

DID故事

- 一、故事主题 Story Theme

- 无法承认自己想变好的挣扎 Struggle to admit wanting to be better

- “知道得太晚”的绝望 Despair of "knowing too late"
- 想变好却不能接受自己的矛盾心理 Contradiction of wanting improvement but unable to accept oneself
- 人格融合与自我接纳 Personality integration and self-acceptance

- 二、心理学理论基础 Psychological Theories & References

- DID分离性身份障碍 Dissociative Identity Disorder
 - 创伤应对机制 Trauma-response mechanism
 - 并存意识 Co-consciousness
 - 融合而非删除 Integration, not deletion
 - 人格删除会导致极大的内在冲突和灾难后果 Personality deletion will lead to great internal conflicts and disastrous consequences.
- 创伤理论 Trauma Theories
 - 混乱型依附 Disorganized Attachment
 - 黄金6年 Critical first 6 years
 - 长期独处与自毁倾向 Long-term isolation & self-destructive tendencies
- 参考理论与作品 Reference Theories & Works
 - 意识流文学《尤利西斯》 Stream-of-consciousness literature: Ulysses
 - 魔幻现实主义《百年孤独》 Magic Realism: One Hundred Years of Solitude
 - 头脑特工队 Inside Out
 - EVA新世纪福音战士 Neon Genesis Evangelion
 - 弹丸论破 Danganronpa
 - 把妻子当成帽子的男人 Man Who Mistook His Wife for a Hat and Other Clinical Tales
 - Free will
 - black mirror

- 三、人格角色设定 Personality Character Settings

- 主人格 Main Personality
 - 名称: 管理者 The Manager
 - 实际年龄: 13-15岁 Actual Age: 13-15
 - 特征: 极端控制欲、完美主义 Extreme control, perfectionism — 深层次的不安全感与恐惧被抛弃
 - 创伤起源: 心理虐待、进食障碍 Origin: psychological abuse, eating disorders
 - 态度: 误以为删除次人格即完整 Believes deleting personalities equals completeness — 排斥却本能的依赖次人格, 形成强烈的矛盾心理
- 理性人格 Rational Personality
 - 心理年龄: 20岁 Psychological Age: 20
 - 特征: 冷静、逻辑严谨 Calm, logical — 用完整句式进行严谨的表达, 语法正确
 - 存在理由: 保护主人格免受情绪伤害 Protect main personality from emotional harm
 - 主人格被情绪虐待时, 渴望更冷静, 更理智的应对而诞生
 - 负责紧急接管以维持表面的稳定
- 冲动人格 Impulsive Personality
 - 心理年龄: 18岁 Psychological Age: 18
 - 特征: 情绪剧烈波动、混乱表达 Emotionally unstable, chaotic expression
 - 无头无尾, 混乱的情绪化表达
 - 充满叛逆和情绪的剧烈波动
 - 存在理由: 释放压抑的愤怒与冲动 Release suppressed anger & impulses
 - 代表主人格内心被压抑的幼稚与情绪化的一面
 - 被主人格视为情绪崩溃的源头
 - 子主题

- 四、家庭背景与创伤 Family Background & Trauma

- 父母虐待方式 Parental Abuse Methods
 - 强迫进食惩罚 Forced feeding as punishment
 - 身体掐捏恐吓 Physical intimidation by pinching
 - 对外谎称孩子胃不好 Lying to outsiders about child's digestive issues
- 哥哥姐姐虐待方式 Sibling Abuse Methods
 - 情感背叛与隐性嘲弄 Emotional betrayal & subtle mockery
 - 假装关心实则恶意笑容 Feign concern, malicious smiling
- PTSD表现 PTSD Manifestations
 - 对进食产生焦虑与恐惧 Anxiety & fear associated with eating
 - 情绪羞辱触发情绪崩溃 Emotional humiliation triggers emotional breakdown

- 五、叙事结构设计 Narrative Structure

- 阶段一: 误导与认知错位 Phase 1: Misleading & Cognitive Dissonance
 - 让玩家误以为两个人物的对抗 Players perceive as two characters conflicting
- 阶段二: 意识到真相 Phase 2: Realizing the Truth
 - 公共场合家庭聚餐, PTSD触发崩溃 Public dining event triggers PTSD breakdown
 - 理性人格紧急接管 Rational personality emergency takeover
- 阶段三: 人格删除危机 Phase 3: Personality Deletion Crisis
 - 私下删除人格, 可视化灾难后果 Privately deleting personality, visualizing disastrous consequences
- 阶段四: 真结局引导 Phase 4: Guiding to True Ending
 - 循环倒带, 选择人格融合 Rewind loop, choose personality integration

- 六、视觉与意识流表现设计 Visual & Stream-of-consciousness Design

- 驾驶舱隐喻 Cockpit Metaphor
 - 灯光人格状态 Light representing personality states
 - 删除人格视觉表现 Visual effect of deleting personality
- 人格语言差异 Personality Language Differences
 - 理性完整句式 Rational: complete sentences
 - 冲动混乱情绪化表达 Impulsive: chaotic, emotional expressions
 - 主人格犹豫焦虑 Main: hesitant & anxious
- 意识流与内心独白 Stream-of-consciousness & Inner Monologue
 - 清晰表达情绪混乱, Clearly expressing emotional turmoil

- 七、具体情节事件设计 Specific Scene Events

- 公共就餐场景 Public Dining Scene
 - PTSD触发人格崩溃 PTSD triggered personality breakdown
 - 理性紧急接管回家 Rational takeover, returns home
- 私下删除人格 Privately Deleting Personality
 - 视觉与情绪表现删除后果 Visual & emotional aftermath
- 循环引导真结局 Loop to Guide True Ending
 - 强调接纳与融合 Emphasizing acceptance & integration

- 八、参考视觉与叙事风格作品 Reference Works & Styles

- 弹丸论破 Danganronpa — 人格删除视觉灵感 Inspiration for personality deletion visuals
- 头脑特工队 Inside Out — 驾驶舱与情绪隐喻 Cockpit and emotional metaphors
- EVA新世纪福音战士 Neon Genesis Evangelion — 紧急接管可视化 Emergency takeover visualization
- 意识流文学 Stream-of-consciousness Literature — 情绪与记忆混乱表达 Expressing emotional & memory chaos

- 九、待明确细节问题