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Do not read this guide if you do not want to spoil your views on tulpa or you do not want to address the question of how tulpa are “real” or not. This guide could be invaluable to those who want to question how tulpa are “real”, but it can be shattering to those who do not, and would prefer the more classic methods of making a tulpa.

## **A Less-Crappy Guide**

(A title given due to this being a revised version of (“A crappy guide”), not because all other guides are crappier.

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The purpose of this guide is two-fold. One, I hope to introduce what i’ve learned in a clear and formatted way so that others might learn from it. Two, I am using this to organize my own thoughts on the subject, and this is as much written for my sake as it is for the sake of others reading it.

First off, most all the guides feel really old and outdated.

To my understanding, the tulpa community has really changed from it's core and is still changing to date. There have been numerous shifts in how the community generally tells newcomers to act. “Dont follow hour guides”, “if you think it's your tulpa it is”, and and a few other phrases and trends have risen up, died down, and disappeared. I have yet to see a guide that addresses the fact that these changes have occurred without just stating new techniques that work “better” and never really addressing underlying reasons for the changes.

Secondly, A lot of the guides take the “weak” approach to tulpa's.

Most guides take the route on tulpa that assumes the host will/should give themselves fully to the idea that their tulpa is a separate human being from the get-go, that you should “have faith” in your tulpa. Honestly, I don't like that much at all

And i'll admit that it is absolutely fine to take such a route on creating a tulpa. Heck, it can get you much faster progress and much better results than what i'll say in this guide. However, I do think that things like parroting fears and tulpa going “out of control” often stem from this sort of thought process. Even if it's slower, less efficient, and even if it turns people away from tulpa because “it's not real”, I do think that it's very preferable to take an outtake on tulpa that focuses less on having that sort of faith or “trust”.

The justification for the belief that tulpas are capable of acting independently causes issues goes something like this:

For those need more explanation on my second set of claims:

The first relies on the assumption that tulpa are not actually independent, and are actually a delusion. If this is true than it is obvious that a person who goes through the process of creating a tulpa will go two routes. One, force and never accomplish everything. Two, force and eventually reply to themselves, with a high chance that those replies will feel like parroting, because they are. If a person does not hold the belief that a tulpa is independent and can act on it's on/should be able to act on it's own, than it is far less likely that there will be issues with parroting, even though it is still possible.

In the case of things such as the tulpa "going out of control" or "being mean or rude" and a huge set of other issues are simply avoided because it's just something that can be recognized by the host as something they are doing themselves. It allows a sort of ability to "override" the issues that will inevitably occur due to things like intrusive thoughts.

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I'll preface this by saying that I am nowhere near the "higher level" of experienced people when it comes to having a tulpa. My tulpa and I cannot switch, possess, or do any form parallel processing or even form complex thoughts.

However, I do not intend this to be a guide on any of those things, This will only discuss the process of creating a tulpa which is vocal. This guide will have absolutely no useful information on visualization, wonderlands, imposition, switching, etc.

I may in the future write more on future things, should I ever accomplish them. I'll update this guide later if I do.

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The best place to start here would have to be definitions. I cannot really explain much without having that very useful baseline. So here are some quick definitions:

**Tulpa:** a mechanism in the mind which is capable of "hearing" inputs given to it by the host, and "responding" with it's own replies. For the sake of this guide, so long as a tulpa can "hear" and "reply", It will be considered a tulpa.

**Forcing:** Any time which you take focus off of all other things and focus directly on speaking to or interacting with your tulpa. You don't need a wonderland to do this, only an identity that you can speak to, which will be discussed later on.

**Narration:** Any time that you interact with your tulpa vocally while doing other activities, such as walking or playing a video game.

**Possession:** when the mechanism that forms the tulpa is capable of controlling the limbs of the body at the same level of the host participating in the movement that the tulpa creating responses requires.

**Switching:** When the above occurs, except with the host entirely unaware of the state of the body and with the tulpa able to control every system that the host can control.

**Form:** an imaginary body which is given to the tulpa in the stead of an actual physical body, which is used to give the tulpa a more legitimate identity and presence to the mind.

**Wonderland:** an imaginary world which is to the form as the form is to the tulpa. Meaning that the wonderland makes the tulpa's more real in that it has a world to reside in, just as the form makes the tulpa feel more real by giving the tulpa a form to reside in.

**Etc:** a word I use when I'm too lazy to be sure I'm covering all angles and am trying to get a general point rather than a objectified list across.

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So, now to list the basic goals of creating a tulpa...

(Spoiler: Highlight to reveal)

1)

You do not force or create a tulpa to reach a goal. The process of creating a tulpa has no end, it is only an activity.

I think of forcing like I think of sports. It's not a game you play to win. You can try as hard as you can to collect your goals if that's your thing, but you will likely end up having a much better time if you just play the game to have fun just playing the game.

Secondly, if you are trying to get a tulpa for the sake of meeting a goal, I can tell you now that there typically is a way to accomplish most goals without a tulpa, and typically that way is more efficient than creating a tulpa (although less fun!).

Want better memory? Study!

I can't stress this enough. A tulpa will do little to nothing for your abilities to memorize.

Want more ability to recognize multiple viewpoints? Go and learn multiple viewpoints and get in the habit of doing that

You don't need a tulpa to consider something from another's shoes. Just spend time considering how others would think, and actively try to put yourself in their shoes more often.

Need a friend to talk to and need to feel accepted? Honestly, this is what friends are for, go out and make some.

Tulpa should never be used as replacement for real life human beings.

Etc.

Again, tulpa are a thing which really shouldn't be defined as a goal. Although I won't stop you from trying, I can assure you that, in most cases, you can get much more benefit elsewhere.

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Ok, still here?

You've seen the definitions, I've told you my warnings and my thoughts, and for some strange reason you are still here.

Good.

Because I still have one last trick up my sleeve to try and make you leave:

This guide will view tulpa as nothing but a phenomena of the mind, and a trick that is maintained and created entirely by the host.

I am not here typing this to help you create a new person, or to help your brain develop a cordoned off area of axons and neurons that can create thoughts entirely separately from yourself. This is a guide on the art of self delusion, and I'm sorry if you do not like that fact, or if I kill off a cool fantasy by saying this, but honestly I think this is better said than not.

Tulpa seem extraordinary at first glance because they ARE extraordinary at a glance, but once you get into the details it's all a delusion.

I know what you are probably thinking if you are assuming what I am saying about tulpa being entirely a delusion and not real at all is true. "Why should I even do this if tulpa are fake?". And that is above and beyond understandable, in fact, I very much would have agreed with you in the past. "That which can be destroyed by the truth, should"

So, I'll just tell you here what I ended up thinking on the whole process. It's best summed up with a rhetorical question:

**"What's the difference between someone who has a voice in their head that speaks to them and shares all the memories and abilities of the brain of the person who has this voice, and a person who has all of those things, but instead of a real voice, it is all a delusion?"**

The answer to this is only that the second person is not accepting "reality", and the first is.

The main reason I can tell that the first, non-delusional person is better off than the second, delusional one, is because that when a person has a better grasp on reality they have more ability to function in the real world.

In other words, a man who thinks they are sick will waste time and resources trying to get better, and in the end they might not actually get better despite treatment. A person who is actually sick is not wasting resources, and will actually find real usefulness in medication.

Which is where the real wonderful part about tulpa, and the human mind, comes into play.

You can still have a tulpa while fully accepting and embracing the idea that your tulpa is less a sentient creature and more a delusion.

The fact this is possible allows that single main issue to go away.

Because the problem with being insane is that it interferes with reality. When you can hold the conflicting ideals of “I have a tulpa” and “my tulpa is likely a delusion” in your head at the same time, you gain all the benefits of having a tulpa with none of the drawbacks of not having any disconnect from the real functionings of the world.

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So, that’s all I got, with that last “doozy” out of the way I can actually feel confident that you are the sort of person who might want to make a tulpa. I’ve said every fact I know of that might make you want to stop or turn away to things more suited for yourself.

However I have one last recommendation.

Wait a few weeks, if you are really truly new here to this “community”.

The concept of tulpas can be mind-blowing, and a blown mind is not good at making decisions, do not make decisions with a blown mind. Come back in a week after lurking on reddit and the IRC and getting a good idea of what the community/concept of tulpa is really like.

(sadly you might not agree with this guide after that, but that’s fine too)

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Ok, time to begin on the actual guide part, which may honestly end up as one of the shortest parts to the guide, as it’s more important to have a good mindset than to follow a series of rigid steps in making a tulpa.

**DISCLAIMER:**

These steps are only guidelines and in no way should be fully and totally followed as you would follow an instruction book. This is how the process went for myself, you may/can have a totally different experience

These are the stages in which I personally experienced the creation of a tulpa

1. Build a personality/identity for your tulpa
2. Build your expectations to hear your tulpa reply to you
3. Begin to “subconsciously” reply to yourself as you talk to or interact with your tulpa
4. Build on this effect until your tulpa resembles a human being.

1) Building a personality/Identity.

At the very least you will need need a name. Honestly, I do think it is possible to continue to future steps with having anything but a name, but I do also think having some form of personality or general idea of “who” your tulpa is will be beneficial.

Making a personality for your tulpa is covered very well in many other guides and places, and honestly there is little I can say to out-do them or add anything of use.

The tl;dr is just to imagine a box that you put all the “traits” into and the imagine that box turning into your tulpa. Alternatively just write down the traits and look at them while imagining that this name you have is directly connected to those traits.

For example:

“my tulpa is \_\_\_\_\_” (shy, upbeat, confident, depressed, angry, motivational, like X character from a random show).

Alternatively, another method is just to imagine scenarios and imagine the reaction of your tulpa in such scenarios.

For example:

If a person were to come and punch my tulpa in the face for no apparent reason, they would likely \_\_\_\_\_ (hide, run for help, hit back, look confused and ask what happened, etc)

A decent third method is just to make a comparison to another existing sort of ideal.

For example:

“my tulpa is like \_\_\_\_\_” (“your favorite character here”, a wacky ai, a crazy person, a ‘cute’ animal, etc)

Honestly, so long as you have some sort of name or identity that you are comfortable could spring into being a “mental construct”, you should be a-ok for the next “step”.

## 2) Building the expectations

This step will take up the bulk of “beginner-time”.

Basically the idea of this stage is just to just start communication with your tulpa. This is where you would typically begin things like narration, forcing, making the wonderland, etc.

I recommend you do check many other guides for things like this, as there are MANY techniques for doing the above, and just like earlier, I'm nowhere near able to offer anything other guide-writers are not.

My recommendation for this step is just to talk to your tulpa using your “thinking voice”, and just typically make comments about anything in general, but leave lots of “hanging” indentations that you would otherwise feel the need to answer,

For example:

“that car over there really looks interesting, I could swear i've seen it before somewhere, you have any idea?”

Don't be afraid to ask direct questions, and don't be afraid to not get replies, and keep doing this while thinking of and addressing that original identity you created.

Typically I always used topics such as forcing itself, or just general thoughts on what I was doing at the time. I've heard that you can do things like reading stories to your tulpa or playing around in the wonderland can help, but I haven't tried it myself, so I can't tell you how effective those are.

Again, other guides might do better than me here.

The end goal is basically to get to a point where you begin to hear responses from your tulpa. You will say "Hey \_\_\_\_, have you been ok?", and you will hear/think, in the corner of your mind, the word "yes". And you will probably say "I'm not sure if that was my tulpa or if that was me". And this is where the rockiest step comes into play

### 3) Begin to hear responses

You reach this yet? Then you can officially claim, at least according to myself, that you have a "real tulpa". Feel good?

I do recommend that you stick with step 2 for a decent amount of time just after you think you've reached this step. Get it nice and solidified, you should be randomly thinking of things while you monologue to yourself, and those random thoughts should typically be responses to things you were saying, that make some sort of sense.

Now, this step is kind of a weird one, and is by far the hardest to get past. This is where the fear of things like parroting and doubt really start to kick in, at least they did for me, hopefully this guide will be effective in making things easier for whoever you are reading this guide.

The key point here is that you have to start accepting these little voices in the back of your head as your tulpa saying things instead of yourself, and you should start really trying to hear these responses and really expecting them whenever you talk to your tulpa (as if it is there just waiting to reply to you whenever you talk to it).

To be honest, it's not really all too different than the previous step at all, except this is just a time of transition instead of waiting around for habits to form. I'd actually go so far to say that the only difference between 2 and 3 is that now you have something to work off of.

I'd recommend that you find the things your tulpa can respond to, and work from there. Ask questions similar to the ones you can get/you make responses to and slowly branch out and keep trying to get responses for progressively more diverse sets of questions. It is a slow process, but improvement tends to be very steady. The rare "yes"/"no", occasionally becomes a "maybe", or you might be lucky and start hearing full sentences as responses.

Basically you've moved out of this when you can ask just about any yes/no question, and get an answer from the part of your head that you no longer "instinctively think" is yourself, but instead is your tulpa.

### 4) Build on this until your tulpa resembles a human being.

This is where forcing actually becomes the Number one meter/bringer of progress. Training your brain to do more and more complex things with the tulpa is the number one most important thing here, and forcing will help you do this more than any other thing, although narration is never a negative.

Basically the goal at this step is to just cultivate and work up with your tulpa. You just need to work on training your mind and really working to get your tulpa able to say more things and be more active without crossing the threshold into you saying “crap, did I think that?” Which seems to be the absolute number one issue for anyone with a tulpa.

Simple answers are easiest, yes/no, true/false, etc. Heck, those should be the first things a tulpa is answering, although it’s ok if that’s not true at all.

Complexity is harder to do as it slowly requires more thought. “I feel X” “I have X opinion” “I want X” so far has been the next stage for me.

Again, it seems this step is really similar to the previous, but is just another stage of progress. This time you are just building on a slightly more developed tulpa, where-as before you were building on a nearly-undeveloped one.

**Everything beyond this is pure speculation and not based on experience.**

I imagine the next steps will be making more advanced conclusions, along with things like parallel processing. Getting yourself so far into the habit of forcing that you do it so often that your tulpa can interrupt you to say things or do things. I’m just hoping that this is actually achievable.

And with that I’m done. I hope this guide will help you with any difficulties you might run into while trying to get a vocal tulpa, and I hope it’s not too weird sounding or “cultish”.

But seriously, make your own conclusions on everything. Tulpa is something you do for fun, and for fun only. It’s a hobby, an activity, etc. Tulpa aren’t objects to help you through your life or magical beings of any sort. And the logic I use here is MY OWN logic, do not follow it or think you shouldn’t disagree with it.

I’ll update this as I go further, but I have a suspicion it’ll be a long time, so until then. Goodbye.

(Thanks to skyewint for assisting in a revision to “tulpa should never be used as a replacement for real life human beings)