

Host's Username:

Participating Tulpa's Name(s):

1. What does "tulpa" mean, to you? What does it mean for a tulpa to be conscious/sentient? How is sentience reached?
2. What are good or bad reasons to create a tulpa, in your opinion? Are there "right" reasons and "wrong" reasons?
3. Describe your creation. How did you come into existence? What did your creator do to make you?
4. How long did it take for you to become sentient, and why do you think that is?
5. Were there any obstacles that hindered or slowed your creation process, or made it more difficult? How were they overcome?
6. Was there anything that really helped your creation process? What was the most effective thing your creator did to create you (intentionally or not)?
7. What's the most important part of the tulpa creation process? What's the most important thing for someone to know when creating a tulpa?
8. What's the most important thing to avoid doing during the tulpa creation process? Are there any bad practices that can be harmful to tulpas during creation?
9. Are there any bad practices that can be harmful to tulpas in general? What about beneficial practices?
10. How do you think people can avoid doubt when creating their tulpas? Do you think skepticism is a good thing, and to what extent?
11. If you were created accidentally, what led to that and why? What do you think causes something to gain sentience unintentionally?
12. What do you think about tulpamancers planning things for their tulpa prior to sentience, like form, personality, name, etc.?
13. What do you think about parroting/puppeting? Can it be helpful/harmful, and why?
14. What signs of sentience did you express to your system early on (whether or not you were created intentionally)? How did you communicate with your system before being able to speak?

15. How long did it take for you to become vocal, and why? What does it mean to be “vocal,” to you?
16. How important is your form to you, and why? How much control over it do you have?
17. If you can control the physical body, how do you do it and what’s it like? To what extent is it a good thing for tulpas to learn to do?
18. If you can switch, what’s that like for everyone involved? Why do you do it? If you can’t yet but want to, why?
19. What are the best and worst things about being a tulpa? Anything you wish you could change? Do you have any tips for hosts to make life better for their own tulpas?
20. What are the best and worst things about having a tulpa, from your perspective? Is there anything you think people should know before creating one?
21. Is there anything else you’d like to share with people looking to create tulpas? Anything to share with the tulpas they’re creating?