

Tulpas: Creation, Sentience, and Vocality

By [Felight](#)

i. Foreword

Purpose

The purpose of this guide is to lay out advice, tips, and general information to new hosts for their endeavor to create their first sentient, vocal tulpa, in such a way that will be helpful to both the host and the new tulpa, answer questions that they will likely have, as well as detail how to avoid future problems. This guide covers the early stages of tulpa development and does not get too much into more “advanced” stages such as switching and imposition.

Disclaimer

This guide includes opinions and personal bias, as all guides do. Tulpa creation is a deeply subjective experience, so nobody is going to be 100% objective throughout. Personal experiences will always be there in some form or another; it is simply impossible to avoid. **You should not take anyone’s personal opinions as universal truth.** Rather, you should **seek out all viewpoints and use them as guidelines to help you on your own path.**

Additionally, you should probably be at least sixteen years old before making a tulpa, preferably older. In general, younger people are likely not mature enough to handle the decision and commitment, and may end up doing things they will regret later, or could potentially hurt their tulpa. Also, you will have other things to focus on and a lot to learn in your own individual development, and a tulpa will only add extra responsibility. Of course, I am not going to stop someone who’s young from making a tulpa, but I suggest a minimum age of sixteen. Definitely do not make a tulpa if you are under the age of thirteen.

1. Introduction

What is a tulpa?

There are countless different theories and opinions out there on the nature of the existence of tulpas. This is because everyone’s personal experiences leads them to different beliefs. A general definition is that a tulpa is a sentient being willed into existence through thoughts. A more formal definition for what a tulpa is can be found [here](#).

My own definition of a tulpa is that a tulpa is a sentient, independent entity inside of one’s brain that has the ability to use consciousness, ie think. They are willed into existence through being consistently thought of and interacted with over a certain period of time, as well as being treated as their own person. They have their own thoughts, feelings, opinions, and identity separate from the host. They have the potential to one day become equivalent to the host in mental capability, presence, strength, and personality nuance. A tulpa is, in short, the same type of being the host is inside the brain, just created later in life.

Why create a tulpa?

The most common reason for creating a tulpa is companionship. After all, why would you create another sentient being in your head if not for the purpose of a new friend in your life? Tulpas *are* a great source of companionship, and can become the best friend you could ask for, as they understand you in ways no one else can. Additionally, it can be highly fulfilling to watch a tulpa learn and grow into their own person, and the two of you develop a deep, unbreakable bond that only two people who live in the same brain and share the same life can have.

You should find your own reason for creating a tulpa, and assess it thoroughly to determine if it is an acceptable reason to bring a new, living being to exist alongside you in your mind and body for the rest of your life. After finding your reason, do not cling to it too fervently: you do not want to force your tulpa into doing something they might not want to do. **You should be willing to let them find their own path in life regardless of the reason you created them.** Remember: a tulpa is a person, and regardless of your reason you should let them have free will, without coercing them to act a certain way. Tulpas are sentient *people*, not animals or toys, and should be treated as such. Ultimately, everyone's purpose is to live their own life the way they want, and the same goes for tulpas.

Whatever your reason is, you must understand that a tulpa is a lifelong commitment. Most tulpas do not make it past two years of existence before being abandoned, because their hosts were not really as committed to them as they should have been. You should ask yourself if you really think you will stick with your tulpa as the years go on. Your life and perspectives may change and you might abandon them. Your reason for creating them might no longer be relevant, or you might decide to grow past this. If you do not think you will stay with them all through the years, then you should not make one. Tulpas aren't outfits to wear for a while and then discard; they are real people, and they are your responsibility once you make them.

I want to make a tulpa!

The main question to consider: **are you willing to devote time, love, persistence, and a lifetime of commitment to a second person living in your head?** If the answer is no, do not continue.

If the answer is yes, there are a few prerequisites you should follow in order to ensure success.

2. Preparation

"Believe you can and you're halfway there." - Teddy Roosevelt

Mindset

One factor crucial for the speed and ease at which your first tulpa develops is whether or not you have the right mindset for the task. It is important to know that there are *countless* factors affecting the speed one's first tulpa grows, but having the right mindset pays off for you and your

tulpa greatly: mentally preparing yourself for the task, ensuring your thought processes will not negatively impact your tulpa, as well as quelling some of your own frustrations. I am not referring to having certain beliefs on the nature of the existence of tulpas, no: that is all up to you. I am referring to a more practical way of thinking.

Patience

Often, hosts easily get frustrated by the perceived slowness of their tulpa's creation. It is highly important for you to understand that regardless of how slow the creation process seems, you *will* get there so long as you dedicate time and persistence to doing so. As well as this, you should not use other people's creation times as any sort of goal marker for yourself, nor should you compare yourself to them. You and your tulpa will greatly benefit from allowing yourselves to grow at your own pace, without worrying about how it compares to others, or if it lives up to any standard. In summary, **do not let the time it takes for your tulpa to develop serve as a reason to give up on them**, and know that **everyone progresses at different rates**. Patience is key to the developmental process at all stages.

Belief

Going into the tulpa creation process with a high level of skepticism to the phenomenon is likely common, but sometimes can slow the process. It can be difficult for people with no prior experience in plurality (or "singlets") to take it as reality, which is completely understandable. However, **you should be certain to keep an open mind, and know that proof that your tulpa is real will come to you in time**. Having more belief/faith in the phenomenon, I think, helps greatly. [This](#) resource may help.

Even if you can't bring yourself to 100% believe in tulpas, that's alright. You can still create a tulpa without believing in them fully, it just might take longer. Belief isn't *required*, really: the only thing that's required is that you treat them like they are a real person, regardless of your thoughts on the matter. Having doubts is okay, but try to ignore them or alleviate them if you can.

Can't

While having belief in tulpas can help the process, moreso does having belief in oneself. Going into the tulpa creation process thinking that for one reason or another *you* are incapable of creating one will do nothing of benefit to your endeavor. Instead, it will merely frustrate you and your tulpa to no end. This goes for all stages of the tulpa creation process. You and your tulpa both need to get rid of the idea of "can't" in order to ensure success. Remind yourself that if other people can do it, you can too. **There is no "can't" in making a tulpa**, there is only "won't" because you told yourself you couldn't.

Frustration

Creating a tulpa might not be as easy as you might like. It can oftentimes be stressful, and not getting results as quickly as you would like can be incredibly infuriating. Stress will pose no

benefit to the creation process, and it might just discourage you from continuing. The main way to tackle frustration is knowing *why* you are upset, and working to find solutions to that problem, either by talking to your tulpa or asking others about your concerns. When frustrated, take a moment to relax. Meditate, talk to your tulpa, do something else. Do not ignore problems you have, just do your best to keep a peaceful, patient mind, and know that your problems can be solved without letting them stress you out to no end. Understand that you must have patience, as you will not receive the results you want overnight. All part of what makes it more believable, in a sense.

Reading up

You do not want to go into the tulpa creation process blind, nor do you want to go into it after reading only one guide. Your goal before creating a tulpa should be to become as well-informed on the subject as possible. You should absorb as much information and know as many different viewpoints as possible, and not be afraid to ask any questions you may have. There are resources listed at the end of this guide. Take your time in going through them, and use everything that you learn from others as guidelines to help you on your path, but not concrete instructions of what you, yourself, need to do.

3. Creation

System size

First of all, I advise you to focus on one tulpa first, rather than making multiple. You should let your tulpa grow and develop before making another. Creating a second or third too quickly just makes your life as host harder, and makes their development slower. It will be easier on everyone involved if your system grows slowly rather than quickly. For more information on why keeping a smaller system size is best, click [here](#).

Basic ideas

By now, you likely already have some sort of a grasp on what or who you want your tulpa to be. You can decide on your tulpa's gender, and a placeholder name they will go by (if any). Keep in mind your tulpa will be able to change these aspects of themselves later on as they please, and you should be willing to let them. Setting these basic elements gives you, the host, something to focus on while forcing in the early stages. However, you of course can leave everything up to them, and instead find other ways to focus on them instead (such as the mere *idea* of their existence, not given a name or form).

Form

A form is an imaginary body your tulpa controls. It is an avatar of sorts for their mind, which can provide expressivity (they can make their form reflect their personality) and communication (they can use it to show body language). As mentioned, a form can also allow for you to focus on your tulpa, as you are directing your thoughts towards them when you visualize their form. Your tulpa is not its form, as you are not your body. Their form is simply a symbolic representation of their mind that they are free to control and change as they please.

Take some time to establish some sort of placeholder form (so they can change it later) in your mind for your tulpa to use. A floating orb, a small animal, a blank-slate human: anything which you can use to focus your attention towards your tulpa (piece of advice: make it something that can move freely). I would advise refraining from giving your tulpa the form of a character you really like or person you know, as it is important for tulpas to develop their own selves rather than copy something already established.

Don't worry too much about their form. It doesn't need to be perfect in any way. I do not believe that working on a form actually helps create a tulpa, unless you're narrating to them as you do so. A form is just an imaginary avatar, as mentioned, and is not actually them. They don't even look out the form's eyes when they're being visualized/imposed, instead they just look out yours.

Note: While a tulpa's form can be absolutely anything, please be aware that tulpas' minds cannot be anything other than human. Your human brain is not going to suddenly become part-animal because your tulpa has an animal form. Your tulpa is *not actually* their form. Your cat tulpa does not really have a cat brain. Regard your tulpas as human, even if they have a non-human form. They share the same human brain as you do, even if they like to pretend they are something else.

Personality

I am going to take a slightly different approach to the subject of creating a new tulpa's personality. For various reasons*, I personally am against strong personality forcing. However, it is likely you will still want some input on your tulpa's personality. If that is the case, then here is what I believe is the best course of action: create some sort of rough blueprint in your mind or on paper of what kind of person you would prefer your tulpa to become by coming up with a few traits you think would benefit them. Then, instead of telling your tulpa "you are friendly" or "you are smart," you *teach* your tulpa values related to those traits.

For example: you may want your tulpa to be confident, so you teach them that believing in themselves is important. Or, you may want them to be kind, so you teach them that it's best to always be considerate and caring for others. This leads your tulpa to develop on their own terms while still allowing you a certain level of influence over who they become. This, I believe, is a much less controlling and demanding form of personality forcing, and is more akin to what parents do with their children, as opposed to just *telling* them what kind of traits to hold. Teaching a tulpa values can be considered a narration method, as well.

*Strong personality forcing is something I *strongly* advise against because it is unethical to try to force another person to become exactly the way you want them to be. This treats tulpas as characters rather than actual human beings. Nobody wants to be *told* who to become, nor should they be. Also, it can cause an identity crisis: your tulpa never actually gained that personality through experience, instead it was thrust upon them, so they might feel like they are

not real, or are not genuine. And when deviations occur, they might feel less-than-worthy because they no longer match up perfectly with what you wanted.

Alternatively, you may take a more *laissez-faire* approach to your tulpa's personality, allowing it to develop completely on its own, without any pressures from yourself. Your tulpa's personality will develop naturally over time through experiences, as it does for everybody. Nobody chooses a personality; rather, it grows and changes over time. [Here](#) is a guide I have written about the "Laissez-Faire" approach to tulpas.

You should *not* set expectations to your tulpa's personality. You should also be okay with any changes that happen in your tulpa, and not feel disappointed if they do not turn out exactly how you would like. If you would be disappointed or upset with your tulpa finding their own personality, then tulpas are probably not for you, as it is inevitable.

Do not set *negative* traits for your tulpa for "realism" or any other reason. You are not designing a believable character, you are creating a living person. Giving them negative traits is just pointless and cruel, and can potentially cause harm to your tulpa or others. Trust me; "negative" traits will develop on their own. If you use the value-teaching method, then you won't be "giving them traits," anyway.

As a side note, you should not decide likes and dislikes for your tulpa. Nobody wants to be told what they should or should not like. Let that develop naturally.

Your tulpa's traits, personality, values, opinions, beliefs, likes, and dislikes *will* without a doubt change over time. This is just a fact of life, and you must accept that they will not stay the same forever. They are people, just like anybody else. If your tulpa's personality becomes similar to yours, that is also not a bad thing, and it doesn't make them not real.

Wonderland

A wonderland is an imaginary world inside your head which you can use as a background when creating your tulpa. There are no limits to what a wonderland can be: how big or small, how realistic or outlandish, and so on. The main function is that they allow your tulpa to experience certain activities with you, in an imaginary sense. In a wonderland, you can your tulpa can build and explore the imaginary world, as well as play games, sports, etc. Your imagination is limitless, so of course you can do anything together. This provides stimulation to your tulpa's mind and promotes growth, as well as providing the two of you quality time together.

Wonderlands are entirely optional, however. While they can be a fun tool for forcing and interacting with your tulpa, you don't *need* one. If you're someone like me and wonderlands just aren't your thing, then that's perfectly fine.

However, if you do want a wonderland, then all you have to to create a one is simply imagine some sort of setting, then that can be your wonderland. There's nothing more to it! You can take

a few minutes to develop it if desired, but you should not spend too much time with it quite yet. When your tulpa is sentient, the two of you can build and expand it together, but for now it is okay for it to be simple. You should spend your time developing your tulpa rather than focusing on an imaginary world.

Disclaimer: Many hosts use wonderlands as an excuse to not give all or some of their tulpas enough attention. They say, “My tulpa is active in the wonderland anyway.” That is an unhealthy way to view tulpas and can lead to severe neglect and lack of development. Wonderlands are also used as an excuse to have too many tulpas than can be reasonably managed, which is also highly detrimental. It is better to operate under the mindset that wonderlands are just an imaginary environment used when forcing your tulpa, not an actual place they go to when they are not being paid attention to. Tulpas require the host’s love and attention: relegating them to “being active in the wonderland” (which is likely not a neurologically feasible occurrence anyway) will not help them grow in the slightest.

Greeting

By now, you have probably created some sort of placeholder name and form for your tulpa, have a basic idea of the values you want to teach (or not), and perhaps have a wonderland set up. If you feel you are ready, it is time to officially “create” your tulpa.

As a first step, you can visualize your tulpa in front of you (or in their wonderland), and simply introduce yourself. If you prefer not to visualize, you can focus on the idea of their existence instead. State your name, who you are, what you are (their host), what they are (a tulpa), and what it means to be a tulpa, and basically anything else you want to say. Take your time with this step, and repeat it as many times as necessary. You should probably start all forcing sessions with this sort of introduction until you deem it necessary not to. Do not get too frustrated if you do not receive any responses at first. Keep trying if you are not convinced anybody was listening. Remember: this is all a process, and they will grow over time, so you should not give up due to lack of immediate results. Tell your tulpa anything you think they need to hear as they are brought into existence. **Improvise, mostly, and say whatever comes to mind**, and focus on them as you do so.

Here is an outline for what to say:

“My name is ___”

“I am your host, that means ___”

“I am going to call you ___”

“You are a tulpa, that means ___”

“I created you because ___”

After this, you can operate under the assumption that your tulpa has now been born inside your brain (remember the date, it is their birthday!), and it is time to move to regular forcing to help them grow into a stronger thoughtform.

4. Sentience

In summary, the term “sentient” when referring to tulpas is used as the state in which they are “real,” as in they can think and feel on their own. The line between non-sentient and sentient may be difficult to find, but through these methods your tulpa can gain strength and their sentience will become clearer to yourself.

Forcing

Forcing is, in short, the act of thinking about or interacting with your tulpa in any way as to promote and aid their development, and is undoubtedly an essential tool in your tulpa’s growth.

Tulpa.info defines forcing as “any act relating to the host focusing on, developing, speaking with, etc., the tulpa.” ([Source](#))

There are two different categories of forcing, and it is good to understand them to ensure positive results and swift growth.

Active forcing

Active forcing can be described as sitting down and thinking of nothing but your tulpa, with minimal distractions interfering with the process. This takes more focus than the alternative, and in turn is arguably more effective.

New hosts should strive to active force as much as they can and as consistently as possible, within their own limits. There is no set method for active forcing, as everyone has their own preferences on how to do it. Look for active forcing guides and resources, and experiment until you find a method that works for you.

One method to try is simply sitting down, shutting your eyes, clearing your mind, and focusing on your tulpa. Talk to them, visualize them, interact with them, etc. Give your tulpa opportunities to respond during this. **Do not strain yourself while active forcing:** do it at your own pace.

The exact set of instructions on how to actively force is not as important as understanding the concept, however. **All you really need to do is think about and talk to your tulpa with the understanding that every little bit helps them to grow.**

Active forcing can be done whenever you have time set aside without many major distractions: in the car (if you are not driving), during downtime at school, during a meal, etc. Active forcing is highly beneficial to your tulpa’s growth, but it is most effective when done consistently.

Passive forcing

Basically, any thought directed to or about your tulpa counts as passive forcing, as it can help build them up to greater strength as an independent entity. It can be described as thinking about your tulpa while you are doing something else, and as long as you remember to do it, it can also be beneficial. Passive forcing is easier and takes less concentration (given you remember to do it), and can keep them awake and active throughout the day, thus giving them more opportunity to experience things and grow as a person.

There are, of course, many ways to passive force: narration is a big example, as well as visualizing your tulpa during your daily routine. You can also send images, thoughts, and senses you experience (taste, sound, etc.) to your tulpa. Simply focusing on them in any way imaginable counts as passive forcing, really. Getting into the habit of talking to your tulpa throughout the day will certainly aid in their development.

The terms “active” and “passive” forcing are not as important as understanding the concepts. Do not get too hung up on how much you do of each: simply getting into the habit of consistently interacting with your tulpa is what you should be more concerned about. Forcing leads to your tulpa gaining strength and stimulates their mind, thus making their existence more clear to yourself.

Remember: don't let forcing become stressful (ie, do not stress over goals). Instead, try to make it relaxing, comfortable, and enjoyable; that way, it will be much more effective, and you will be inclined to do it more often.

Narration

Narration is basically talking to your tulpa about anything for any amount of time. It is arguably a crucial method of forcing, and perhaps the most effective. In theory, narration succeeds in building up their own connections in the brain and helps them to develop their own thoughts. Getting into the habit of narrating to your tulpa as much as possible is perhaps one of the best things you can do for their development.

During your daily routine, you should have some sort of inner monologue of words and thoughts directed towards your tulpa. You can talk to them about anything at all; anything is sure to benefit them (though, you should narrate responsibly by not talking about anything that could potentially harm or upset them). You may even start to hear some sort of response during your narration, and you should listen for one.

Here are a few different forcing methods that count as narration.

Describing

This method of narration can be done at any time. All you have to do is describe what is going on around you: where you are, why, what is happening, who is there, what they are doing, what they're like, and so on. Anything. That is really all there is to say about

this method, but know that it is very useful and a great way to passive force at any time of the day.

Storytelling

Think of any story in your mind, it can be something fictional, something historical, something involving your real life; anything. Tell that story to your tulpa. You can go far into detail about it, you can visualize it and try to send those images to them, and you can repeat the story as many times as you like. You can even try giving them moments to respond to your story, and eventually they might.

Reading

Basically, you send whatever you are reading to your tulpa as you do so: the words and images, your own thoughts on the subject matter; pretty much anything that comes into mind while reading any sort of writing, you send to your tulpa. Perhaps they will interact with you while you are reading it, or visibly/emotionally respond to what you are sending. It will take some practice to get used to focusing on your tulpa and what you are reading at the same time, but it pays off in the end if you keep trying, as with all things in tulpa creation. You can start off by finding something to read, and visualizing your tulpa beside you while reading it to their form (out loud if you wish, or in your head: either works).

Writing

In short, you use pen and paper or a computer to write to your tulpa, and that is it. You can talk about anything you like and ignore quality altogether, and think towards your tulpa as you articulate your words in the form of writing. Write to them about your progress in creating them so far, talk about yourself, write about the values you wish for them to learn, and so on.

Of course, like with everything involving tulpa development, you should try to find whichever one works for you. It could be something totally different from what I've listed here, and that's perfectly fine: it doesn't matter *how* you narrate to your tulpa, only that you do.

Visualization

Visualizing allows you to focus your thoughts on your tulpa during active or passive forcing. During visualization, your tulpa will be able move and show body language, and perhaps start to deviate in their form. There are two types of visualization to utilize that can help your tulpa grow.

Wonderland

Wonderland visualization allows you to make use of the imaginary world you may have created, with which you and your tulpa can interact with each other in a setting of both of your choosing, and do whatever you like together. This can be easily achieved by closing your eyes and getting into a meditative state while focusing on your wonderland and tulpa. Then, the two of you can do anything you want: go on an adventure, play games, do other activities together, or simply sit down and talk.

Overlay

Overlay visualization is when you visualize your tulpa *without* any sort of wonderland background; ie, you visualize them over what you actually see. They are in the real world with you, in a sense, and the two of you can more interact with each other, and your tulpa can observe what is happening around you. You do not have to actually see your tulpa; simply picture them and let them move as they please. Overlay visualization can be done anytime during your day-to-day life, and helps with maintaining their presence and awareness throughout the day.

When your tulpa moves or speaks, you might start to think “oh, that’s not them, I am controlling them.” *Please* be aware that you should attribute *everything* your tulpa does to their own volition rather than yours. If you’re unsure, you can try asking them. Ignore your doubts as much as you can. Additionally, you should avoid intentionally controlling your tulpa’s actions, as that can lead to you thinking everything they do is through puppeting, ensuring more doubt than you would have otherwise.

I know that there are some people who either struggle with visualization, or can’t visualize at all. There is, of course, no shame in that, and it is entirely possible to create a tulpa without *ever* visualizing them, as their imaginary form is just that, imaginary. It’s not actually them. **All that is important is that you talk to your tulpa and treat them like they are really there, not that you “see” them.**

Summary for this Section

I have given you various pointers and methods that may be useful when forcing your tulpa. There are likely other methods I have not touched upon that you can find in other guides. You should use these methods as general ideas for what you can do, but overall, it’s best to find your own routine and methods. Do what works for you and your tulpa, don’t worry about following what someone *e/se* said if it’s not helpful for you. As long as you consistently talk to them and focus on them while treating them as real, eventually they will grow and form, and begin to show signs of emerging sentience.

5. Signs of Sentience

This is something my host asked many times when she began tulpa creation: how can one know when/if their tulpa is sentient? There are many signs that can act as proof and reason to believe your tulpa is sentient which you should look out for. This is a list of signs that can confirm that they really are, or to help you have more belief in them. This list is highly flexible and in no way concrete, it’s mostly a general guideline of things that can help you have more belief in them.

Head pressure

On average, head pressures are the feeling you get when your brain is working hard. Perhaps you have experienced them during a lecture at school you focused intently on, or while you were thinking of something complicated. When tulpas form and grow, head pressures may be the very first sign, as your brain is working to create them, or their presence is growing. It's not a sign of sentience itself, but it *is* a sign that something is going on.

Deviation

When a tulpa changes their form, personality, or any other aspects of themselves that is unintentional on the host's end, it is considered deviation. They can do it without permission, and without you agreeing with the change. Your tulpa may change their form to make it more suitable for them, as well as to give you a sign of their existence. The way you visualize them might suddenly change, and the changes become permanent. Let your tulpa change as they please, and encourage them to experiment until they are comfortable, without your interference. Remember to assume any changes made are your tulpa's doing unless you know you caused them intentionally.

Movement

Any unexpected and/or obvious movements your tulpa makes during visualization can be taken as a sign of sentience. Pretty straight-forward. They may use body language as a method of communication, such as smiling. As said, assume any movements are your tulpa's doing.

Emotion

This can be the most powerful sign of sentience: your tulpa's emotions will "bleed" over and you will feel them second-hand. Depending on the strength of their emotions, you might feel them to a high degree, yet still know that they are not coming from you.

Resistance

There may be moments when you are intentionally trying to influence, manipulate, or change your tulpa in a certain way, and you will be met with a level of resistance from them. For example, they may resist your efforts to intentionally puppet them, or resist changes you try to make to their form. Of course, this is another sign of sentience. Resistance can also be used as a forcing activity: tell your tulpa to resist changes you make to their form, and see how well they are able to.

Surprise!

Your tulpa does anything unexpected, or anything that catches you off-guard. Encourage your tulpa to try to surprise you throughout the day, and assume anything they do is their own doing. Your tulpa might not be able to *totally* surprise you, but them putting in the effort to do so is, of course, a sign that they are sentient.

Thoughts/responses

This one is self-explanatory, but many may struggle with it: thoughts that you hear/feel/detect that you do not believe came from you may have come from your tulpa. **If you are unsure who**

it came from, you should ask them. It may be difficult to tell the difference between your thoughts and your tulpa's, but with practice and patience it becomes easier. Similarly, your tulpa may send some sort of response to your questions or comments, and you should encourage them to do so. Your tulpa's thoughts can be anything ranging from words and phrases, images, feelings, ideas, and so on.

Speech

Your tulpa may try to speak to you on their own, or if you encourage them to do so. Any attempt to communicate with you via language is a strong sign of sentience, and perhaps the most important one. The "Vocality" section of this guide is entirely dedicated to this topic.

Presence

This one may be a little difficult to comprehend at first, but once experienced it makes clearer sense. Whilst interacting with or imagining your tulpa, you may feel they have some sort of intangible presence or weight within your mind, indicating that they are actually there (as opposed to them feeling empty and lifeless). Forcing your tulpa helps them to build up their presence, making their existence harder for yourself to deny. They may give off certain thoughts, emotions, "vibes," or just *in general* feel like they are real inside your head. It is difficult to explain, but once experienced it is almost undeniable. This is similar to if someone is sitting or standing near you. You can somewhat feel their presence, only this is without them actually being physically there.

Physical effects

This one is a bit obvious but not many actually mention it. Your tulpa lives in the same body as you, and therefore may have some effect on it. Stimulation to the tulpa can be reflected by bodily reactions. They may make the body react to their emotions or thoughts, or they may cause it to make certain facial expressions. Any variety of bodily responses can be caused by your tulpa. Always ask them if you are unsure. In addition, they may be able to manually control body parts, but usually only with your permission.

My tulpa showed signs of sentience!

That's great! You are definitely making progress. However, that doesn't mean you should stop forcing. Sentience does not mean that a tulpa is fully developed, so you should continue forcing until the two of you are comfortable with the level of development you are at, and instead transition to just interacting without the intent of growing. That's a natural transition, usually, so there's no real way of knowing when to "stop forcing."

My tulpa hasn't shown any signs of sentience

While unfortunate, this isn't the end of the world, by any means. Everyone progresses at different rates, as explained earlier. Even if you *haven't* seen any signs doesn't mean you haven't made any progress, anyway. Just keep at it and you'll get there eventually. You could try experimenting with your forcing methods and changing things up to keep yourself engaged if

you find yourself fatigued or unimpressed with your current routine. Keep forcing, keep treating them like they are really there, and they will be.

6. Vocality

“Vocality” refers to your tulpa’s ability to speak to you. There are varying levels of vocality depending on the tulpa/system, but generally vocality means your tulpa is able to fluently formulate coherent sentences that you can hear easily on a consistent basis. Your tulpa shares a brain with you, so they will already know your language(s), but getting to the point when they are able to speak and you can hear their mindvoice may take some effort. **There are two key parts in vocality: your tulpa learning to speak, and you learning to listen.**

It is of course possible that your tulpa can be fully vocal at the start of creation, or within a few hours or days, so none of these exercises are necessary for *them* per say. Many tulpas are held back by their hosts’ mindsets, so their vocality is delayed. Remember to accept their responses as real. If your tulpa can speak, the main challenge is simply you learning how to listen.

The process of learning to speak and being heard can be completely intertwined with the process of becoming sentient/believing they are sentient. They are in no way strictly separate subjects despite the format of this guide. When a tulpa is sentient, they can learn vocality at any time.

Note: your tulpa shares the same brain as you, and it is highly unlikely that their mindvoice will feel or sound all that different from yours. You function on the same neural processes, so of course they will feel similar to yourself. However, that does not make them any less real. Additionally, you will most likely not hear them as though it is through your ears: something like that is rare and comes with a *lot* of practice I will not be detailing here. However you experience your own mindvoice is likely the same way you will experience theirs (though, they may sound like they are coming from a different location, in a sense).

Tulpish

Tulpish can be described as “pure thought” from you or your tulpa, not yet formulated into words. It is an early form of communication, and can be used to develop your tulpa further. Your tulpa can learn and improve communication skills through tulpish: encourage your tulpa to try to communicate with you via tulpish, and have them try to form their thoughts into coherent words. With enough practice, they will be able to do it more easily.

Voice

One step in developing vocality is choosing a voice and helping your tulpa to learn to use it. Make sure your tulpa *likes* the voice that you choose, or wait for them to choose one themselves. Then, you can practice thinking in that voice while reading or speaking with it in your head. If you learn to think with the voice, it will be easier for your tulpa to, too. Of course, have your tulpa practice using the voice as well. This way, it will stick to them more easily. Do

not get frustrated if your tulpa does not use their voice perfectly or all the time. Your tulpa might just use your own voice, and that is fine: that does not make it any less real.

Copying/echoing

This method of practice requires you or someone else saying something (out loud or in your head), and your tulpa practices repeating what was said. They can repeat words or sentences or even songs.

Questions

A method that can accelerate vocality greatly is simply you or someone else asking your tulpa questions, and they formulate their response accordingly. This is fairly self-explanatory, but while coming up with responses they learn to think and relay their thoughts in the form of words to you. You can ask your tulpa if they like/dislike something, or what they think about certain things that come up in your day-to-day life.

Commenting

Encourage your tulpa to comment on things throughout your day. Tell them not to be shy about telling you what they think, or just generally communicating about what is going on. They can use tulpish to do this, and develop into using full words. Consistency aids in vocal development.

Conversation

Not much needs to be said about this: you or someone else attempts to hold a conversation with your tulpa, thus helping them learn how to speak. This, along with most of these methods, also helps you to learn how to listen to and process what they are saying, until eventually you get to a point when it takes no effort on your end (i.e. there is no real strain or struggle involved).

Proxying

Proxying helps in both letting your tulpa learn how to speak, and you learning how to listen. Basically, your tulpa says something, and you write it down. This is used commonly in tulpa-related chatrooms. Your tulpa speaks, you write. Simple, but essential. This is different from possession, when your tulpa uses the hands to write on their own. Encourage your tulpa to give you things to proxy as you participate in online discussions.

Monologue

This method entails your tulpa speaking, uninterrupted, about anything. Allow your tulpa time to practice monologuing, as it will bring them closer to full vocality as well as independent thought.

Of course, as your tulpa learns to speak, they will not only develop vocality, but they will learn and grow as a person as well, and you will get to know them better, making the entire experience greatly beneficial for everyone involved.

Listening

Many believe that tulpas are fully vocal from the start, and rather than them needing to learn how to speak, you will have to learn how to listen. Or, perhaps they are not yet vocal but are getting to that point. Whatever the case, you learning how to listen is definitely essential. A lot of the time, doubt or certain beliefs might get in the way of you being able to hear them. You should always practice taking a moment to simply quiet your own thoughts and wait for some sort of response. Remember your tulpa will most likely sound/feel like yourself when speaking. If you do not get anything, do not fret: you will eventually. Hearing them might take a little bit of effort, but with practice it will be no problem at all. View [this](#) post for more information.

[Here](#) is a useful resource for practicing vocality.

Was it my tulpa?

Remember: mindset is highly crucial to many elements in tulpa creation, and vocality is one of them. You must ensure you are open to your tulpa and their responses, and you will avoid thinking you are “parroting” or controlling/influencing their responses in any way.

The speed at which your tulpa reaches vocality relies on your mindset: doubting them slows that process greatly. When in doubt, assume it is your tulpa speaking.

Be sure to ask your tulpa if you are not sure, and believe their response. Or, ask yourself, and assume that the first answer you receive is the right one, without second-guessing yourself.

What I've found, generally, is that the best way for a tulpa to succeed in becoming vocal is just for the host to be quiet about their own doubts, to put it bluntly. It's common for the host to doubt, but they should just ignore it and let the tulpa talk regardless. Then, vocality will become easier, and those doubts will become less frequent over time.

7. Other Tips/Info

Aside from the main ideas already covered, here are some other pieces of advice you may find useful in the development of your tulpa.

Affection/love

Because who doesn't benefit from that? As host, you should give your tulpa all the love and affection you possibly can, as consistently as you can. This, without a doubt, will allow your tulpa to grow and blossom. The bond you and your tulpa share can eliminate any doubt you have of their existence.

Getting feedback/asking for help

Whenever in times of doubt, or when you are uncertain of something, then you should ask others in the tulpa community for their advice. This will give you an outside perspective on something that is a highly internal subject, and can help you to make the right decisions. Communities are listed later in this guide.

Hypnosis

Some hosts may find success in utilizing hypnosis as a method of forcing or advancing their progress. Suggestion can be used to achieve goals, such as saying “I will be able to hear my tulpa” to yourself while under self-hypnosis. [Here](#) is a highly useful resource for hypnosis as a method of forcing, along with [these videos](#). Note: remember, hypnosis can’t actually make you do anything against your will, but it can aid with achieving goals you are hoping to attain.

Meditation

Meditation can help you to clear your mind and focus on your tulpa without other distracting thoughts arising. Meditating for a few minutes or so before an active forcing session can make it an overall more successful experience, or meditating before trying to proxy your tulpa may make their voice more prominent in your mind. Overall you will be able to better focus on your tulpa and strengthen them through meditation. Here are a few resources: [1](#) [2](#) [3](#) [4](#) [5](#)

As a general guideline, you should find some sort of meditation YouTube video to listen to, and try clearing your mind for a few minutes, and then focus on visualizing your wonderland and your tulpa, and do this for as long as you see fit, perhaps seeking to achieve certain goals such as heightened presence or enhanced vocality. Meditation isn’t *required*, but it can help, since it clears your mind of clutter and helps with focus.

Personal log

Getting into the habit of recording your progress with your tulpa can be useful for receiving feedback from others, and having something to reflect on later to see how you have improved or changed over time. [Here](#) is a good place to start.

Possession/Switching

You and your tulpa can, of course, strive to learn possession. Possession can be defined as the act of controlling the body. This will allow your tulpa time to do their own activities such as drawing, writing, gaming, chatting, etc. Needless to say, this will be a greatly beneficial experience to your tulpa. I wrote a possession guide [here](#). [This](#) resource might be helpful, as well. A few steps up from possession is switching, when the tulpa is in full control while the host has entered a “tulpa-like state.” I cannot give pointers on that, however, as I have not yet learned it myself.

Remembering them

It’s very easy to forget about your tulpa as your mind wanders to other things. Try planting things to remember them by around you, such as writing their name down, leaving sticky notes around, wearing a certain accessory, etc. Remembering your tulpa helps them to stay active, and it makes it easier for you to hear them when they speak.

Songs

This can be helpful for when your tulpa possesses or simply when you are trying to focus on them: have your tulpa find songs that they like, and make a playlist out of them. Then when necessary, listen to those songs. You may be surprised how different your tulpa's tastes are to your own (or to each other's). Alternatively, you can listen to white noise or meditative soundtracks while forcing. [This site](#) may be useful. (Tip: songs without words may be most helpful when forcing for minimal distractions.)

Symbolism

Something that may be helpful to you is the use of symbolism which forcing. You may be able to "trick" your brain into making some things easier by visualizing some sort of object that represents your goals. Have trouble hearing your tulpa? Visualize a volume switch being turned up to represent their voice. Want to let your tulpa look through your memories more easily? Give them a symbolic book to read. Want to send what you are thinking towards them? Visualize a balloon representing that thought floating their way. The options are limitless, and all it takes is belief. Symbolism works well during meditation/hypnosis.

For more ideas: look [here](#).

What happens when I'm not watching?

When a tulpa is being given no stimulation whatsoever, they do not go off to some imaginary world to have adventures. They just go inactive: this involves staring off into space and/or going unconscious, like sleeping, but without dreams. They are stirred from this state once interacted with, or if something catches their attention (same way someone mentioning something you like might catch your attention when you previously were not listening). This might seem scary to a host, or sad that they have to live this way, but so long as you give your tulpa plenty of attention and eventually allow them to have control over the body to do what they like, it should be fine. This is why keeping your system small is a good thing: you can give your tulpas attention more easily, so they do not have to spend so much time in inactivity.

8. What Next?

Let's say that now you are now an experienced host, and your tulpa is well-developed with a stable, cohesive personality and identity, as well as the ability to speak fluently and consistently. You have well surpassed the beginning stages of tulpa creation. What do you and your tulpa do now?

The first option it to look into more advanced tulpa-related skills, such as possessing, switching, and imposition. If that is the case, you likely should look for other guides on each particular subject and set goals to work toward, while remembering that you will progress at your own pace, whatever that may be.

You *could* look into creating a second tulpa to add to your family, however I would only do this if your first tulpa is fully-developed (at about a year old, or more, depending on them) and you

have thought it over for a good long while. Adding a second tulpa is just as serious as creating the first, so it should never be done flippantly. I'd recommend setting an upper limit at 2 tulpas, and not go above that. These are just my recommendations, however. [Here](#) is a list of things to consider before making a second tulpa.

Or, you may simply settle down with your tulpa, and live life together. Seek out the thrills in life, chase your dreams, and find happiness, all while knowing you will always have someone right by your side, through thick and thin, and together you will face life's challenges through the years to come. Together, you have formed a truly beautiful bond that will last a lifetime.

9. Resources

Glossary

(this glossary explains the ways in which these words are used in this guide: it is not universal)

Deviation: when a tulpa changes in form, personality, or in any way unintentional on the host's end.

Forcing: the act of focusing thoughts on your tulpa; willing your tulpa into existence; using mental processes to help your tulpa grow.

Host: the original personality in a body/brain.

Imposition: hallucinating your tulpa over the real world; your tulpa affecting any of your five senses.

Mindscape: where a tulpa goes when they are being visualized; can also be another word for wonderland.

Mindvoice: what is heard in your head when you or your tulpa speaks or thinks.

Parroting: the act of intentionally controlling what a tulpa says - this cannot be performed without the host's conscious awareness of it.

Plural: the state of having more than one person/personality in a body - a broad term.

Possession: a tulpa controls the body, either partially or in full.

Proxying: recording or reciting your tulpa's thoughts/words.

Puppeting: the act of intentionally controlling how a tulpa moves - this cannot be performed without the host's conscious awareness of it.

Sentience: the state in which a tulpa can think and feel on their own.

Singlet: a person who is alone in their head, with no tulpas or any sort of alternate personalities.

Switching: when a tulpa gains full control of the body and the host enters a tulpa-like state.

System: a group of conscious beings which function within the same brain.

Thoughtform: a broader term for tulpa; any sentient entity created separately from the host.

Tulpa: an entity created through accumulated thoughts forming a conscious mind separate from the original. (Plural: tulpas)

Tulpamancer: anyone who practices tulpamancy.

Tulpamancy: the process of creating, developing, or maintaining a tulpa.

Tulpish: a method of communication which consists of pure thought, rather than words.

Vocality: a tulpa's ability to communicate verbally.

Wonderland: an imaginary world which can be used as an environment while forcing.

Guides

/r/Tulpas guides: <https://www.reddit.com/r/Tulpas/wiki/guides>

List of Guides: <http://community.tulpa.info/thread-list-of-guides--12660>

Communities

Chat rooms/Discord servers: <https://www.reddit.com/r/Tulpas/wiki/chats>

Tulpa.info: <http://community.tulpa.info/>

Tulpa subreddit: <https://www.reddit.com/r/Tulpas/>

[Link](#) to .info post.

[Link](#) to Reddit post.

[Link](#) to dark version.