

This is where my advice turns a bit away from the tried-and-true and towards a bit of theory. I believe that the most difficult part of tulpa creation is training your brain to think for someone other than yourself. That would explain both how most people encounter some difficulty in tulpa creation and need time to make steady progress, and how a lucky few can find quick success.

Teaching yourself to think like someone else is a skill. You must be able to understand how someone would think and feel about a particular subject, then generate responses much like how they would. This means that writers and individuals invested in most kinds of role playing often naturally develop the abilities needed to create a tulpa, and sometimes even end up accidentally creating one. And that's how I propose you go about some of your forcing – if you're having trouble, try thinking for your tulpa.

Many people are hesitant to think for their tulpa because their entire goal is to get the tulpa to think for itself. However, by doing this, you not only build up your brain's ability to think for someone other than you, but also teach it how to think for *your specific tulpa*. There are multiple ways to practice these skills. What the community has long known as "parroting" is one, where you just create your tulpa's responses for them. However, you can also take things a step further and get more involved via roleplaying or writing. Roleplaying as your tulpa can help you understand the broader mindset they would be in, and allow you think about how they would respond to things *other people* are saying. However, doing that might seem weird to you, and if that's the case then I recommend that you instead write stories about your tulpa. These stories don't have to be long and they don't have to be good, and nobody but you has to read them. The key is to write a story with dialog from the perspective of your tulpa while thinking about and writing out things they would think and say in response to the events of the story.

However, it is important to do these things in moderation. At some point, you need to stop thinking for your tulpa and allow them to do it on their own. Your forcing should still consist mostly of conversation between you and your tulpa, with you always giving them a chance to respond to the things you say. Writing, roleplaying, and parroting should only be a supplementary process to help you get in the right mindset to make a tulpa. Otherwise, when and if your tulpa does start to talk, you might not even realize it is them.