

Tulpa Vocalization Practice

By Indigo Felight

Introduction

Think of this like a digital worksheet for you and your tulpa, to help your tulpa learn to vocalize through practice. There are 10 different exercises organized from most basic to most advanced, each with 15 examples/prompts for the tulpa.

Before beginning this worksheet, keep in mind that your tulpa's voice won't sound like some alien noise in your head. Vocality, at its core, is just the tulpa creating verbal thoughts, just like your own. When a tulpa speaks, it's simply them taking control of the conscious mind and creating thoughts as words/sentences, so don't expect something too foreign as they learn to speak, and don't expect them to have a different voice right away.

As the host, it's your job to encourage them, and *not* get too frustrated if you don't see quick results. If there are issues, simply take a break or try again. Encourage them to do their best and let them know they'll get better. **Patience, persistence, and practice are key.**

Before beginning the first exercise, there's something you must know, host: you should try to let go of and ignore your doubts while filling this out on your tulpa's behalf. It's alright if you have them, that's totally normal, just try to ignore them. Set aside those thoughts and **let them speak their mind freely**. If you're not totally certain about something, just ask them if that's what they really meant, and trust their answer. If your doubts get too overwhelming, that's alright, just take a break and come back later. Think of this as a fun thing to do with your new tulpa, not a reason to get stressed.

Additionally, if the host's response might seem to get in the way of the tulpa's. If so, try to mentally set it aside and ask the tulpa what their own response is.

What should you expect?

There are various ways your tulpa might communicate with you for this worksheet if they are not yet vocal. **All of these methods of communication may be turned into words/sentences with encouragement from you.**

Body language: they might move their form in response.

Emotions/feelings: they may respond with feelings as answers.

Images/scenes: they could share with you visualizations as response. They could also share something of the other four senses, such as sounds or smells.

Single or few words: they could respond with only a word or two, rather than full ideas.

Thought/sentence fragments: they may respond with an idea, but it isn't fully developed. This might come out as jumbled-up sentences that haven't been fully streamlined yet.

Tulpish: this is experienced as “raw thought” that hasn’t yet been formed into words. Might be presented as just ideas or concepts. It’s something hard to describe, but it’s common for non-vocal tulpas.

Note: One thing that hosts often get frustrated with is the fact that they know what their tulpa is going to say before they say it. That’s totally normal: thoughts occur before verbalization for tulpas *and* hosts. Simply allow them to speak their mind, don’t get irked by that fact. If anything, it’s a good sign: it means they’re actually thinking through what their response will be before they give it.

Instructions

Make a copy of this document for your own use (click File > Make a Copy). Host, read the exercise examples to the tulpa and record their responses if you wish. If they give a response other than speech, encourage them to verbalize it. Feel free to ask the tulpa additional questions as they give their answers to each of the exercises.

(All of the exercises are totally optional. You are not obligated to fill the whole thing out. Do whatever works for you to get the results you’re aiming for)

Exercise #1: Warm-Up

The purpose of this is to simply help the tulpa get into the swing of speaking to a minor degree. I will present a word, and they will respond with the first word that comes to their mind. They may talk about why that word came to their head if they wish.

01. Tree:
02. Cow:
03. Pencil:
04. Sparkly:
05. Bright:
06. Telephone:
07. Superman:
08. Cheese:
09. Magic:
10. Beautiful:
11. Tiger:
12. Birds:
13. Song:
14. Football:
15. Spider:

Exercise #2: Fill-in-the-blank/Mad-Libs

The purpose of this exercise is to help the tulpa get comfortable with verbalizing simple ideas in a certain context. This exercise will entail a sentence with a missing word, and the tulpa will fill in the blank. They may elaborate on why they chose that word.

01. That's a pretty (noun)!
02. Please don't be loud, the (noun) is sleeping.
03. I really like this (adjective) dress.
04. I want the (adjective) teddy bear.
05. I can't wait for National (noun) Day!
06. Look out! A hungry (noun)!
07. This movie isn't very (adjective).
08. Don't hold your (noun).
09. Wow, what a(n) (adjective) (noun)!
10. This (noun) is very (adjective).
11. My sister really wants the (noun) for her birthday.
12. This zoo is full of (adjective) (noun)!
13. I want to be a (noun) when I grow up!
14. That's a (adjective) (noun) you got there!
15. I don't want to go to the (noun) anymore.

Here are more options for MadLib style exercises: [1](#) [2](#) [3](#) (these activities are aimed towards kids, but they still can be helpful to tulpas)

Exercise #3: Preference

This exercise will allow the tulpa to speak about their own personal preferences. This exercise entails a very simple response to be given in the form of a word, followed by an explanation. I will present two different things, and the tulpa will respond with which one they prefer, and explain why.

01. Red or blue:
02. Cats or dogs:
03. Water or fire:
04. Summer or winter:
05. Running or swimming:
06. Journey or destination:
07. Fast songs or slow songs:
08. Turtles or lizards:
09. Dragons or unicorns:
10. Reading or writing:
11. Spring or autumn:
12. Birds or fish:
13. Biking or driving:
14. Seeing or hearing:

15. Day or night:

Exercise #4: Personality Trivia Questions

This exercise is for the tulpa to learn to give responses more personal to themselves. Here, I will ask 15 questions related to the tulpa's personality. If they don't have an answer, they can either give what they *think* might be the answer, or skip the question.

01. What's your favorite color?
02. What's your form?
04. What's your favorite animal?
05. What's your favorite food?
06. What are you feeling right now?
07. Do you have any hobbies you'd like to pursue?
08. What's your favorite movie/book?
09. Is there anything you like to do with your host?
10. Do you like your host?
11. What kind of music do you like?
12. When were you created?
13. Why were you created?
14. What are you looking forward to most?
15. Anything else you'd like to add?

Exercise #5: Conversation

The purpose of this exercise is for the host and tulpa to get used to conversing together. I will provide a topic, and the two of you will converse about it (and you may record the conversation if you wish). I tried to make a broad range of topics to include diverse interests, so you may pick and choose which ones you like. You could also bring up these topics to a friend and have them discuss it with the tulpa.

01. Music
02. Love
03. Clothing
04. Electronics
05. Sports
06. Animals
07. Books/stories
08. Movies/shows
09. Holidays
010. School/work
11. Personal goals
12. Food
13. Creation progress so far
14. The future

15. Tulpas

Exercise #6: Image Describing

This exercise is to help the tulpa verbalize complex, creative thoughts based on what they see. Host, mentally show your tulpa the image (or have them look through your eyes), and they will give their own description of it, along with other information such as what they think about it, such as how it makes them feel, what they like about it, etc. Allow the tulpa to interpret this exercise how they want to.

If the below links don't work, or if the embeds were lost, here is a backup: <https://bit.ly/2J6D7di>

01. [Link](#) (extra [link](#)) (Four kittens)
02. [Link](#) (extra [link](#)) (Red-eyed tree frog)
03. [Link](#) (extra [link](#)) (tight-rope walker)
04. [Link](#) (extra [link](#)) (man with umbrella & birds)
05. [Link](#) (extra [link](#)) (Earth as a face)
06. [Link](#) (extra [link](#)) (Romantic couple walking)
07. [Link](#) (extra [link](#)) (Wolf howling at the moon)
08. [Link](#) (extra [link](#)) (silver dragon)
09. [Link](#) (extra [link](#)) (Photographer at a field)
10. [Link](#) (extra [link](#)) (A lion sitting)
11. [Link](#) (extra [link](#)) (A child and a dog)
12. [Link](#) (extra [link](#)) (An elephant spraying dirt)
13. [Link](#) (extra [link](#)) (A cultural festival)
14. [Link](#) (extra [link](#)) (A bridge in London)
15. [Link](#) (extra [link](#)) (A monkey in the rain)

(Sources for where the images were found: [1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [7](#) [8](#) [9](#) [10](#) [11](#) [12](#) [13](#) [14](#) [15](#))

Host, you may find your own images for the tulpa to respond to. Finding images that are personal to yourself may be interesting, such as photographs of your family, art that you've made, etc.

Exercise #7: Describe this Character

The purpose of this is to prompt the tulpa to use their imagination and get creative with their ideas as they verbalize them. I will provide a simple framework for a character, and they will describe what the character looks like, what their backstory is, or basically anything they want to add.

01. Damien, a vampire
02. Sandy, a mermaid
03. Colby, a talking cat
04. Rusty, a musician

05. Volcano, a dragon
06. Baron, a warrior
07. Emily, a spellcaster
08. Wisp, a phoenix
09. Daisy, a fairy
10. Berry, a parrot
11. Grant, a superhero
12. Julia, a werewolf
13. Molly, a ghost
14. Wolf, a tribal leader
15. Rohan, a space soldier

Exercise #8: Continue the Story

This one also allows for creativity. I will provide the beginnings of a story, and the tulpa will be prompted by the host to continue it. Write their stories down if you wish.

01. Bob is late for work due to a traffic jam on the highway. This doesn't normally happen to him, so he's fairly confused. He decides to leave his car and investigate why this has happened.
02. Lily's friend has stopped showing up for school, and she doesn't know why. She decides to go to her friend's house and figure out what happened.
03. Jeff's mom has brought home a wooden crate, telling everyone that their new pet is inside. The crate is moving and shaking as whatever's inside is trying to get out. His mother begins to open it.
04. Kate is scared of her teacher, but she doesn't really know why. One day, her teacher pulls her into her office.
05. The sky has turned purple. The government has issued a statement explaining why.
06. Tim was always told by his grandmother that on his twentieth birthday, something would change in his life. He didn't believe her until that day arrived, and he discovered a new ability.
07. For some reason, all of the stores in town have closed unexpectedly for a day.
08. There has been a snowstorm in the middle of summer.
09. Phil is messing around with an old radio when it picks up a strange broadcast.
10. Mary is given an old book by a mysterious old woman. She decides to read it.
11. Doug finally manages to buy VIP tickets to meet his favorite singer. He is very surprised by what he learns.
12. Liza is shocked when she wakes up one morning to find that she has been somehow transported to her favorite fictional universe.
13. Aaron has committed a crime. He knows that the police are after him, so he's on the run.
14. Renee has won an elected position as mayor of her town. After this victory, she is taken to a mysterious building.
15. Gram has a secret that he won't tell anybody, not even his closest friends and family. It eats him up inside until he eventually decides to tell someone.

Exercise #9: Monologue

This exercise will help the tulpa learn to speak continuously about a topic without being interrupted. They are encouraged to allow their mind to go wherever it will while monologuing. They will begin based on a topic, similar to the conversation exercise. Write their monologue down if you wish.

01. The host's family
02. The host's friends
03. The tulpa's friends
04. The host
05. Yourself (the tulpa)
06. The host's creation methods
07. How the host's life has gone so far
08. How the tulpa wants to improve/change their life
09. Topic the tulpa wants to pursue learning about
10. Skill the tulpa wants to learn how to do
11. The tulpa's life experiences so far
12. Person who the tulpa looks up to
13. Character the tulpa most relates to
14. Most emotional/touching moment the tulpa has experienced
15. The bond the tulpa and host share

Exercise #10: Complex Questions

This exercise is for encouraging the tulpa to think through more complex subjects than in the previous exercises.

01. What do you think about yourself being a tulpa? Are you sentient? What does it mean to be sentient?
02. What do you think about religion?
03. What do you think about humanity itself? Do you consider yourself part of it, as a tulpa?
04. What do you think about the current culture of the country/region you live in? Where do you think it'll go in the future?
05. Do you think of tulpas as a psychological/neurological phenomenon, or a metaphysical one? How do you think tulpas work?
06. What's the best way to look at life: with optimism, pessimism, or somewhere in between? Which do you think you adhere to?
07. Do you have a specific moral code? What is it and why do you have it?
08. What do you think about social issues of the present day? Political issues?
09. Which issue do you think is the most important? Why?
10. What do you think about the possibility of yourself learning to control the physical body? Do you think tulpas have an inherent right to learn that, or do that have to have permission by the host?
11. Are hosts and tulpas equal? What's the difference between them?

12. What kind of impact do you want your existence to make on others, and why? How far-reaching do you want that impact to be?
13. What do you believe are the right or wrong reasons to make a tulpa? Is it okay to make tulpas in the first place?
14. What kind of future do you want to have and why?
15. What do you think about your own existence in general?

Other Options

Here are some things the host/tulpa may do to continue developing their vocality outside of this practice sheet.

1. Chatting

Talking to others is definitely one of the best ways for a tulpa to develop their vocal skills, as well as help them gain life experiences crucial to growing and changing as a person. Let your tulpa talk to others in chatroom, forums, etc.

2. Keeping a diary/log

If you have some sort of physical/digital place for the tulpa to record their thoughts, that would likely be helpful to them as they adjust to their own existence and improve their vocal skills.

3. Frequent questions

If the host asks the tulpa questions throughout the day, that'll keep the tulpa active and their skills sharp. Try asking them questions on what they think about certain things, what they think the host should do, etc. (Credit for this idea to JGC) Aside from for vocality purposes, frequent interaction with one's tulpa is just beneficial in general.

4. Other online quizzes

Basically anything that can pick your tulpa's brain that you can find online is very helpful in stimulating their mind, developing their personal opinions, and advancing vocal skills.

5. Practice speaking in different voices

It may be fun for them to experiment with other voices they can mimic as they speak. This might be a good way for them to adopt their own voice different from the body's.

6. Singing along to a song

This is also something quite fun to do, with little stress involved. Just play a song and have them sing to it. You could even make it a duet.

7. Anything else you can think of!

Don't simply follow the things that I've suggested. Get creative, find your own useful methods for you and your tulpa to try! Tulpamancy shouldn't be a chore, it should be enjoyable, so try thinking of your own means to advance their vocality, and have fun with your new companion.

In Summary

Encourage your tulpa to speak as much as you can, and interact with them as frequently as possible, and they are sure to grow and develop, not only in terms of skill, but as people. I hope this worksheet provided plenty of usefulness to you and your tulpa in reaching vocality. Even if they were unable to perfectly master it, I assure both of you that they *will* get there with practice. Have faith in your tulpa, and the effort the both of you put in to achieving your goals.