The Troops for Truddi Chase

The Troops for Truddi Chase wrote *When Rabbit Howls* (1987) and *The Creature of Habit: A Journey* (2014). While they were NOT the creators of the first plural autobiography (that distinction goes to 1906's *Dissociation of a Personality* by Morton Prince), they were the most famous. They seem to have formed a lot of the early online multiplicity ideas, including that returning to singlethood was not necessary. They died in 2010.

Quick Details

Time Active: 1983-2010
Location: truddichase.com

Early Life

According to the "About the Author" page in *The Creature of Habit*, "Truddi Chase was born February 22, 1935, near Rochester, New York. As a child, she was severely abused, both physically and sexually, by her stepfather [...] Truddi was able to survive by using the only means available to her: she composed a world of other 'personalities' in her psyche that helped her cope with the horror in her life and shield her inner self from complete destruction" (2014).

In their own words, "Multiplicity keeps you sane under the worst conditions. I am sane; we are sane. Believe it or not, it's easier to deal with than the abuse was" (Oprah.com, 1990).

"As an adult, Truddi began intensive hypnotherapy sessions with Dr. Robert Phillips, Jr. who quickly discovered that she had been surviving the trauma of abuse with multiple personalities. Part of her therapy included writing an autobiography, *When Rabbit Howls*" (The Troops for Truddi Chase, 2014, pg. 374).

When Rabbit Howls and Fame

When Rabbit Howls became a New York Times #1 best-seller. It is sometimes miscategorized as "the first book written by a multiple" (The Troops for Truddi Chase, 2014, pg. 374) but this is untrue; Mortan Prince's *Dissociation of a Personality* came out in 1906, and Chris Costner Sizemore wrote *Strangers in My Body: The Final Face of Eve* in 1958 and *I'm Eve* in 1977 (though they never achieved the fame of *the Three Faces of Eve*).

The Troops were also the inspiration for the DC Comics character Crazy Jane, a member of the Doom Patrol first written by Grant Morrison in 1989 (citation needed); the character still exists in the new Doom Patrol TV series.

In 1990, *When Rabbit Howls* was adapted into a miniseries called *Voices Within: The Lives of Truddi Chase*, with Shelley Long playing the role of Chase; the Troops "remained in close consultation with teleplay writer E. Jack Neuman throughout the project" (Bobbin, 1990). Truddi Chase also was on the Oprah Winfrey show during that year (Oprah.com).

The Creature of Habit, Later Life, and Death

The Creature of Habit was posthumously self-published by Truddi's daughter, Kari Ainsworth, after the Troops' death in 2010. According to Ainsworth in the book's foreword, "A few years after the release of When Rabbit Howls, Truddi and The Troops finished their psychotherapy with Dr. Phillips and began a

journey of self-discovery in order to prove to themselves that there is 'life after therapy' for multiples. Out of this discovery process, they created Creature of Habit, A Journey" (2014).

Unfortunately, the book proved unpublishable; publishers claimed the book "was too long and had too much artwork" (ibid). Depressed, The Troops shut the book away in the attic until the end of their life, when Ainsworth decided it was her purpose in life to find a way to publish the book, taking advantage of technological advances since the '90s (ibid).

The Troops died on March 10, 2010, leaving behind two children and two grandchildren (Washington Post, 2010). While the Troops did not survive to see *Creature of Habit* published, Ainsworth self-published it on their behalf in 2014.

System Set-Up

The Troops were ninety-two in number, and they remained multiple until their death. *When Rabbit Howls* goes into some detail of their headspace and in-system workings. (More citations and data needed.)

Citations

Bobbin, Jay. (1990). Long Stretch: Gripping role earns 'Cheers' [The News newspaper article]. Retrieved 2019/4/18 from https://news.google.com/newspapers?id=fQdPAAAAIBAJ&sjid=bI0DAAAAIBAJ&pg=4813,1977923&dq=shelley+long+truddi+chase&hl=en

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