

Disclaimer: This guide assumes you've read another guide and know the vocabulary contained within. While the point of this paper is to deconstruct the tulpa guides that have been popularized and some community opinions that are unspoken of in guides, it would be beneficial to read another guide or at least pour over a glossary before diving into this.

A Deconstruction of the Newcomer's Tulpa Mentality

(by Phoenix of the Bethel System)

Introduction:

Often times people enter this community with odd perceptions based on beliefs that have been shaped by their environment: media and the community itself. That is to say, tulpas are often presented as more complicated than they are or given attributes that are parapsychological at best, despite the majority of this community being psychological in mindset. This majority is founded on two beliefs, and this essay will be speaking from those two perspectives. The first is simple, tulpas are a psychological phenomenon. The second is like it, tulpas are just as human as you and me. With that, let's dive right into this.

Myth 1: Tulpas are voices in your head

Okay, not *precisely* a myth but most of these topics won't be cut and dry. I have a question for you though. Are you a voice in your head? The answer is no, you are a function of your brain. Your brain controls your thoughts, emotions, actions, etc. Yet people often mistake their tulpa to somehow be "disembodied" in a sense that they are confined to how the mind is often classified in literary works: thought. The truth is, if tulpas are really human, then there is no reason that they are disembodied. In fact, if they are human, they see the same things you do, they feel the same things, they hear the same things.

So, why mention this? Well, despite everything I say here, a large component of psychology is that belief shapes your reality. Because of this, oftentimes tulpas will do things to "circumvent" their disembodiment. This being things like putting objects like TVs or crystal balls in their wonderland to see the world via the proxy of their host. Or, on the flipside, hosts somehow thinking they'll enter the magical realm of their head when they switch (more on that later). This serves another purpose though, aside from having tulpas do unnecessary, albeit harmless, things. Realizing you're both human, you should both see that your body is yours. That seems like a "no shit, Sherlock" statement, but oftentimes people get caught up in the idea that somehow when their tulpa possesses it will feel different. Sometimes, it does! More than likely, you are not that lucky. Your body moving will feel the same, because it's the same sensory input it's always been. Your tulpa will also appreciate this mentality, as it's a lot easier to think "oh, I just have to mimic my host." Especially when they already know the body is just as much their device as yours.

Myth 2: Starting out, you should give your tulpa a bland form they can change later

Again, this isn't precisely a myth, but the driving thoughts and reactions behind it are often not helpful. Really, it should have been a myth that tulpas need a form, they don't. It's all imagination, if you're new to this, it's entirely your prerogative as to whether or not you even give your tulpa a form. I'm certain you have a form for yourself in your mind, it's probably identical or similar to your body, so this isn't an issue of whether or not the form is dehumanizing a tulpa. No, the issue is quite simply that this idea was born of paranoia and creates paranoia.

Often guides will have a "Why not to create a tulpa" section and in these it's popular to talk about imaginary sex with your tulpa. I'm not telling you to stick your dick in tulpa (or vag over tulpa, your choice) by any means, but giving your tulpa a "wisp" or "ball" or "door" form for them until they pick their own isn't going to stop you from wanting to have sex with your tulpa. I don't disagree with giving your tulpa one of these forms, though, they serve the purpose of letting your tulpa choose once sentient. However, I do disagree with the idea that picking a form for your tulpa is somehow bad, even if it's one you find attractive.

"Ponytail, you just said anything I do is simultaneously wrong and right," to which I say, patience. I haven't told you the point of a form for an early tulpamancer, yet. Your tulpa doesn't start sentient, it doesn't give a rip about the form you give it. When it does, it is your duty as a host to be open to potential change. So, what form should you pick? You should pick the form that makes it easiest for you to force your tulpa. Is it difficult to visualize anything but a door and talking to a door somehow helps you focus? Awesome, go for it. Does your tulpa being good-looking help you remember to force because you want to look at them? Creepy, but it works (I fall into this camp, if you're curious). Is trying to use your imagination at all a damn trial you can't put up with while talking to your best friend? Congrats! Form is meaningless for now, in that case.

Myth 3: Your tulpa frolics in the wonderland in their free time

Now, there are people with the ability to think and do 4 things at once. If you are one of them... First off, I'm calling bullshit. Second off, this section of this essay doesn't apply to you. But, real quick, I want you to think about the details of your most procrastinated project you need to get done while reading this and the lyrics to your favorite song simultaneously. Or, if you're a more colorful person, think about how much fun it'd be to drop cacti on your friends in the painted desert while imagining an intense volleyball game in your school gymnasium. Without imagining dropping cacti on the volleyball players who have brought the gymnasium floor to the painted desert, it's impossible to think of both at once. You can't run two scenarios in your head, unless you're a mutant.

"But Ponytail! What's parallel processing then?" Ooh! Fancy vocabulary, me, I like it! Mostly? It's probably a lie. Now, belief shapes experience, but I'm immediately skeptical of anyone claiming that their tulpa did hula hoops while eating doritos and running through a forest and terrorizing rabbits with air horns for the evening and that they met this one adorable little baby rabbit and brought it home. Now you're probably wondering why I went into that much detail, or at least

what is wrong with my clearly damaged psyche (I believe tulpas are real, after all). Well, I did that to illustrate that it's not hard to make up evening events. It's well known in psychology that confabulation exists. Confabulation is your brain filling in holes in your memory, simply put. So, if you believe that your tulpa is active in the wonderland while you're not paying attention, and then you ask them what they did, they may be able to come up with some elaborate stories *whether they're conscious if it's true or not.*

Now that I've angered half the community, parallel processing is still a phrase we can use, but we should use it in different scenarios. The brain's ability to perform multiple functions simultaneously is actually rather freaky when different lobes of the brain are used. I doubt it's something anyone could do when starting tulpamancy above a certain age, but it's not entirely impossible to think a tulpa could act as your GPS while you consciously think and walk. Now, I've no experience or heard anything on stories like this, but I doubt the experience would be all that different from you doing it on your own anyways, but there are always exceptions and differences between tulpas and hosts.

Myth 4: Personality forcing is bad for your tulpa

Now, this opinion is not common in the community by any means. In fact, this opinion is more an exaggeration. Originally I was going to just name this "Personality forcing is needed/detrimental" but that isn't following this "Myths" theme that I did *not* steal from Dave Ramsey.

Personality forcing is a great divide in the community. The truth is, it doesn't matter which route you go, just so long as you are ready to accept potential deviation. Yes, personality forcing can cause identity issues in your tulpa, but it shouldn't if you have a proper mindset. Going without personality forcing being superior is the more prevalent myth however, despite it not being inherently wrong. Personality forcing is a lot like form in the fact that it is your choice on how you go about it. I will say, however, that if you personality force, then you should see your words as *encouragers* not *law*. Like how a parent wants their child to be kind and accepting of those around them. Or how a parent wants their child to be strong despite what's thrown at them in life.

With these encouragers though, I would recommend to explain these concepts in great detail. It's poor forcing to simply say "You are [Trait]." It's a natural human behavior to obey our labels (for some reason) and you are giving the labels you want your tulpas to be known for. So, "You are [Trait], and this is what that means and why I want you to be [Trait]." It sounds authoritarian, but I promise that it's perfectly fine *with the right mindset*. That "right" mindset being, be ready for whatever change your tulpa wants to undergo or whatever difference they have, and pick these features out of love for your future tulpa.

**Myth 5: “Active” forcing is sitting down, focusing, and making progress on your tulpa.
“Passive” forcing sustains them and is less focused activity**

Newcomers especially hear these terms “active” and “passive” forcing thrown around a lot. Really, I’m not sure who came up with the terms, but they’re a little silly. There’s too thin a line between these concepts and often times just aren’t true. A tulpa can be made purely through casual conversation. Your tulpa also really doesn’t need to hear about things they can already see via narration. Any interaction with your tulpa will progress them, it’s just a matter of how much. One of the grand things about tulpamancy is that it conforms to you. So, if you’re new, you can worry about these concepts of active and passive forcing when your tulpa is already sentient and vocal. For now, worry more about what you can do to focus on forcing and make it your own.

Myth 6: Vocality is hard and takes time

PUT. DOWN. THE PITCHFORKS. Bear with me for a moment, the dear folks among you who’s tulpas took months to achieve vocality.

Tulpas are just like humans, we’ve established that. This means that they think similarly to you. Gee, exhilarating. However, people often make the mistake of expecting their tulpa to sound different from themselves or to have some subjective feeling about their speech that is different. This often leads to worries of parroting. Which, if you’ve never heard the term, forget it. Fearing parroting is worse than actually parroting. The point, however, is that a tulpa uses the same parts of the brain to think that you do and as a result may sound precisely the same as you. Not that certain tulpas don’t come out sounding different, you can probably manage to think in Samuel L. Jackson’s voice, as can your tulpa. This also means that your tulpa, once sentient, will be just as capable of thinking, which extends beyond just vocality. This will be thoughts, emotions, memory recall, etc. Your brain is just as much their oyster as it is yours.

This may bring up a slight worry, “omg how do I know if they’re real or not.” Other guides and resources cover this better than I could hope to do so. Your focus for their reality should not be focused on whether or not they talk. You should be focusing on how they do things beyond your personality. Focus on whether or not the voice seems to not be of your own volition, or whether or not certain emotions you feel are yours. Above all, believe your tulpa is speaking, and they will!

Myth 7: Switching is a magical, sudden thing where you will experience the wonderland with all your senses like it’s Narnia.

Now, this may be obvious, given previous statements, but this is the culmination of all I’ve been saying as all these myths tie into the “end goal” of tulpamancy (in my opinion, imposition is so much impossibly harder). Often times, people think that “Switching”, as its name unfortunately implies, is like a lever. You flip it, it’s done. This is not entirely true.

Perhaps, I should back up a bit. What is switching? Well, let's do the simple definition, the host takes the place of the tulpa and the tulpa the place of the host. I think most people can agree with that statement. So the question goes back to the very core of this essay, what is the nature of a tulpa's existence? They're human, so they behave as a human who doesn't start off possessing the body. They are given an environment to interact with their host oftentimes, but it's imaginary. They see the world just as we do, but we know early on they are dependant things, otherwise they'd yell at us to spend more time with them. So, I challenge you, really consider what the position of your tulpa is when they're not active. I can say personally that mine watch my life like some brain-based google glass and chime in when something enraptures their attention. My word isn't gospel on this topic, though, this is something you need to answer for yourself.

Switching is a process. It requires dissociation of increasing degrees in order to progress. At first it will just be possession while you watch. From there, it's just more and more dissociation while your tulpa learns to take control and focus, which is especially difficult when people are trying to talk to you as opposed to your tulpa.

Conclusion:

With that, I have pointed out many of the false mentalities that can hinder or confuse newcomers in the process of creating a tulpa. I hope to all of your dear readers who see this that you can use this to help newcomers, shape new guides based on these thoughts, and, if you are new, make an awesome tulpa that I'll perhaps meet one day. Thank you for reading.

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