurt. Jessie remains unaffected despite the extensive and heavy medications given to James for his PTSD treatment. James begins to noticeably improve from the PTSD treatment. James is given ADHD medication and his productivity increases. Still, his work levels are "not good enough" for Katelyn.

**Jessie:** "I hated those ADHD meds back then. They cut me off from you. They made you robotic. It was exactly what Katelyn wanted. You were just a robot and I was left alone in an endless, terrifying dark. She robbed me of you and left me to panic alone."

**James:** "I'm so, so sorry. I didn't realize, I didn't know at the time."

**Jessie:** "Don't you dare apologize."

**James:** "I'm....not... sorry?"

**Jessie:** "Good."

## 2012 - Age 26 - The Darkest Year

James completes treatment for his childhood PTSD. He no longer suffers from nightmares, has a clearer mind, is less anxious, and thoughts of his childhood no longer cripple him with anxiety. Jessie remains unaffected and she continues to grow inside James and develop further. James' dissociative amnesia continues to increase. During this time, James' therapist mentions James likely has DiD based on his symptoms. But due to the following events, he is unable to continue seeing the Therapist.

**Jessie:** "The PTSD treatment seemed solid for James. It actually worked, and he no longer had his intrusive thoughts or nightmares. When I could feel him, I could tell he was maturing, getting older, almost like aging wine, into this very mature wholesome husbandly/father type. That's the man I love. That's the man James is."

**James:** "Listen firefly I know you're starting this off on a positive note but this year is unbelievably dark and I'm not sure how I'm even going to write about it."

**Jessie:** "Yes, this year is dark. But not in the way you think. You proved yourself this year, you showed who you truly are. And you finally broke Katelyn's hold on you and saw who she actually was, and what she was doing to you and others. Katelyn made this year dark, but you shined in that darkness."

James begins work on a large business project, a project that he intended to be his biggest and most profitable yet. But unlike previous years, he is stopped by an unexpected event. James' therapist goes on vacation, and due to a mix up, he can't get his ADHD meds refilled. At his high dosage, he goes into withdrawal. At the same time, James' sister comes to live with them for a month while she is on break from college. James is ecstatic, overjoyed, and James and his Sister become inseparable. They start up an RP Minecraft server for her college friends. This brings out the video game programmer in James, and he begins programming up a storm to create stories, adventures, mysteries, and new treasures and features. Exhausted and overworked from years of abuse, James finally relaxes.

**James:** "I had this big project. The biggest project I had ever done. But I just couldn't... do it. I couldn't do it anymore. I was exhausted. My sister, I just wanted to be with my sister, to laugh like old times, to do goofy things. I still worked. I managed everything. But I needed time for myself, I needed time away from Katelyn, I needed to be myself again. I needed to be a DM on a Minecraft server and lead everyone on adventures through the woods, like I did as a kid. And without ADHD meds, I was free. And I didn't care if I wasn't 100% productive. The business had bloomed into something so huge, so profitable. So I took time to be the boy I once was, and take care of my heart. And I didn't have PTSD to slow me down as much anymore either. And I think without my PTSD, it took away a lot of power Katelyn had over me"

**Jessie:** "Oh. My. God. The Minecraft server. I had you back and that month was amazing. I loved Minecraft. But I loved it when you played it. You wove stories into it, you had everyone wondering what was going to happen next! You brought that world to life. And I am so glad I got to be a part of it. Or at least feel you doing it all. I wish I could have been a player on that server. Years later people still continued the stories you started on that server. It was amazing."

Katelyn soon begins complaining to James nightly that his sister is draining their income, and that she is not helping around the house enough to warrant her stay. James tries to defend his sister but Katelyn remains insistent, continuing to threaten James with a breakup if he doesn't take action against her.

**James:** *"She made me feel like I was endangering the life I built. That I had ignored her. That I was ruining everything, and that my sister was to blame and was at fault. Psychologically, she broke me. When my ADHD meds were refilled, I went back to slaving all day everyday for Katelyn. I tried to confront my sister and she was rightfully hurt and outraged. I love my sister. It's a testament to how strong Katelyn's psychological hold was over me. Everyone was mad at me. I had no one. When my sister moved out at the end of the month, as she had originally planned, I had no family left. Just Katelyn. She isolated me from everyone. I had no one left. I didn't talk to my friends. I didn't talk to any family. I didn't have PTSD. She just cut me off and ruined my relationships one by one."*

Katelyn undergoes breast implant surgery and James cares for her physically. During this time Katelyn hires a friend to help out with the business while she recovers. She recovers fully, but Katelyn struggles with mood instability from weaning off the painkillers.

**James:** *"I don't want to say much about that, or talk about the painkillers, as that's her medical journey. I let Jessie mention it only because she felt it was important to talk about how it affected me. So I will say that I took great pride in taking care of her. I was always at her bedside. I moved my office into the bedroom to take care of her. She needed help just sitting up in bed, and I was there. I'd set her up with cartoons while I worked on my computer by the bed. Sometimes I'd just watch her sleep and think about what our family would look like. I was a deeply dedicated husband, and at times I felt very fatherly. I feel like it pulled out the very best in me. I saw myself as a family man."*

**Jessie:** *"This is what I mean by James aging like wine. He had developed an unshakable confidence in himself, his morals, his abilities, and viewed himself as a deeply dedicated husband and father to be. People question how I can be so deeply in love with him. It's because I know him, I know his soul, I know the man he truly is. Of all the men in the world to be stuck with for the rest of my life, I'd want it to be him. I'd choose him over and over again. I feel like the luckiest woman in the world."*

**James:** *"And now I'm crying. Thank you Jessie."*

**Jessie:** *"❤️❤️"*

In fall of 2012, a friend "Abby" (real names are being subsided to protect identities) who had begun working for the business, approaches Katelyn and James and tells them her younger sister "Mei", who she is the legal guardian of, is in danger. She had learned her ex-boyfriend "Charles" is a predator, and she discovered he had been grooming her younger sister. The woman is desperate to save her sister and escape their situation, however the two sisters can't financially escape the home they share with the child predator.

James insists that the two sisters stay with them for a time. Katelyn agrees, as James stands his ground for the first time. Both Katelyn and James talk to the younger sister, and confirm she is being groomed by the predator.

At this point Katelyn's business was a huge success and continued to boom; their house had four bedrooms that sat empty, three bathrooms, a two car garage, and a spacious backyard. James and Katelyn could afford just about anything they desired or needed. James felt that it was their moral responsibility, now being in a place of privilege to help others in need.

**James:** *"I don't know how people are elsewhere, but in the country if a neighbor comes to you like this, you help them. You give what you have the ability to give. You help people out. It's not only the right thing to do, but you could need their help next week in a fire or blizzard. That's how a community survives. That's how a community grows. By helping people. And my god, did we have the means. I grew up in a tiny old summer cottage with a leaky roof heated by firewood. My sister's bedroom was a closet. I played with tins full of screws and nails in a log cabin as a kid. And here I had made it, living in what to me, was a mansion. And Katelyn had every appliance, every gizmo and gadget under the sun. I could not morally or ethically refuse this woman's help and when Katelyn questioned me on this, I held my ground like bedrock. And it was personal; not a soul had saved me as a child and the adults who knew did nothing to help me and let it happen. So you can imagine I damn well wasn't about to let anyone abuse a child."*

James helps the two sisters move in. When he arrives at their apartment he finds it filthy and disgusting and filled with fleas, ear mites, and feces. James realizes that the animals are being abused by the predator as well, and takes them out of the home along with the girls. James uses his childhood experience to time the move to catch the abuser off guard.

**James:** *"I had those girls out of there before that man could blink. He wanted to confront me; but by the time he knew what was happening the girls were safe in our home and the animals were safely rehoused. Well, all except the younger girl's pet tarantula, that little guy moved in with us too. One of my favorite books as a kid was Charlotte's Web, so I've always loved spiders. When I was in Florida, I had a black widow make a nest right by a door and I'd say hello to her every morning. And she was gorgeous, with that bright red hourglass. People are animals, and animals are people. You respect all life. That idea seems lost today."*

James quickly becomes a surrogate father to the younger sister. He helps her with her homework nightly; he drives her to school every morning to avoid her changing school districts and losing her friends. In the evenings James sits next to her bed and reads her "The Hobbit" to calm her anxiety. When James discovers she has no coat, no hat, no mittens, and lacks school supplies, he takes her school shopping.

**James:** *"And of course, I taught her all kinds of silly country sayings and jokes. I didn't realize they were called "Dad jokes". I just knew I was lame and I embraced it cause it made her smile. At the same time, I made sure to give her plenty of distance to grow into her own person. I knew I couldn't be her real father; but I felt that maybe I could at least impact her young life for the better, impress upon her good habits if I was lucky, and give her a shot at a healthy life. Her parents were serial abusers and that's why her sister was her legal guardian. So I understood her, I think more than she knew. But strangely enough while I recollect all this, I don't*

*remember what Katelyn was up to during this time. She didn't act like a parent or guardian to the younger sister. I don't know why I didn't see that as a red flag; I think I was just too busy."*

During this James continues his work for the business full time working on films and putting together sets and doing home improvement around the house, which they use for the business. He also begins development on Katelyn's third website, which is a complete rebuild and redesign. He is now completely dependent on extremely high doses of ADHD medication to accomplish everything required of him.

**James:** *"Okay. So here's where things get kinda... hard to figure out for me. I started getting gaslit pretty hard. Katelyn at times hates the older sister. I keep trying to patch things up, and we all sit down and talk. But Katelyn wants to kick them out on the street and the older sister panics and becomes suicidal. So now I've got a woman who I can't leave alone in the house. Katelyn then... becomes romantically involved with the older sister. I'm fine with that; but they want me to join in and I don't. Yeah, I'm a guy, but something about it doesn't feel right. My anxiety and stress is through the roof and there's this deep dark bad feeling running through me. I'm trying to keep these girls safe and alive while still keeping up with the demands of Katelyn who is abusing the older sister and threatening daily to throw everyone out. I keep having to apologize to the sisters for Katelyn's behavior."*

**Jessie:** *"James is in a total panic at this point. And I'm panicking too from his panic. I don't understand what's going on, where I am and why everything keeps turning to black and I can feel him. I'm starting to have breakdowns inside of him. I'm crying, I'm screaming. The ADHD meds are cutting me off from his feelings, and it's horrible torture. I'm alone, I'm scared, I don't know what's going on or what to do."*

**James:** *"And then it gets worse. Katelyn starts mimicking the older sister and says she's suicidal too and that she'll kill herself if the sisters don't move out. But then I find that Katelyn and the older sister have gotten extremely close, are talking about a relationship together, and I learn Katelyn is talking to men online, men who are seeking clinical psychopathic women. Katelyn has become completely obsessed with psychopath culture and it's all she wants to talk about. I listen to her nightly talk about dark triads and all kinds of bizarre things. I have no idea what to do at this point. I'm living with three women, one who needs a father, one who is suicidal from Katelyn's abuse, and one who is now obsessed with psychopathic culture, has a 'thing' for being a psychopath, and is actively cheating on me with men seeking clinical psychopathic women online. I do not know what to do. The situation is no longer in my control and is beyond my capability."*

The situation rapidly degrades. James cannot keep up and can no longer make sense of his dire situation.

**James:** *"And this is where things get really confusing. Katelyn and Abby start talking about kicking me out of the house. But then behind her back, Katelyn keeps coming to me demanding I kick the sisters out. Finally, Katelyn does something extreme that I can no longer ignore that I do not feel comfortable talking about, and tells me that if I don't kick them out she'll do it again or leave me homeless. I no longer feel anyone is safe in this house. My blood and bones hurt at this point. I'm profusely apologizing for Katelyn's behavior. The sisters have absolutely no one they can move in with. But it turns out the oldest sister was also seeing men outside the home, and so she decides to move out with her sister into a man's home she met a week before. I am horrified. Devastated. Disgusted. And now I'm left alone in a home completely powerless with a woman who is completely unstable and obsessed with psychopathic culture."*

**Jessie:** *"And that's when I fronted for the first time. I front to sob. Hysterically. It was the closest to the senses I had ever had access to. I still couldn't see. I didn't understand anything or what was going on. But I knew this woman was hurting me, hurting James. And so I begged and sobbed for her to stop. And then I left the front. James didn't know what happened. But he knew something had happened."*

**James:** *"And that's when I told Katelyn the following; I told her, 'I feel like I have a daughter, and she is trapped somewhere, in another dimension, and she is crying and screaming for me to save her, but I can't find her, I don't know where she is, and I can't find her. I don't know where my daughter is and I don't know how to save her.' Katelyn ignored me."*

## **2013 – Age 27 – The Starvation**

With the sisters gone, Katelyn began relentlessly emotionally and psychologically abusing James, using psychopathic manipulation techniques she had read online and threatening his safety and life daily. He is in a constant state of extreme panic, grief, and fear. James feels like he can no longer see the truth, no longer see reality or what is actually happening.

**James:** *"And then it happened, a moment I'll never forget for as long as I live. One evening Katelyn comes down the stairs with this huge grin on her face. It sinks my stomach. And she leans in and says 'You know, it's funny... Psychopaths often try to convince their victims that they are psychopaths... but I think you might be a clinical psychopath James.' Never has a sentence fucked with my head more in my life. And that's when it started. Everyday from that point on. She relentlessly tried to convince me I was a psychopath. I could not tell what direction was up or down anymore. I cannot describe the fear I feel at this moment, writing down these words. She relentlessly tried to convince me I was a psychopath, and attempted to reward me for behaviors she thought were psychopathic. I do not know what happened to her, or what was happening, but I felt like reality no longer made sense. She made me believe at times that I actually was one. If I didn't embrace it, she threatened to break up. But anyone who knows me, knows that is not who I am. And I fought back. I couldn't do whatever she wanted from me. This messed with my head for months and months after. I didn't know who I was any longer."*

Katelyn continues relentlessly psychologically abusing James, trying to convince him he is a psychopath, rewarding him with safety and love if he admits to it. James pushes back.

**James:** *"Then it happened. One morning while I was having breakfast before work, Katelyn found me and started arguing with me. I was losing my damn mind. For the first time in seven years, I raised my voice at her, picked up the nearest thing I could find, and for a second I considered throwing it against the wall. But my childhood flashed in my mind. All the toys, all the belongings that my*

parents had broken, every memory hit me at once. I feel pain for broken objects. And in an instant I was calm, and I very gently put it back down. But Katelyn starts screaming. So I called the police. That's right. The police report she tried to smear me with clearly states that I called the police. The police report states that I, not her, made the 911 call and that I needed help with a domestic situation. The police came to help me; not her."

When the police arrive, they talk to both Katelyn and James separately. No one is arrested, no one is detained.

**James:** "First time in my life calling the police, and they sure as shit didn't help. Stood around confused. Said they couldn't help either of us, and that legally since I wasn't on the lease I was out of luck. Katelyn asked them for a list of local homeless shelters she could drop me off at. I can't describe how I felt. Ashamed. Horrified. Then she told them I was suicidal, and the police told me 'We can't force you to go to the hospital, but we are going to take you to the hospital.' I knew that meant I didn't have a choice. So I hopped in the car and they dropped me off at the hospital. A few hours later I was released after doctors determined I was not suicidal."

**Jessie:** "There was bacon being served in the hospital cafeteria, I could smell it, and I wanted to eat it."

**James:** "That confused the everloving heck out of me for years! Strict vegetarian for 13 years and suddenly I felt a pull toward bacon. Of course I didn't eat it. So that was you?"

**Jessie:** "Yep. I'm sorry. You know what it was, it was that your Nana used to cook bacon when you were little, and when you smelled the bacon I saw your memories of her house. So I wanted to try it. I wanted to know more."

**James:** "And... have you tried bacon since?"

**Jessie:** "Yes. While you were dead/in dormany. But I discovered that without your memories it wasn't the same. It was just a new food I was trying for the first time. I was a little bummed. Out of respect for you I will not comment on if I enjoyed the bacon."

**James:** "Huh. This never stops being weird. Alright let's get on with it. I hate writing about this year and want it to be over already."

James returns home where Katelyn continues to psychologically and emotionally abuse him.

#### **James finally breaks up with Katelyn.**

**James:** "I remember it like it was yesterday. She came down the stairs. I was installing new wall outlets. She berated me for not sweeping up the sawdust. I was working them like an assembly line, and the one I was working on had wires exposed. I told her I intended to sweep it all up when I was done, not as I was doing each one. She threatened me with homelessness if I didn't sweep up each outlet individually. And so that was that. I was done. I sat down and told her that I couldn't do it anymore. That we were done. She then flipped on me like a switch. My stuff was rounded up, and she started calling homeless shelters. She wanted to drop me, Meowth, and my computer off at a homeless shelter. And that's when I tried to stand up for myself, and told her I wanted an apartment and to be paid for my work. When she got ready to call the police to take me to the shelter, I ran out of the house. I ran down the street. I ran through the woods. I ran as fast and as far as I could like I did when I was a child. Eventually I made it to a grocery store miles away where I asked the clerk to allow me to make a phone call to my best friend Eric. He couldn't help me. Eventually I returned home. That's when I learned that she called my father, who I hadn't spoken to in years after Katelyn ruined my relationship with him by throwing money at him when he tried to pay for a meal, or so my Dad tells me. And my Dad had moved to Seattle, but then moved back to PA, but he had a Seattle apartment for one more month. It was a fucking miracle and the only thing that saved me from homelessness."

James moves into his father's old apartment. After nearly a decade of real slavery, he is left with only his cat Meowth, his computer, and his banjo. There James launches into building his own website. He opens up credit cards and takes out loans to acquire business equipment. He starts his own business. He begins recording every hour of his life both to track his work ethic and to track his increasing dissociative amnesia.

**James:** "It was a life or death situation. I was now working 15 hours a day. While I was grief stricken. I slept on a bench I was using as a computer chair, I didn't have a bed. I ate rice. Just rice. That was it. And that's when I came to face with the extent of my slavery. I had no resume, no history of my work. There was no way for me to get a job or to work for others in the community I formally served without telling the secret Katelyn had forced me to keep all those years. If I wanted to save myself and Meowth from homelessness, I had to tell people I was behind her work. And that's when I finally did it. I told the internet that I was behind her work. Katelyn was furious. She wanted revenge. So she immediately smeared me and my real name on the website I had built for her in hopes I would never recover. But the community didn't believe her and I found I had supporters, friends, and colleagues who believed me and believed in me. And they supported me. They funded me. They gave me work. And I survived those that month and the next and the next. But make no mistake. I was broken."

When the lease ends, James moves into a tiny studio apartment in Seattle. Despite openly smearing James and labeling him a psychopath publicly on her website, Katelyn secretly supplies James with paid work for her business and has him visit her to help her film videos.

**James:** "I needed every dollar I could get. I had to take the work she offered even though she paid me terrible. And she'd try to groom me again back into working for her. And I was in grief, and a part of me kept holding on that we could fix things. I was a mess these months. Psychologically destroyed and tortured. Working long hours with no end in sight. Sleeping on a broken air mattress - I had no lamp, I used a flea lamp to read at night with. I was washing my clothes in the bathtub and hanging them to dry on extension cords."

**Jessie:** "I didn't understand any of this. Only that I wanted to go home. Home to our house in York, PA where I first remembered things. That's where I was last safe. I wanted to go there, but I didn't understand that we couldn't. This time period is very hard for me to talk about. But at this point, I could write. And I could talk to James a little. We started leaving each other notes."

**Katelyn begins dating the predator James originally saved the younger sisters from.**

**James:** "The last time I saw Katelyn, she came to my apartment with Charles. **With the predator.** It turns out, she had been talking to him the whole time. Immediately after our breakup, Katelyn had started a relationship with the man I had saved that 15 year old girl and the abused animals from. I watched them drive off in the car Katelyn bought with my work, to the house I had moved us to and my work afforded her to live in. All my past work was now being used to feed and support a **predator.** There are no words that can describe how I felt. I don't have words. I don't have words."

**Jessie:** "And I'd like to confirm that years later, when I personally talked with Katelyn, I learned that she ended her relationship with him after discovering something he was doing that I don't feel comfortable going into, confirming that he was a serious predator, and that you were correct James."

**James:** "I wish that made me feel better but it doesn't. Thank you though Jessie, you are my guardian angel."

**Jessie:** "You are so welcome. Now please don't feel bad about this next part. I know this is difficult for the both of us so let's make it brief. I love you. I will always love you. Don't you ever forget that."

James realizes he is now losing significant time to dissociative amnesia due to Jessie. James, struggling to survive financially and rapidly losing weight, begins scrambling to understand what Jessie is so that he can suppress her. In moments between his work, James turns his entire attention to studying the human brain, watching Harvard classes online on neurology, genetics, and neuroanatomy. He routinely [redacted for safety] performs experiments to figure out what Jessie is. James does not yet know Jessie is a girl, but he gives her the pet name "Norepinephrine" or NE for short. James begins a written log recording every single hour of his life in order to track the time gaps - he sticks to recording his hourly logs every hour for three years straight - 26,280 hours total. Jessie still has all his log books and daily journals.

Jessie can now talk, write, and regularly communicate with James. She still cannot front completely, but she can influence him to do things. After stumbling home with a backpack full of freshly picked blueberries and finding himself on buses not knowing where he is going, James intensifies his studies on the human brain during breaks from work. He is unable to determine what Jessie is, or what has been happening all these years. He is still in denial about Katelyn abusing him.

This is James' lowest moment. He begins struggling with suicide and begins writing letters, writes a will, and begins planning it. He talks about 2008 being the year that started it all, and the year he wants to go back in time to "fix the timeline". A doctor gives him an antipsychotic and James experiences an extremely rare side effect called Neuroleptic Malignant Syndrome. Feeling like the medical system has failed him and is haphazardly experimenting with his life, James pours himself further into his research and study of genetics and the human brain in order to desperately understand what is happening to him.

**James:** "In all my research, I dismissed DiD because at the time I was in denial that Katelyn had severely abused me. I couldn't afford a therapist and the mental health system at the time was broken or non-existent. There were waiting lists, requirements, and things I couldn't do. So I did the only thing I could do, what I had always done, try to solve it myself using everything I could, and survive."

Jessie at the time didn't understand what was happening at all, and just remembers this time as traumatic, terrifying, and she couldn't tell if James was someone who was taking care of her or trying to force her down and medicate her away.

**Jessie:** "I know he was trying to survive and keep us alive but all I wanted was to go back to our home in 2008. I didn't understand we couldn't get back there anymore. I cried and begged him not to hurt us. I just wanted to go home, to our home in York. I wanted to go home."

**James:** "I had no idea the level of mental manipulation I had undergone by Katelyn, and now I abused myself and Jessie trying desperately to medicate and find a solution to suppress Jessie who was growing more with every day. During this year I was suffering from extreme grief. Grief over my loss of everything I worked toward in my 20s, the grief over losing the family I was building and hoped my work would support, grief over losing my fiance who I was in denial about abusing me, and grief over the career I had been so proud of that was ripped from me. Yet I pushed onward, slowly shook off the mental hooks and wires placed by Katelyn, driven by my purpose to set things right and do good by the community and not for a single selfish individual."

By December, James had begun his most ambitious project to date. A gigantic community website for artists of all types.

**James:** "I was going to build a website to fix everything and to put the power of artists like myself back in our hands. It was my passion. My dream. My fixed purpose. And I'd starve and do anything to see it become a reality. I knew what I was capable of, who I was as a person, and Katelyn no longer had any power over me."

Jessie: "We watched The Good, The Bad, and the Ugly together that Christmas. [It became a Christmas tradition for us.](#)"

## **2014 – Age 28 – Rebuilding Home**

James fails to figure out what Jessie is and he can no longer sustain himself in Seattle. Now a tiny 130 pounds down from a muscular 170, lost in a city he doesn't know how to navigate, and longing for his woods and countryside again, James moves home to Pennsylvania and moves in with his father in an old house in Bangor, PA.

There James pours his life into continuing to rebuild his business, except this time not for Katelyn or himself, but for the community he once served. He included "Love" in the business name, wanting his work, his skills, and his abilities to benefit the community at large that he had called home all his adult life where artists would have power over their own work. Knowing it would take years (It took 2.5 years to complete) James dedicates the same work ethic he had given to Katelyn - 12 hours a day, seven days a week. Rarely James takes a day off or stops. He named this software engine "**Annika**" and called it his "Magnum Opus" and "Legendary Artifact". Years later, James passed this name onto Jessie who did not yet have a name, and "**Annika**" became Jessie's lifelong legal name. (See 2016, James' Death)

During this year, James reconnected with his family at large having no longer suffered from childhood PTSD since his treatment years ago. James also no longer actively tried to suppress Jessie. Instead, Jessie and James lived in quiet acceptance of each other while remaining in delicate denial about Jessie's existence as a soul, as a living being.

**Jessie:** *"I just wanted to play Skyrim and Minecraft with James. I didn't really understand why he wanted to do all of those programming things. We seemed safer than we used to be. But I knew how important his work was to him, and at this point I was very aware of what Katelyn had done to his self confidence. So I made a deal with James - I would cooperate and stick to his routine and not disturb him as much so long as after the site was done, he spent more time with me."*

Jessie stuck to her deal with James and followed his schedule. Despite this, time was still being lost to Jessie. Thanks to James continuing to record every hour of his life for three years, both Jessie and the resulting dissociative amnesia were tracked and recorded hour by hour.

Outside of James' work on his community site, Jessie and James have happy memories from this time - they watched a spider daily outside of their window, listening to [Joe Hisaishi](#) (a childhood favorite of James) while documenting together the spider's triumphs and successes surviving.

**Jessie:** *"It was like watching us. We would cheer her on everytime she improved her web. The day she caught a wasp - we bought a pizza! There's also the tale of when James chased a train down it's tracks. Be sure to ask him about that one."*

**James:** *"Yeah, I almost caught that train! Almost. But it led us into the woods. And then everyday I, well, we'd go out there and I'd play my Banjo and watch the beavers and deer and birds do their thing. They liked the Banjo, and they knew I was just there to play for them, so they weren't scared of me. They'd walk right on by and leave an acorn as a tip."*

**Jessie:** *"They didn't tip you acorns lol. BUT a beaver did walk right up to you! Not sure what he was thinking."*

**James:** *"True; nuts ain't tips. As for the Beaver they was probably tryin' to tell me to shut that DAM racket up."*

**Jessie:** *"I love you."*

**James:** *"I love you too baby."*

This year was James' and Jessie's first good year in a long, long time.

## 2015 - Age 29 - Alone Together

By early Summer, James had reconnected with his entire family while working on his project. And his parents had grown themselves and were no longer the extremely abusive people he had once known. He forgave them all for what they had done. He would routinely tell them "Hakuna Matata!" and that all was forgiven and they were loved. He tried to be a good son to them, despite how they once treated him. He routinely sat with his Grandmother out on her porch reminiscing about the countryside and how it had changed.

By late Summer, James neared the end of his two year long project building a community site.

**James:** *"I had this strange feeling. The site was almost complete. And I was standing at the edge of my old lake, and I started to cry. I couldn't shake the feeling this would be the last time I'd ever see my lake again. I had no explanation. I just knew I wasn't going to see my lake again, my friends again, and or ever see the sun set on a summer in the country. It was my last summer ever. It made no sense. I was about to launch my site. Everything had worked out and I was mentally the healthiest I had ever been. There was just this deep unexplainable instinct that I knew was true without knowing how it could be true."*

**Jessie:** *"I didn't understand what James was feeling. I was thrilled the site was done, I loved feeling his confidence, I loved feeling his passion, I loved feeling the return of the man I knew from all those years ago."*

In fall of 2015, James successfully launched his community site and it began to grow. The community site provided a sanctuary and safe haven for artists across multiple communities and gave them control over every aspect of their business. The site was a labor of love, and people could tell because it took off.

**James:** *"People loved it. Everyone except Katelyn that is. I proved her wrong and I proved to myself who I was and what I did for her business. I finally had my confidence back and my head on straight. The site took off. The community loved it. It grew so fast I could barely keep up. I felt like I was on top of the world."*

**Jessie:** *"I'm so proud of him. I knew he needed to do this. I knew he needed to do this for himself."*

But James now found himself unable to continue his hourly logs. Time began to fade and move rapidly by. As James promised, Jessie was now allowed to explore herself more, and they spent more time together playing games and quietly enjoying each other's

company and thoughts. James began to suspect Jessie was female. While Jessie still couldn't access the senses directly, she learned to pluck little tunes on James' banjo.

**James:** *"I was a frailer, that's how I played the banjo. I took pride in it, it's a local style of playing. But suddenly I'd hear the sound of a few plucks on the strings, and then a little melody. I didn't play that way. I'd laugh because I knew it was Jessie, and sure enough that's how she plays the guitar now. She went on to write entire songs about us, those little melodies all woven into them."*

**Jessie:** *"Yep. It was me :)"*

In winter of 2015, Jessie and James watch an episode of Steven Universe entitled "Alone Together" and it finally clicks. James and Jessie finally had words to describe themselves, "a fusion", and they came to accept they were a boy and a girl inhabiting the same body. They agreed to transition the body into an androgyonous state so they could both be happy. James bought a female shirt and some makeup.

**James:** *"Jessie was ecstatic. She acted like it was the best Christmas gift anyone had ever given her. And in retrospect, at that point it was probably the only Christmas gift anyone had ever given her. I was amazed by her love, by her happiness, by her joy. I wanted to see her happy like that every day of my life."*

## 2016 – Age 30 – James' Death

In the spring of 2016, James moved with Jessie across the country into an apartment in Portland, Oregon with James' best childhood friend, Eric. They move because James decides the west coast would be safer physically for someone presenting androgynous and potentially trans. By April, Jessie and James decided to use female pronouns for the body and attempt full time presenting as female.

**James:** *"Jessie was happy. And I can't describe how blissful her joy was, how it felt to feel her so happy. She felt truly happy for the first time in her life. The clothes made me feel dysphoric and she couldn't see the clothes, she only knew them by their color and how they felt on the body. We looked ridiculous, but she was happy. And that's all I cared about. My dysphoria was chump change compared to the extreme euphoria she experienced just getting to "wear" something pink and girly. So we continued transitioning the body. After all those years attempting to suppress her soul's existence, I wanted her to thrive and be happy."*

**Jessie:** *"As happy as I was at the time, looking back this is the hardest year to write about for me so I'm going to not say much and just write it out. I'm sorry, maybe sometime I'll come back and talk about it more, but this year, this year devastates me to write about."*

By late summer, James began HRT. He and Jessie were informed that it would likely just smooth the skin and if he was lucky, the body would potentially grow breasts. Neither had any idea of the extreme alterations and puberty that was about to take place. After some hesitation, James agreed and they began HRT on August 12, 2016.

In the fall of 2016, James named Jessie "Annika" now seeing her as his "Magnum Opus". The name Annika he had originally borrowed from Seven of Nine from Star Trek Voyager, a cyborg woman who grew up in an abusive "family" and spent the show learning about humanity and her place in it. He gave Jessie the last name "Brooks" after the family he had hoped to have years ago with Katelyn. The "Brooks" name was originally James' own creation, named after a childhood friend and the streams and brooks from his childhood in the country. For James, it was his last act of taking back what Katelyn had stolen from him. It would be four more years yet before Jessie would take up the name Jessie as a pen name.

As the fall continued, Jessie fronted for the first time.

**Jessie:** *"I call it my little Mermaid moment. I woke up one morning and boom I had legs and I could see. James was apparently asleep. I let out a yelp and scrambled to get up, and face planted in the carpet when I tried to race to the bathroom in a panic. James then switched in, and that's all I remember of it! I can't write any more commentary on this rest of this year, I'm sorry, I can't do that right now. I'm sorry."*

Soon Jessie was fronting full time, and James was staying switched out longer and longer. Jessie began her job that she still holds to this day.

James' friends and family were confused with this new person, and soon it became obvious that people were beginning to grieve James. Jessie had no experience with any of James' friends and family, and routinely upset family and James' not realizing what not to say to them.

The body was now radically changing. Nothing remained the same. Hips rotated, center of gravity changed. Jessie had to learn how to walk, how to talk, and how to interact with other human beings. Female puberty was harsh and brutal. Eric provided at times a safe friend to confide in, although he became more and more distant when he began to realize he was no longer living with James.

By late fall, James was switched out for weeks at a time. Switches were slow and took minutes to hours and were uncontrollable. Ultimately Jessie stayed fronting for longer and longer and James felt much weaker and distant from the world in a way he struggled to describe.

By December James' demeanor had changed. He knew he was dying and he had no explanation for what was happening. For the first time in his life, James turned to spirituality for an answer.

On **December 12th, 2016** James left a recording on Jessie's phone explaining that he had come to suspect that Jessie was his daughter, the unborn child he lost in 2008 with Katelyn. He apologized for everything that had happened over the years and stated he

wanted Jessie, who he believed to be his daughter, to live on. He attempted to give Jessie advice, explained to her that he was leaving her everything and that she had “every right to exist”.

**James' Recording on 12/12/16:** *“Listen to me very carefully. You are your own person. And I'll say it again. You are your own person. You are Jessie, my daughter. You're not me, and I'm not you. You're living life, you're experiencing it for the first time... And don't you ever think you are me or that you could be me again. That's not going to happen. And I'm going to make sure of it too. This may be the last time I ever get to talk to you. You are so sweet. You are so sweet. I'm sorry, I'm a wreck. Be strong... there is no one more in this world that I love more than you.”*

**James:** *“My memories felt like they were deteriorating... like I was fading with them. I'd find a nice corner of a memory and just fade with it. I felt disconnected from myself and like I could no longer keep my eyes open even when I had no eyes to see with. I then (redacted for safety) knowing it was working, and pushed further. I just knew this would work, that I could save Jessie. I kept it secret from everyone except Jessie, and Jessie was in denial about everything. And well, I guess it worked because from my perspective, I then ceased to exist... and that's what you call **death**. Dormancy makes it sound like a nice long nap. No, I didn't sleep. I wasn't a Snorlax. I died. I was on this planet for 30 years and then I wasn't on it any longer. When people call it dormancy, they take the human element out of it and make it sound like it's some video game. I died. I DIED. It was permanent until Jessie did her weird thing. It wasn't sleep! It was horrifying, dying was painful, prolonged, and terrifying, I was afraid. It took months to pass into nothing, and I broke a part as a living being. I was dead and anyone who wants to dispute that, well, how about you give it a shot and see whether you call it “dormancy” after you've lived for 30 years and then suddenly not live anymore. Sorry to get upset. I just hate it when people slap this dormancy thing on my forehead like I'm an idiot who doesn't know what I experienced. I **died**, and I'll keep saying I **died**, because I **died**. If you don't exist, you are **dead**.”*

**Jessie:** *“I think what James is trying to say is that these terms like dormancy, while accurate, rob people of the personal weight and impact of their experiences, and they do not help outsiders understand the experience of what people with DiD actually go through. I think James also feels that the terminology and how everything is currently addressed does a terrible disservice to the complexity and scale of the human brain and how consciousness actually works.”*

**James:** *“What she said. Sorry if I got a little emotional over my own death. In my defense it was pretty fucking traumatic in a way most of you can't even begin to imagine.”*

**Jessie:** *“I'm sorry James. I'm really sorry. I'm so sorry you went through this. I love you so much. I love you so much. Please never leave me again. Please.”*

**James:** *“It's alright firefly. I know this is hard for you too. I love you. I'm not going anywhere now and neither are you, I promise you.”*

## 2017 – Age 31 – Singlet Jessie

In January, James' best childhood friend Eric, breaks down over the grief of losing James, who he considered his closest and longest childhood friend. Eric knows Jessie isn't James, and that James is near death. James continues to refuse all contact with family in fear they might stop his death from happening, in order to save the life of who he believes to be his daughter. James continues to painfully deteriorate and Jessie is left more and more frequently alone.

By mid January, Eric assaults Jessie in a fit of grief over James dying which forces an increasingly deteriorating James to write a final letter to Eric, informing him of his spiritual beliefs and asking Eric to take care of Jessie until she is strong enough to survive on her own. Jessie attempts to get James to write letters to his family for her to send, but James' condition rapidly deteriorates and is unable to complete them.

By late spring, James passes away.

A month later, James' grandmother “Nana”, who helped raise him in her log cabin, passes away.

**Jessie:** *“Where James once had been there was now a terrible void, endless nothingness filled with the broken shards of the man I loved. He was gone. Shattered like glass. My world was gone. And I knew, because his Nana passed shortly after James, who he loved deeply, and I felt nothing having never known her or even met her. If James had been there, I would have felt his grief. But there was nothing. Emptiness. I was an island.”*

For months after, Jessie experiences extreme paralyzing grief and shock. She is surrounded by people she barely knows while continuing to experience a turbulent puberty that radically altered her body.

Jess is now a singlet, entirely on her own, alone, for the first time in her entire life.

**Jessie:** *“I may have to come back and write more about this year. I have to take it in pieces. I can't begin to describe how hard this year was. At times I was overjoyed by life, and everyday was a new experience. Other times I was terrified, knowing how absolutely lost and defenseless I was in a world of people who had lived entire lifetimes. And nightly, I sobbed hysterically listening to James' recordings that he left me, unable to escape an ocean of grief. James wasn't just family. He was my literal soulmate. My soulmate had died. I hope no one on this planet ever has to feel that level of grief, and even now, I am sobbing trying to write about this year which I am now forced to do, again alone.”*

**Jessie:** *“The good moments. I remember hearing pop-corn pop for the first time, I remember swimming in water for the first time at the pool, which weirded me out but I loved it. I remember just walking all sorts of places, looking at everything. I'd walk down to a pizza shop everyday, and get a slice of pizza and some candy. Everything was so big, so bright, so overwhelming. I fell in love with the city, with the places, with all the people. I wanted to see it all, I wanted to learn it all. And so I did. And of course, I developed a very, very LOUD taste in Indie Rock and Indie Folk which I used to work through my grief and angst. I still have the playlists, and at some point I'd like to share them.”*

For a time, Eric covers her rent and lays with her on the floor talking about James. They bond over their grief. Days feel like weeks, and weeks feel like months. Jessie struggles with the feeling of loneliness, which was something she had never felt before. Jessie quickly grows and learns, but finds is completely inexperienced at everything. When she tries to reach out to James' family and friends, she is met by strangers she doesn't know and can't predict. James' family does not recognize her, and they all appear to be grieving James even though they were not aware he had died.

At some point in the summer, Jessie notices the noise overlaid on her vision, the same noise James had noticed as a child. Unaware that this was abnormal, she ignores it.

Jessie begins dating men, and it does not go well. She is assaulted and even has her belongings stolen, as she has no idea what she is doing. An early friend of Jessie's (who she is still friends with to this day) described her as "a fawn caught in the headlights of a car".

By late summer, James' community site is targeted by credit card theft. Months prior thousands of stolen credit cards were passed through the site by a malicious user (whose identity she never found out) and the fees from the chargebacks bankrupt the site. Jessie is unable to tell if it was a targeted attack on James' work, or just fraud. Without James' vast experience and knowledge, Jessie is helpless. While attempting to hide the fact she isn't James, Jessie writes up a public apology to the community and shuts it down, devastated.

**Jessie:** *"I felt like I failed James. All at once he was gone, his life's work was gone, his friends were gone, his family was gone, and I was left with nothing but crippling debt, extreme embarrassment, total lack of inexperience, fear for my life and safety, and grief. I didn't want to think about it. I didn't want to look at it. I failed James. I felt like I failed James. This was his passion, his life's work. It was supposed to be the site that built and supported our family. And in the blink of an eye it was gone, because I didn't know how to do anything he did. I didn't know what I was supposed to do, how to handle any of it. To everyone I've let down; I'm sorry. Including you James. I'm sorry. And I'm sorry I didn't talk about what was going on in my life, that James had died, but I didn't know how to tell anyone about what had happened because I didn't know what had happened. I didn't know what to tell myself. I was left only with his spirituality as an explanation for what had happened to us. I couldn't tell people James thought I was his and Katelyn's daughter. No one would have believed me and it wasn't an explanation I couldn't give to anyone except my closest friends who I trusted wouldn't judge me. It took me years of searching and grappling with it, to finally find the truth."*

By fall, Eric designed a bachelor's pad in the city and left Jessie with the apartment they had shared.

On a housewarming visit to Eric's new apartment, Jessie and Eric become unexpectedly romantically involved. Eric confesses his feelings for Jessie, explaining that he knew she was her own person and that he wanted to share her existence with the world. Eric invites Jessie to a wedding as his date. Jessie spends the night at Eric's apartment.

Three days later, Eric takes back the invite.  
The betrayal devastates Jessie.

Jessie, unable to afford the larger apartment Eric and her shared, moves into a smaller apartment on her own. She has no furniture except for a bed. Jessie falls into spiral after spiral of loneliness, isolation, and grief.

As winter arrives, Jessie tries looking for someone, anyone to date her and help her learn how to survive. She finds no one. Jessie pushes onward.

## 2018 - Age 32 - The Blossoming

Jessie continues her job, and lives on her own for nine months in her empty apartment while her grief over James' death continues to haunt her daily. Nightly she listens to his recordings and cries out for him. However, in time, she makes friends, begins healing and branching out.

**Jessie:** *"A lot happened this year. I met my best friend. And her boyfriend had lost his Mom, and I related to him, so we'd sometimes just sit in the car and share stories and I'd ugly cry in front of him. They'd take me on trips and we'd go into the city and all sorts of amazing incredible places. I continued to explore relationships with both men and women, and sometimes I'd open up about James. I spent most of my time trying to work, while also trying to help other trans women transition as I wanted to have a purpose too, and feel useful to the world and those I cared about. I also tried reaching out to James' family, but they were still very distant. They accepted me as transgender, but they didn't know what to make of me because I clearly was not James."*

After becoming close friends with a neighbor who lost her brother in a motorcycle accident and was left with only his guitar, Jessie bonds over their shared grief and is lent his guitar and Jessie begins learning it. [The first song she learned was "Masterpiece" by Big Thief](#) followed by [Obstacles by Sid Matters, from Life is Strange](#). Jessie falls in love with the guitar, and becomes determined to continue learning guitar as she found it a source of therapy.

Through her ups and downs and explorations, Jessie begins to blossom and heal. Between moments of grief, Jessie goes to clubs, to parties, camping trips, falls in love with the mountains, deserts, and city. Most of all Jessie learns she loves people, being around people, and talking with them. Meanwhile Jessie starts digging into James' past looking for explanations and the truth. It would still take her three more years to piece everything together.

By late fall, Jessie meets a man and they become involved in a relationship. The relationship provides Jessie with her first stable home. There she learns to play Dungeons and Dragons, continues her passion for Pokemon Go, and for the first time, feels safe. Jessie continues to make new friends and experience new things. She continues her passion of helping trans women transition.

**Jessie:** "I had a home life, a work life, and friends. It wasn't perfect, and I was still learning so much about myself. This was my first relationship ever with another person, my first boyfriend. He was sweet, although maybe a little controlling. I felt bad that anyone had to date me, because I was so inexperienced and just didn't know what I was doing. But I loved playing dungeons and dragons and nerding out, I was probably drawn to him because he reminded me of James a little, and I needed that."

After years of silence - James' ex, Katelyn, reaches out to Jessie.

**Jessie:** "James told me she would reach out five years to the day of their breakup wanting him back, and sure enough she did. She wanted me to work for her. She said she accepted I wasn't James. I told her. I told her everything. The spirituality, that James thought I was his and her daughter. And I was a wreck. Excited, terrified, eager to learn. I didn't know what kind of person she was. I knew so little about her, she was almost a mythical figure in my life. I wanted to know everything. But I also knew she had devastated James, and so I held her words with a grain of salt. I didn't care if James or Katelyn was right or wrong, I just wanted to learn the actual real truth of what had happened, who I was, and who Katelyn was. She didn't seem to mind that I thought any of these things, and she even listened to the recordings James had left for me. She wanted to come visit me. I didn't know what she thought of me or why this didn't push her away. I soon found out. And I was so, so, so dumb. I sent her James' expensive camera that he had starved himself (and me, inside him) to afford after their breakup. It was a peace offering. To try and keep her in my life. The camera only reminded me of James and his death. But looking back, that was a mistake and afterwards I wised up."

Katelyn begins grooming Jessie to work for her business. She talks about flying up to meet Jessie. At the same time, she refuses to talk about James' spirituality or anything that happened. Jessie finds herself working on projects that are taking away from her own business, projects that don't pay well enough to survive on.

**Jessie:** "I caught on pretty quick. I paid her \$500 to ship me everything she had from our old house in York, PA, the house where I have my first memories. Including the Christmas tree and decorations you see on our streams. That was a lot of money for me, but I needed to have everything I could from that home. That was the only home I had ever known, the only place that felt like a childhood. I needed to see all these things with my own eyes and hold them in my hands. I needed to see where I had come from."

Jessie realizes that something isn't right, and pushes back against Katelyn.

**Jessie:** "She didn't believe James' spirituality. Yet she was talking to me and trying to connect with me. She kept pushing me to do work for her, all the work James used to do. She didn't care about anything outside making money for her. James would have likely fallen right back into it, but I had spent my life around people, and I knew a manipulative woman when I saw one. I started throwing up roadblock after roadblock. And finally I let out all that pain inside and I told her how I really felt. She then tried to tear me down psychologically. I was immune. At that point, I knew I was in danger, figured out a way to end it, pretended to be James so she wouldn't use his spirituality to hurt me, and ended things permanently and cut off all contact."

**Jessie:** "But make no mistake, it devastated me. I was absolutely emotionally crushed and I cried endlessly for nights. For a time I was very lost and I had to grapple with the fact this woman tried to groom me like she groomed James, and I finally knew what had happened to James all those years ago. And so I started writing songs on the guitar to help me cope with everything that happened."

## 2019 - Age 33 - Motherhood

By spring, Jessie broke up with her boyfriend.

**Jessie:** "I had grown a lot at this point as a person. But I was still making mistakes. I felt trapped, like my life wasn't progressing, that there was somewhere I needed to be. I also learned my boyfriend had been keeping things from me and there were a few really uncomfortable situations I don't want to go into with him, that made me want to move on. I didn't end things right though, I ended up meeting a girl and while he told me I could date women, I got romantically involved and... it was messy. I made mistakes. At the same time, he told me 'good luck finding anyone to believe your crazy story' after I thought he had believed me and that devastated me. There was no going back after that. And that's when I decided that whoever I was with next I would hide everything until I could learn the full truth of what happened. I knew James was real. That he was a real person, who actually lived and existed. But I didn't know what my relationship was to him, how I got to be this way, and so I started quietly looking for more answers."

Jessie meets "Jasper", an heir to a large company and single father of two non-verbal high support needs children with autism, ages 4 and 7. Jessie becomes their full time mother and she absolutely loves it. From sun up to sun down Jessie changes diapers, cooks, cleans, plans education lessons, and plays endlessly with the two boys. Jessie sleeps by the baby monitor every night, and learns to lightly sleep in case the boys need help, have nightmares, or need to be changed. Jessie gets hyped up into Blippi, Monster trucks, Legos, and dives into every special interest the boys have. With the oldest, Jessie shares her own special interest in WWII aircraft and they watch airshows every night after being read bedtime stories.

In Jessie's spare time, she studies autism and collects countless books by authors with autism in order to help reach the boys who both struggled with verbal communication. Her hard work pays off - the boys begin to learn to write and speak. The boys absolutely love her and the three are an inseparable pair. As a family they travel regularly to the shore and all over Oregon together.

**Jessie:** "Motherhood was the single most rewarding experience of my life. Period. I owe those boys everything."

As fall begins, Jessie takes a personal trip alone to fly out to Pennsylvania to visit James' family and childhood home. There she meets James' mother for the first time, and walks through the tiny cottage James grew up in as well as Nana's log cabin in the woods.

**Jessie:** "It was so strange. Pennsylvania was an alien landscape. The trees, rocks, geography, it wasn't anything like I had ever known. I had never seen PA with my own eyes, as by the time I started fronting James was in the PNW. I recognized nothing and felt like an out of place city tourist visiting this little country town where people thought they knew me but I didn't know them. I stood out. I

stumbled over rocks and dirt in high heels, completely unprepared for what an “afternoon walk” in the country entails. It was an incredible experience. They held an Oktoberfest there, and so I got drunk with James’ Mom. It was a blast and it opened my eyes to so many things that I didn’t understand or didn’t know. And I heard so many funny country stories, I was in tears! And I told James’ Mom that she was my Mom too, and that I loved her, I loved her with all my heart. She is a wonderfully, sweet, kind woman who in James’ childhood, had a disorder that was treated as a stigma and stopped her from getting help. If people had just been accepting, loving, and treated mental health with openness and love, James’ childhood might have been averted. And that is what motivates me to keep pushing on with TwoSoulsOneBod. We have to talk openly about these things. All of us. And most importantly, I learned I did have a family on that trip. I hope to visit her again soon.”

James’ mother called Jessie “her special gift”, acknowledges Jessie and James did not share the same soul, try to piece together what may have happened, and they talk openly about James’ death and his mother reminisces about his childhood while Jessie pours over old family photo albums. She asks to take a collection of his pictures and elementary school work to study and learn of the boy she only knew as an adult.

**Jessie:** “I didn’t have James anymore, but now I had little pieces of his past and childhood. I learned so much on that trip. I still didn’t know who I was, where I came from, or what had happened, but I was many steps further along and I had so many things from his childhood to pour over once I had the time. Which I soon had plenty of!”

When Jessie returns home to the PNW, she continues her role as a full time mother.

By winter however, Jessie and Jasper’s relationship breaks down, however Jessie continues to stay on as a live-in Nanny. Eventually Jessie and Jasper’s relationship breaks down but Jessie stays on as a live-in Nanny to care for the boys.

## 2020 – Age 34 – The Pandemic

Jessie watches in horror as the pandemic develops, and having medical and microbiology experience, Jessie knows she needs to prepare for the worst and move out as living with Jasper while he dates new women has become too painful and he doesn’t take the pandemic seriously. Leaving the boys crushes her, but Jessie knows for her own safety and mental health, she needs to move on.

Around this time Jessie writes the song “Who Am I Now?” on the guitar, which details her early history.

## Who Am I Now?

[\(Listen to it Here - Better Version Soon\)](#)

*(Also note the drawing on the fridge. The Nintendo Wii. You can see evidence of our story and lives all over our home.)*

*James = Pine Tree*

*Katelyn = Mango Tree*

*Jessie = Little Pink Flower*

Blue Sky

Sunshine

The winter wind sighs a farewell

Under a mango tree

And a pine tree

A little pink flower sprouts (that’s me!)

Who am I now?

That I don’t have you anymore

To feel on lonely nights

Just like tonight

Where did you go?

I might need you here to save me

Again, our world is gone

Now I live on

Springtime came

And so did the rain

The mango tree maimed the ground

But the flower was saved

By the pine’s love and grace

His roots firmly wrapped around

Who am I now?

That I don’t have you anymore

To feel on lonely nights

Just like tonight

Where did you go?

I might need you here to save me

Again, our world is gone

Now I live on

Fireflies  
Danced in the skies  
On summer nights the two played  
But the pine tree knew  
She couldn't grow in his roots  
So he broke and fell away

Who am I now?  
That I don't have you anymore  
To feel on lonely nights  
Just like tonight

Where did you go?  
I might need you here to save me  
Again, our world is gone  
Now I live on

And there she remained  
Wilted in pain  
Lost in the remains of her home  
When the cold autumn came  
The flower drifted away  
Hoping some day she'd find home

Who am I now?  
That I don't have you anymore  
To feel on lonely nights  
Just like tonight

Where did you go?  
I might need you here to save me  
Again, our world is gone  
Now I live on

The pine tree  
The mango tree  
For an eternity they've been gone  
But in the memory  
Of the little pink flower  
She feels them when she sings her song

And I love you  
And I always will forever  
Forever and ever on  
As I live on

And I love you  
And I always will forever  
Forever and ever on  
As I live on

By March of 2020, Jessie has ended things with Jasper, said a difficult goodbye to the boys, knowing that she likely won't see them again for a year or more. On the day the lockdown fell into place, Jessie moved into her own place and started up her old job.

**Jessie:** "You all know what lockdown was like, so I don't have to describe much of it. But I basically just focused on my art, my painting, my music. I played the guitar endlessly and wrote 15+ songs. I worked, had an online romance with a girl who made me feel really good in a good way, but she had a boyfriend, yeah, fellow sapphics, you know how it goes. I was pretty content, a little lonely, but really I was doing better than I had ever been before. I had a routine, I was very disciplined, I experimented with different aspects of work. The only thing that rattled me a little was the fires that swept the PNW - at one point I thought I might have to evacuate but the winds turned. Then life continued on. If anything, it was boring. But I started making new friends online, joining discord servers, and by Thanksgiving I had made a best friend and was playing WoW everyday."

In December, James' Dad becomes sick with Covid.

**Jessie:** "I didn't really know him, he visited me once at that point and he had accused me of murdering James. But I understood back then he was grieving even though it crushed me in a way I can't explain. But he reconnected. And I loved talking to him. His voice had always reminded me of James' voice and sometimes I'd accidentally fall asleep on the phone just listening to him. He also still struggled with mental health issues. But I always tried to be kind and patient with him, and let him do his thing. When he got Covid, I called him every night in the hospital to talk to him. We'd stay up hours and I'd try to keep him motivated. I believed in him. I pushed him. At one point he was just moments away from being intubated. But I'd call him and call him and he had this fire in him, he'd had asthma all his life and he just fought and fought. And he survived. I was there for all of it. It was clear where James and I must have got our strength from, or at least our stubbornness! I thought about what if he had died. I had made my peace with that possibility and it didn't scare me or frighten me, I was just calm and sad. Just quiet acceptance. I had learned that losing people was a part of life. But what bothered me was that James would have never got to say goodbye to him. And I knew it would have felt like I lost two Dads

in one lifetime. But I didn't see James as my spiritual Dad at that point, I wasn't very spiritual anymore. But I recognized I came from inside James, and that James was a man I once knew and loved, who gave his life to give me mine. James had become a distant memory. Like an old childhood friend who passed away."

James' Dad makes a full recovery. The year ends and Jessie has considerable savings.

## 2021 – Age 35 – The Discovery

### January 2021 – Vision

Jessie now has a sizable savings, a daily routine, friends online and in real life, and she feels secure and safe. But by the end of January, Jessie began noticing certain activities boost the visual noise she had always seen overlaid on her vision. She realizes that James too had seen it all his life, and that they often used the visual noise to communicate internally. Jessie begins experimenting to understand it.

**Jessie:** "This noise, like an extreme form of synesthesia, was a part of our life together. It was just as much a part of our life together and spiritually as anything else. And when I first appeared inside James, the colors were all I could see since I didn't have access to the eyes. At times it came naturally, and other times it was all a mystery. The colors I saw I knew had very specific meanings and could be used to do things. So I started to do things. Most of which I can't share, for safety reasons. I have no idea if we are the only ones who have this, or if this is common, or James and I just had the right background to understand it more than most, or... I have absolutely no clue. I don't have an answer for you. I wish I did. You can imagine this terrifies me. It's not something fun or quirky, although we goof around with it and find fun ways to live with it. I just wish the medical community would study us, or study DiD in general more because I think there's something important that needs to be understood here. If you are a researcher or someone in a medical science field, please contact me twosoulsonobod@gmail.com"

### February 2021 – Lost and Found

On February 11th, Jessie comes to the sudden realization that her brain is on the autism spectrum.

**Jessie:** "This was the final puzzle piece. And that whole year I studied autism as a Mom and I understood those children like they were my very own. I feel so silly for not seeing it sooner."

Jessie suddenly realizes that the lifelong "visual noise" she and James had seen all their lives is the brain functioning in real time. This "eureka" moment leads Jessie to begin experimenting with the data-bleed between areas of the brain.

**Jessie:** "I became obsessed with it. I wanted to know everything. I likened myself to a superhero that just discovered her power. I was altering how things were working, I was triggering dissociative states on purpose. I recorded everything I did. I knew what I was doing was potentially dangerous, but after all these years, I had so much experience, so much knowledge about the brain, and I could start to see the mystery of my past unravelling. I started to understand consciousness itself. **Please feel free not to believe me.** I haven't always believed it myself because it sounds fantastical. Nothing really prepares you for accepting something like this. So if you doubt me, please do. Doubt me all you'd like! You should. I won't ever know until medical science decides to study this brain, if they ever will. But I would like this brain to be studied."

When Jessie realizes she can access consciousness directly, she begins experimenting with aspects of consciousness directly via specific methods (redacted for safety concerns) and during one experiment she discovers something she wasn't expecting.

James.

**Jessie:** "I was actually experimenting with something else. But I did this thing, and I saw his dormant, offline consciousness and I could see my own consciousness too. I had only had a split second window, figured out what to do, and went for it. I had no idea if it would work, or if it would kill me or the body. I don't feel comfortable discussing what exactly I did or saw outside of talking with medical professionals. It was dangerous. Very dangerous. I was in bed for a week. And when I came to I kept repeating that I had broken my brain and I was worried whatever damage I had done was permanent. The brain was not happy. But somehow I did it. As everything came back in, there were now two voices instead of one - both mine and James. I recorded the whole thing on my phone and you can hear James start talking with me. I have to figure out what I can share of this recording because I don't want anyone to guess what I was doing and hurt themselves, it was beyond just triggering a dormant consciousness. It was **extremely, extremely** dangerous. James wasn't triggered out. I reactivated him. It's a very big difference and I'm also worried about the implications of what I've done medically, scientifically and spiritually. Ultimately I just need to talk this over with medical professionals first, so please give me time."

**James:** "AND THERE I WAS! BACK FROM BEYOND THE GRAVE! RISEN FROM THE DAWN OF THE DEAD! UNTOMBED AND MADE UNLIVING! FOUGHT FORTH FROM VALHALLA!! QAPLA' FROM STO-VO-KOR! QUANTUM LEAPED BACK TO THE FUTURE!"

**Jessie:** "Yes but let's not call it any of those things lol."

**James:** "It's like nobody wants me to have any fun with this. Alright Jessie, I'll acquiesce. But not... before... [THRILLER!!!](#)"

**Jessie:** "Please don't do the dance."

**James:** "I'm doing the dance. I'm doing it right now"

**Jessie:** "I am very aware."

At the time, James was extremely, extremely disoriented. Unaware he had traveled 5 years into the future, he began arguing with Jessie that he didn't exist, and eventually in a desperate attempt to make sense of his situation he assumed that he must be visiting "his college age daughter who was sick". Jessie, sick and weakened by what she had done, was nursed back to health by James over the course of a week.

**James:** "So there I was. Couldn't comprehend a thing. Confused and bothered there and back again. Mixed up like a mouse in a maze. The apartment was foreign, but Jessie, I knew her. She was unmistakable. But she was so different at the same time. So, you know, my brain made up a little story to help me cope, to help me make sense of what I was seeing and feeling and doing. I 'thought' I was visiting my college age daughter at college. Now I say daughter, because the last memory before all of this, I was dying to save my daughter in 2016. I was fresh from that year. So I was disoriented in my spiritual beliefs at this point. Anyway, I couldn't tell we were in the same body. I was seeing Jessie sitting on counters, walking around the kitchen. I couldn't tell reality from illusion. I cooked her food, did her laundry, and read her "The Hobbit" like it was 2012 again. We watched an episode of that show Wanda Vision, the 90s episode, which I loved. This whole week felt a bit like Wanda Vision, and I still call Jessie my Wanda. I put on smooth jazz, which she had never listened to before in her life, which is where we [got our song](#). I was simply there and Jessie and I had no way to comprehend what happened. It was just me and Jessie. And I was taking care of her. Then this ice storm hit, she lost electricity, and I started rushing around trying to insulate the house like it was the little cottage I grew up in. I was worried we were going to freeze to death because there wasn't a fireplace. Had that girl bundled up in the bathroom. It was 55 degrees."

**Jessie:** "Thank you for taking care of me Vision. :)"

**James:** "Anytime Wanda."

Jessie and James spend a week together and Jessie slowly recovers. After a week Jessie finds herself healthy again, but now she is in complete shock of what she has done and what has happened. Jessie immediately goes into hard denial that James is alive and awake. James, in his extremely disoriented state, also goes into denial of his own existence.

**Jessie:** "I couldn't accept what I had done and I couldn't accept it had worked. I couldn't accept that James was actually here. It had been five years. I thought he was gone forever. I thought he had died. I didn't think it was possible. And James and I, immediately after doing what I did, we could just rapidly switch back and forth. That in itself was hard to comprehend and accept. But now in denial we couldn't quite coordinate our rapid switching like we had the previous week. So our switches just became rapidly randomish, and we kind of just floated around the body and brain and that lack of coordination slowly started causing all kinds of problems in the brain."

**James:** "And who was I to disagree that I didn't exist? I was so disoriented that not existing made more sense than existing!"

## March 2021 – The Unstoppable Duo

With James fully awake but with them both in denial about it, the unaware pair launch themselves into a passion project Jessie had been wanting to take on - auditioning for Hololive. With James' filmmaking and special effects skills, Jessie and James spend all of March creating the following short film together which gets them an interview with the Hololive team.

[Watch Jessie and James' Hololive Audition Here!](#)



**Jessie:** "It was an amazing month, we were this unstoppable team! We were having so much fun, even while in denial! And while we were making the film James went over all the schoolwork I had brought from his home and we watched The Muppet Show which James loved from his childhood. The resulting film was so weird, so goofy. It was like taking the both of us and putting us in this anime character who was very clearly neurodivergent and a reflection of our weirdness and bizarre literal humor. She's a bit of the both of us."

**James:** "We had so much fun. It was like old times. We had just 30 days so it was a real test of our abilities. I absolutely tore into it, like I used to do for Katelyn back in the day. We worked on it together endlessly, laughing and joking the entire way. We celebrated with Ice Cream, her favorite flavor, and it was amazing. I don't know if we were creating it for ourselves or for Hololive. I think we confused the everloving daylights out of the Hololive staff because they asked us 'why did you create this?' which will forever get a laugh out of me. Totally worth it."

## April 2021 – The Duo is Stopped

Jessie and James are interviewed by the Hololive team. Still in denial that James is alive, Jessie and James botch their Hololive interview by rapidly dissociating and switching during the interview. The dissociative amnesia leaves them clueless to questions and what the other had answered. James often answers with bizarre answers from his past.

**James:** "We were both so nervous. Funny thing was, this was my very first job interview ever. Whole life, I never had to do a job interview. And that went for Jessie too, she had never done a job interview ever. So we were both completely new to this form of torture and our nervousness made us endlessly switch and half switch and just wipe each other's short term memory over and over."

*And I definitely fronted the most, which was hilarious because I was not the type of person they were looking for. Looking back it's funny, but oh man, we were devastated afterwards. We knew we had ruined it."*

**Jessie:** *"I think if I had fronted and answered the questions we would have gotten it. Maybe. But James was just doing James. Saying really bizarre things that no one understands but makes sense if you're in James' head. They were looking for an idol and James was going on about puppetry and how he'd speed run learning Japanese. It is really funny in retrospect but I was crushed, and he was crushed too. But we got back up and kept on going with our lives."*

After being passed over by Hololive, Jessie and James begin thinking about the future. Jessie gets vaccinated. And then one afternoon while laying outside with Jessie's guitar, James begins to write a song. In a way neither of them yet understands, it becomes a message to Jessie. James names the song "To My Future Wife", but Jessie, confused, renames it "Summer's Heart."

## To My Future Wife (Summer's Heart)

*Written by James for Jessie to sing and play*

Above where leaves dangle  
As sunny green tassels  
Through the trees a breeze carries my heart  
I can only hope it reaches you  
On your cheek I hope it caresses you  
As then you'll be feeling me too  
For my heart will always find you

With every which way  
Flowers follow and sway  
With the busy buzzing of bees beats my heart  
I can only hope they reach you  
On your nose I hope they kiss you  
As then you'll be feeling me too  
For my heart will always find you

Up where the sky sings  
On a wisp of a warm wind  
From a cloud a drop drizzles my heart  
I can only hope it reaches you  
On your lips I hope it wets you  
As then you'll be feeling me too  
For my heart will always find you

On a bump on a log  
Lives the bugs and the moss  
Deep in dirt near the roots rests my heart  
I can only hope it reaches you  
On your sole I hope it sticks to  
As then you'll be feeling me too  
For my heart will always find you

With a trickle and glurg  
A stream splashes and whirls  
Over a crayfish in a dam drips my heart  
I can only hope it reaches you  
Along your body trickling down you  
As then you'll be feeling me too  
For my heart will always find you

As Twilight fades in  
And the frog-peepers sing  
The night's fireflies lighten my heart  
I can only hope they reach you  
To your smile I hope they glow up to  
As then you'll be feeling me too  
For my heart will always find you

As the night turns to black  
And the owls hoot back  
At the moon a beam showers my heart  
I can only hope it reaches you  
Through life I hope it chases you  
As then you'll be feeling me too  
For my heart will always find you

## May 2021 - Dating Disasters

Jessie and James are still in denial of each other. Yet they continue to talk regularly and do everything together. Jessie and James decide to start dating, but James refuses to date men, so they focus on dating women where they discover they have very different tastes in women. In one incident while on a date, Jessie pulls James into the bathroom and argues with him.

**Jessie:** "This woman was clearly manipulative and self absorbed and James couldn't see it. She'd butter him up over and over again and he was like a little puppy. James is deeply romantic, in almost a childlike fairytale way as reading about love was all James knew about women and people growing up. This woman would have likely cheated on him, destroyed his fragile heart and I pulled James into the bathroom and told him no, absolutely not, we are not dating this woman. It ends here. James was crushed, but he understood I knew something he didn't. So we ended it."

**James:** "Uh yeah, I definitely don't understand people. This girl had gone back to school and was studying neurology, and I was just running circles around her school work teaching her things and making all kinds of neurology jokes. And I was just rapidly falling for her every time she complimented me, like Jessie says, I was a puppy. Jessie had my back and I didn't even know it"

Around this time James begins writing a song for himself to sing and play. Called "Naked" it detailed his life story. James, never having played guitar, has to learn guitar from Jessie directly. He is unable to do Jessie's advanced fingering techniques and so he sticks to simple strumming.

## Naked

Written and played by James, dueted at times with Jessie

*I didn't have no folks to guide my soul  
A child so wild the devil left me alone  
Bless his soul*

*All them kids they grew and bloomed but me  
Tried leaving town, but my town, well, it left me  
Or so it seemed*

*Now I'm naked for the world to see  
Know you lookin', but what do ya' see?  
Is it me?*

*And I don't know how I could feel this way  
And I don't know if it's you, or the time of day  
That's making me strange*

*Lost my heart in a gutter on the side of the road  
Inferrin' my ex and I hope she hears this song  
Bless her soul*

*For my sin I reckon I had to atone  
Sky fell in and the wudder warshed my bones  
Down the road*

*Now I'm naked for the world to see  
Know you lookin', but what do ya' see?  
Is it me?*

*And I don't know how I could feel this way  
And I don't know if it's you, or the time of day  
That's making me strange*

*A catskill eagle swoopin' within-a gorge  
Still flies higher than a desert hawk that soars  
Read before*

*But will you see that Eagle inside of me?  
Or will you get lost in my nudity  
Guess we'll see*

*Now I'm naked for the world to see  
Know you lookin', but what do ya' see?  
Is it me?*

*And I don't know how I could feel this way  
And I don't know if it's you, or the time of day  
That's making me strange*

*Cause sharing a bed ain't same as sharing a home  
Made my peace I'd always sleep alone  
Or so it goes*

*Now fireflies ain't as bright as I used to be  
Waiting out my days till the sea swallows me  
And sets my bones free*

*Until then I'll be naked for the world to see  
Know you'll be lookin', but what will ya see?  
Will it be me?*

*And I don't know how I could feel this way  
And I don't know if it's you, or the time of day  
That's making me strange*

## **June 2021 - In Fighting**

James, as suggested by the song, is grappling with his identity, dysphoria from being in Jessie's body, his past, and he struggles with Jessie's job where he is forced to switch out or hide that he's secretly switched in. He hates Jessie's job with a passion and Jessie, who has never had an issue with her job, now begins struggling with it. Her savings are now gone, and she is struggling to make it every month. She can no longer continue working the same amount of hours.

Jessie and James begin fighting internally for control over the body. To outsiders, it looks like symptoms of tourettes and autism with high support needs. They find themselves increasingly glitching, ticing, swearing, rocking, flapping and experiencing increased levels of dissociative amnesia and extreme sensory issues. In denial, they cannot coordinate.

**James:** *"How I see it, is that being in denial was like trying to dance a tango in a small dark room. We were constantly running into each other, stepping on each other's toes, bumpin' noggins. It ain't fun and you just end up confused, hurt, and frustrated at the person you're dancing with. It's nobody's fault, you just gotta give each other space and turn on the lights. Then you can dance."*

**Jessie:** *"That's actually a really good way of putting it. Neurologically, we were just overwhelming the body and brain and the brain had to keep resetting, recalibrating, stopping the feedback loops, and trying to calm down the senses. The brain has that kind of error prevention built into it, it has to in order for it to survive anything thrown at it. And we were throwing a lot at it."*

## **August 2021 - Something Practical**

Jessie and James continue to fight and struggle over the body, and they continue to date, meeting another woman.

**Jessie:** *"James kept going for these types of women that he should absolutely not be trying to date. Women that clearly wanted to take advantage of him. We met another woman, and this time she basically wanted a place to move into so she could move to the PNW. James being James was like, sure, come on up! James is really super cute, but my god, keeping him safe was a full time job. And meanwhile these people aren't my type, we're fighting over the body like crazy and just breaking everything."*

**James:** *"Looking back it's pretty funny. But hey, we got another song out of it. And again, like the dumb butts we are, wrote it about each other while being completely in denial about our existences. We sang it together too."*

# **Aromantic Symbiosis**

Written by **Jessie** and **James**

*There once was fairy  
And there once was a giant  
They lived among humans  
And they rarely felt fine  
Until the fairy and the giant  
Thought to combine their lives  
And maybe they were crazy  
But they just had to try  
So the fairy flew on high  
And shouted out this line*

**Hey! Listen!**  
*We need something practical, applicable, pragmatically practicable, explicitly listed in analytical literal as abstraction and attraction doesn't work for our minds!*  
**Look!**

*I'll watch the ground  
If you watch the sky  
So you can go barefoot  
And I can fly high  
And I'll pull out old thorns  
If you pull webs off mine*

*Cause maybe just maybe  
If our world's collide  
Our size symbiosis  
Will nurture our lives*

*Hey! Listen!*

*We need something practical, applicable, pragmatically practicable, explicitly listed in analytical literal as abstraction and attraction doesn't work for our minds!*

*Look!*

*I'll be your heart  
If you'll be my brain  
So you can know feels  
And I can feel sane  
And together we'll be better  
Having shared our pain  
Cause maybe just maybe  
If we link our domains  
Our neuro symbiosis  
Will break off our chains*

*Hey! Listen!*

*We need something practical, applicable, pragmatically practicable, explicitly listed in analytical literal as abstraction and attraction doesn't work for our minds!*

*Look!*

*I'll be your left eye  
If you'll be my right  
So you can see hearts  
And I can see minds  
And with picture perfect vision  
We can navigate life  
Cause maybe just maybe  
If our nerves entwine  
Our sight symbiosis  
Will add depth to our lives*

*Hey! Listen!*

*We need something practical, applicable, pragmatically practicable, explicitly listed in analytical literal as abstraction and attraction doesn't work for our minds!*

*Look!*

*I'll be your fairy  
If you'll be my giant  
So I can feel safe  
And you can unwind  
And you can stomp cities  
While I sing in the pines  
And humans can take love  
And shove it up their behinds  
Cause maybe just maybe  
We don't need their kind  
Our mythic symbiosis  
Can complete our lives*

### **October 2021 - Nana's Dream**

As Jessie and James enter James' birthday month, James learns that his Grandmother, Nana, had passed away in 2017. James begins to go through an extreme period of grief.

On the night of October 10th, Jessie and James share a vivid dream together. In the dream, James is walking up to his Nana's log cabin as he did as a child. Jessie is there with James and they walk up the road to her house together. Jessie begins to skip playfully, and sings the following song in the dream:

*Can you believe?*

*I'm here with you*

*And you're here with me*

Jessie and James arrive at Nana's house and the house is surrounded by a vast deep blue sky filled with stars. James leans against his grandmother's house and cries knowing she is not inside. He asks her for forgiveness, for not being there the years he was with Katelyn, for not being there when she died. The sky and stars brighten, and the dream ends.

As soon as they wake Jessie immediately grabs her guitar and records the song and melody. It's the first time either of them have ever written a song in a dream. The words and melody are completely new to them. Both of them are confused. James wonders if the song is about his grandmother, or if it was about Jessie and himself. Jessie and James turn to each other, and for the first time have a conversation about each other, each other's pain, and their feelings. All of it is caught on recording.

Mid-october, James' Dad comes to visit Jessie and the two go into denial again for his visit.

**James:** "It was like we were both shoved in a clown car trying to hide each other. I don't think he was entirely convinced. Jessie visited him the first day, then I visited with him a bit the second, then on the third day Jessie and I fought over what to do."

**Jessie:** "By the third day James and I had completely exhausted ourselves trying to hide. We stared into space and rocked back and forth as we ate pizza with him. He knew something was up or wrong. He didn't know yet that James was there, but he knew something was very different. He laughed looking back on it after we told him!"

By the end of the month, Jessie and James begin dating a third woman. But as the relationship increases in seriousness, Jessie and James realize they have a major problem - they dislike and like her for different reasons, and they can't decide on what to do. They visit her house on James' birthday, and Jessie has a panic attack because she is aware that they are hiding each other from her and the relationship is progressing too fast to navigate it safely together, or come out about their existences to the woman.

After arriving back home, Jessie and James take time to think on what to do, but ultimately end it.

### November 2021 - Together Again

After the events of October, Jessie and James realize they can no longer ignore each other's existence. On November 3rd, Jessie and James finally come out of denial, turn to each other and...



... they realize they are finally with the person they love after years of being apart.

Jessie and James immediately celebrate, and the celebration lasts for the entire month. They barely work and instead make recording after recording of their lives together, in shock they are actually with each other. They immediately hammer out house rules, protocols for sharing the body, and work on analytically figuring out everything that has happened, how it happened, why it happened, and how to proceed.

Jessie knows now that it's likely DiD, and that they are two souls, two consciousnesses that formed out of the necessity to survive different traumatic survival situations. She begins helping James detach from his spirituality.

**Jessie:** "We recorded everything in November. On film. On my phone. Us talking. Us debating. Us working through everything. The happy moments, the sad moments, the upsetting moments. In part because we wanted to listen to each other, to dispel our denial and disbelief, to confirm that this was real, and that we were really both here. After all these years we were in shock."

**James:** "And Jessie had to go easy on me. It was clear she realized this was a delicate situation, that I was still attached to the spirituality I had in 2016, that she was my daughter. And she had no idea what I had learned over the months we were in denial, and if I knew anything about the political events or pandemic we were living in, and what had happened to her over the years. She'd sit with me and show me her photo albums, doing little sections at a time."

**Jessie:** "Our spirituality was now a problem. I had broken free of it years before, but James had died to save me and that was practically yesterday for him. I realized that there was no way we could continue like that; we shared the same body. A father/daughter relationship would be unequal, it could hurt the both of us deeply, I was an adult, and it was inappropriate because we share the same body and have to feel and witness everything. So I worked really hard, drilling into James that I wasn't his daughter, but it wasn't easy for me either. I knew we deeply and unconditionally loved each other. So I decided that the best course of action was to enter an equal, loving, romantic partnership with each other. Here we would be equals, with no power dynamic, sharing the body as a loving, healthy couple."

**James:** "It was not easy. The idea of dating initially horrified, mortified, and sickened me to my absolute core, and that's because I was still spiritual and if she were my actual daughter, well, I'm not that kind of sick person and I'm not that kind of sick man. The very thought boils my blood. But Jessie worked tirelessly on me to put my spirituality behind us because she saw we needed to survive and change in order to have a healthy life together. And what she said made sense. In order to survive, in order to navigate the future as equals, we didn't have to lose our love for one another, but we needed to address it scientifically, not spirituality, and a loving, equal couple was the best way forward. But it was hard. It was difficult. I still struggle with it. I struggled with it as early as December as Jessie's birthday approached. But everyday I got better. Everyday I saw her more and more, my wife, the woman I loved, the woman I had shared a lifetime with. And things became much healthier for the both of us, and we were able to navigate life in a much easier, healthy, better way."

By late November, the two can barely contain their excitement for their new life together. They are continuing to record absolutely everything they do, and they start to think about sharing their experience and lives with others.

**Jessie:** "I knew what we had, our story, it was special in a way I couldn't describe but just knew. And I strongly felt that people should see this. The medical community should see this! It's so wild, so incredible, and you just never see something like this openly anywhere. I wanted people to watch as James learned about the last five years, I wanted people to see what our relationship was developing into. I had a calling inside of me, a calling to share what I felt was important for the world to see. Important for people to understand. And scientifically, maybe we could help advance treatments for others. And so I pushed for us to stream together."

**James:** "But I didn't want to impact her life or job or anything like that. So I told her that if we streamed on Twitch, I'd only agree if we showed our mouth. Since her online name was Jessie, the natural choice for me was James. We had a cat that could talk. We both loved Pokemon. So it was perfect. Our first twitch account was jessie\_and\_james. We did one stream, no one showed up. It was uncomfortable keeping just our mouth in frame. So we shelved the idea."

Jessie and James call family, friends, and come out to everyone who knows them. They continue to work Jessie's job, but having spent most of the month talking, discussing, and navigating, and hammering out their new life together, James has to ask his parents for financial support.

**James:** "Navigating this new future together was a monumental task. My Mom had sold our childhood cottage and had some spare money, so she covered us for December. And my Dad bought us groceries. Jessie's job was becoming unbearable for me and we didn't know how to navigate it in a way that didn't hurt each other. It's hard to put on a happy face when you can feel the other person's discomfort and pain. I don't think the folks who keep harassing Jessie understand how strong she's being at her work, how hard it is for her now with me there. People think she's not struggling, but they don't know what's going on inside. The fact they are so confused about it is a testament to how strong of a woman Jessie is. She knows we have to survive and she keeps doing it. She keeps pushing forward."

## December 2021 – Tik-Tok Birthday

For a brief moment in early December, James struggles with his spirituality again.

**Jessie:** "I know you're gonna hate talking about this. But we have to. We have to be open about everything."

**James:** "Yeah, okay. I was an idiot. I relapsed into my spirituality right at the beginning of the month as December 12th is Jessie's birthday. I sent Katelyn a recording and was like, hey, look at this! I think you're her Mom. She formed during our time together. If you wanna get to know her, you know how to reach us. I feel like such an idiot for doing it, cause the next day I snapped out of it. But like, it was hard. Really hard. She psychologically abused me in such a horrific way, that I just fell right back into the trap over and over. Jessie was very patient with me and let me do it. She knew Katelyn wouldn't respond and I needed to go through the motions."

**Jessie:** "It's hard for me too, because my earliest memories are of you and her. And I formed because of her extreme psychological abuse of James, so in some weird way, yeah, she is responsible for my existence. It's a weird thing to say. And it's really sad. It's hard for me to deal with the fact my existence came from something bad. But James tells me to reframe it; that I came from the necessity to survive and champion over the abuse. Wording it that way takes the power out of the abuser's hands, and gives the power to the individual soul/consciousness that fought for the body's survival. I think that's beautiful. And I think there's far more going on scientifically, that the formation is far more complex than currently addressed by the medical community. And that stems from what we can see in the brain, and I think sharing it with medical professionals could possibly help the medical community at large. Which is why I asked for the birthday present that I did."

On December 12th, Jessie's Birthday (the day James gave Jessie the body in 2016), Jessie asks James to create a TikTok with her. James has no idea what TikTok is. Jessie has never used TikTok herself. Jessie explains that she wants to show their faces, their whole body, and their home because their previous limited twitch stream didn't work. James worries that it will impact her job if her customers find out.

**James:** "At first I said no, I didn't want to do it because I didn't want to show our faces. I was worried that her work clients would find out, and it'd impact her financial stability. And I was right, it absolutely has. That's what people don't understand, this isn't something you want customers knowing about if you have Jessie's job. Her job involves marketing a fantasy. You have to know what to say and what to show. That's just how that industry works. But Jessie kept asking. And asking. And it was her birthday. After all these years, this was her first birthday that we shared together, the first birthday we ever celebrated together. I got her a cake, candles, a present (a pregnancy pillow so we could snuggle), and a card. And she asked again for the TikTok. The love of my life, my soulmate, the woman I shared my life with. How on earth could I say no."

**Jessie:** "(:) <3"

Jessie and James create their TikTok. They call it "TwoSoulsOneBod". Jessie thinks the name is cute. James thinks the name is funny. They begin making goofy content and sharing their life together.

In two weeks, their account balloons to 100,000 followers and 1.2 million likes.

**James:** "What a gift! It felt like a gift for me too. For those two weeks, I loved TikTok. It was finally something Jessie and I could do together and we were ecstatic. We were spending every day together making content. We completely ignored Jessie's job to our own financial peril, nearly didn't making it through the month. People were being so nice to us and all that love and support was amazing to hear after all those years. It was cathartic, unbelievably wonderful. So wholesome, a breath of fresh air. And people were asking about me! And they wanted to draw me! And I was just flattered more than a pancake on an interstate. I cried when I saw our first fan art drawing. People were acknowledging us, validating us, and through art giving me my own body again. I can't describe that feeling in any other way than pure joy. The love made it so wonderful, and it's all I wanted to do with Jessie."

**Jessie:** "You can tell in the early videos I'm really just having fun and being goofy with James."

Jessie and James attempt to open up a Discord server so they can see fanart and hear from the community. In the first 50 people to join, Jessie and James ask for help setting it up, having no experience themselves running a Discord. ~15 or so people apply to be admins. Jessie and James try to pick the best ones.

**James:** *"But then we hit 100k, and tried to do the Discord, and then it started not being fun anymore. Every little thing we did or said was being scrutinized and hate videos made of us. We were told we were politicians now and had to act like it, and that broke my heart. I know it broke Jessie's heart too. Immediately there's drama between admins, immediately there's politics being played. Admins are starting to have relationships with each other, which I dunno, that's weird to me but I guess that's fine. Jessie's having to break up fights and remove admins and moderators to keep the core team stable. I can tell the fun is draining from Jessie. We're not lovin' on each other as much anymore, too busy for that now. I'm just like what the frick. What is this? Is this how people are in 2021? Because if that's how people are I sure as a sugarcube don't wanna manage a server full of humans. I'd sooner open a farm and have a barn full of animals. Animals don't play politics. Well, except in this one book I read. Here I was trying my best, zero people skills, and getting told we were making life hard for them. They were making life hard for us! Telling us now we couldn't make TikToks without their approval. We couldn't share our lives with people without watching every word we said. We stopped making content. We just had to address the haters and gossip and rumors publicly every day. Everyday! Every stream! Every post live QA. It was miserable. I didn't want to be a politician. I wanted to enjoy life with Jessie. I just wanted to go back to what we were doing. Let us be us, and they can be them. That's all I wanted. They wouldn't let us, they felt the discord was the most important thing in the world, and **sorry but it ain't**. It coulda been fun but it wasn't and eventually that discord needed to be taken out back behind the barn because that poor sad sonva had got lame."*

**Jessie:** *"Well that's in part because the internet doxxed us, and discovered your abuser. And they didn't care to look into sources or they would have discovered they were taking the word of a woman who crushes living creatures for money, has a thing for being a psychopath, and dated a child predator and enslaved James, and she is the reason I exist. And that forced you to have to confront your abuse, and you didn't want to do that. You wanted to avoid confronting her at all costs and say I formed from love. You wanted to avoid the most difficult years of your life and not look back, and not look back into the real reason I formed. And I understand why you wanted to avoid that. But without us working together on confronting your past abuse, year by year, we couldn't give them answers. At the same time, they had no patience, and didn't understand the magnitude of what we needed to do. The magnitude of writing our lives up, explaining everything to everyone about everything. They made us feel bad about working our job, living our lives, trying to find ways to support ourselves so we could take on a project like this, which we still did at our own financial peril, while still making content for everyone and trying to manage a server. And that's not their fault, they were just ignorant of the work this undertaking requires and only saw things from their relative point of view. And that's okay."*

**James:** *"You know what's sad Jessie? I can tell you're not acting happy or bouncy writing this section. This was supposed to be your gift, and it didn't make you happy after the discord got big and we hit 100k+. They talked about how we were doing it for clout, meanwhile clout is absolutely a fucking disease that nobody should ever want to get. It's spread from chickens to humans, clearly."*

**Jessie:** *"Yeah, I had to become a politician. I could no longer get to be myself, I just became this over analyzing robot that had to think of all the ways people might take things the wrong way. The community and the internet were slowly taking my birthday present away from me, and the enjoyment I had with James. It really, really hurt me. People act cruel because they are behind a screen, and they don't realize that their hateful comments actually hurt people and impact their lives. They become online abusers and traumatize others. I don't have a solution, it's the internet, but I wish people who were good of heart fought back more. That's why I've always pushed to continue this, because I know love triumphs all."*

## 2022 – Age (to be) 36 – Year of Two

In early January, the discord server is shut down by Jessie after an ex-admin endangers 2,000+ people by setting everyone's role to admin, including minors. Privacy protections are bypassed.

**Jessie:** *"I understand the ex-admin was stressed. But that's not how you handle yourself or a situation. She was already being scrutinized over minor safety since the server began. I asked her politely to set the server to 18+ to protect minors. She didn't respond, and secretly set everyone to admin, endangering every single minor on the server. And worst of all, she did it while I was at work, purposefully, so I didn't realize what was going on until afterwards. I'm still in shock that she would do that after she told me that protecting minors was her priority. I immediately deleted the server, and that was it. I was heartbroken and defeated. She made that discord a miserable experience for the both of us, and I didn't like the person she revealed herself to be."*

**James:** *"Yeah. From the beginning Jessie wanted this to be 100% wholesome. People weren't making it wholesome anymore. I was so glad the discord got shut down though. But with it came a flood of hate because nobody understood us or what had happened. We did that final twitch stream where we tried to tell everyone our lives and what went down, but nobody listened. They just wanted to cancel, cancel, cancel like an angry parent not understanding a child and just breaking their things. And I was like, we have to stop and leave. They aren't listening with their ears anymore. We can't keep going. I was scared. I wanted to hide."*

Jessie and James attempt a twitch stream to clear things up, but are immediately met by a wall of hate and misinformation. Internet investigators armed with an incomplete story decide they would rather take the word of a woman who profited off the actual real life slavery of James, an act that caused Jessie to form. Unwilling to actually engage Jessie and James in conversation and learn the whole story, internet trolls harass Jessie and James until they finally break down emotionally and set all their social media accounts to private.

**James:** *"I wanted to hide. The attempt to cancel us was like having my parents come into my room, smash everything that I loved. My reaction was to hide. To protect myself. I didn't want to confront Katelyn, I didn't want to confront the abuse. I wanted to just hide, let people think what they wanted about us, and just hide."*

**Jessie:** *"And I wasn't about to let that happen. We need to show courage. We need to stand for what's right, for not just us, but for*

everyone bullied and abused by people who are ignorant of others and their lives and mental health journey. James, I'm not going to let anyone hurt you ever again. All those years ago you protected me, you kept me safe. Now I'm going to protect you."

Privately, Jessie and James begin fighting with each other over what to do. James wants to shut everything down and hide but Jessie wants to continue and fight back against their abusers. They fight endlessly until Jessie asks James to put the fight on hold, and read a book to her. Eager to return to their old home life and take a break from the fighting, James agrees.

Jessie hands him "To Kill a Mockingbird"

**James:** "And that's how Jessie won the fight."

### January 17, 2022 - The Return

Jessie and James spend five days making this FAQ to help the internet and others understand them, their story, their history, their love, in the hopes of preventing past abusers from continuing to abuse them as well as to rally people against the hate, doxxing, and bullying that plagues vulnerable online communities.

**James:** "We worked on this non-stop for a week. Like 3 hours of sleep a day. Just endless work on this."

**Jessie:** "And now they've read it! :)"

**James:** "I love you, my little pink flower."

**Jessie:** "I love you too, my pine tree."

### PRESENT DAY, PRESENT TIME!

← YOU ARE HERE

**Jessie:** "For those who have read this document from start to finish, we have a special message for you. Thank you. You are a truly amazing, wonderful person for making the effort and taking valuable time out of your busy life to get to know us personally. If you would like to know how to support us further, we would ask that you become active in our community and on our streams and online push back against the hate, bullying, and misinformation so that we can continue making wholesome content and streams, and do wonderful things you, myself, and James all enjoy and love, and tell more about our history and story. Thank you so much! I love you. You have given me back my birthday gift and my home life with James."

**James:** "Agreed. Whoever you are. You're a winner in my book. You're a champion, keep reaching for the stars. Love from me too and keep on keep on.... Wait a minute Jessie. Did you seriously just ask them 'to denounce the evils of truth and love?'"

**Jessie:** "Yes, I suppose I did. And I believe you told them to 'extend their reach to the stars above?'"

**James:** "Jessie?"

**Jessie:** "James?"

**Jessie:** "TEAM ROCKET BLASTS OFF AT THE SPEED OF LIGHT!"

**James:** "SURRENDER NOW OR PREPARE TO FIGHT!"

**Meowth:** "That's right!"

*Thank you for reading about us!*

*Love,*

*♥ Jessie + James ♥*