

Preface

It's often difficult to find things to talk to your tulpa about, especially when you're just starting to work on vocality, or your tulpa has just developed vocality. Tulpas may have a hard time carrying conversations, and it may be easier to talk AT them rather than WITH them.

I have come up with a list of things that a tulpamancer can talk about that can create a conversation with or without input from your tulpa. If your tulpa is more advanced in vocality, have them ask questions while you talk.

This may be edited in the future for grammar or adding more topics.

Without further ado,

101 Things to Talk to Your Tulpa (Or Other Headmate) About

1. Explain your most recent dream
2. Explain how to care for your pet, if you have one
3. Talk about where you see yourself and your system in five years
4. Read a Wikipedia article, and summarize what you read
5. If the body experiences any medical conditions, explain what they are and how they affect the body. Explain how you deal with them, or what treatment(s) you get for it.
6. If you're in school, explain the most recent lesson you learned in your favorite class.
7. If you work, explain your job duties and responsibilities.
8. Explain how to make your favorite dish.

9. If you have a significant other, tell the story of how you met.
10. Talk about your oldest friend, and tell the story of how you met.
11. Do you have any weird scars? Tell your tulpa how you got them.
12. Tell them about the strangest gift you've ever received.
13. Summarize the most recent news story you read.
14. Describe your favorite piece of clothing in as much detail as you can.
15. If you enjoy sports, explain the rules of your favorite sports game.
16. Talk about any exciting plans you have coming up.
17. Explain the plot of your favorite fairy tale.
18. Think about a place you've traveled recently. What do you like about that place? What do you dislike?
19. List your favorite apps on your phone. Why are they your favorite? What features would you want to see in the future?
20. Try to explain the layout of your work, home, or school.
21. Talk about the silliest goal you have.
22. Talk about who you looked up to when you were younger.
23. Explain your nightly routine, beginning to end.
24. If you experience hyperfixations/special interests (traits of ADHD, autism, etc), infodump about it.

25. Teach a mini lesson about a historical period. Feel free to research beforehand, or use something you already know a lot about.
26. Talk about the grossest food you've ever eaten or seen.
27. Explain an average day for you.
28. Explain your least favorite responsibilities.
29. Talk about your most controversial opinion. Why do you believe it?
30. Talk about the worst time you ever got sick.
31. Tell them about your biggest day-to-day challenge, and how you overcome it.
32. Summarize each episode of a season of your favorite show in three words.
33. What is your least favorite mode of transportation? Why?
34. Tell them a story, as if they were a child you were trying to lull to sleep.
35. Talk about the pros and cons of space travel.
36. Recite the lyrics of your favorite song as if it was a poem.
37. Talk about the weirdest habit you have or used to have.
38. Talk about your favorite and least favorite slang word.
39. Tell them about something you loved as a child.
40. Summarize the history of your country.
41. List some useless fun facts you know.

42. Have you ever committed a crime? Tell the story, no matter how small.
43. Summarize the worst movie you've ever seen.
44. Explain your morning routine, beginning to end.
45. Describe the most useless purchase you've ever made.
46. Explain your most recent break-up.
47. Talk about the kinds of people you hate most.
48. Explain what your town is known for.
49. Try to list everything you keep in your school/work bag, without looking.
50. Explain and summarize your earliest memory.
51. If you could go back in time, how far would you go? Explain what you would do.
52. Talk about your weirdest non-sexual turn-on.
53. Would you date yourself? Explain the pros and cons.
54. Explain your morning routine, beginning to end.
55. Talk about the most awkward situation you've ever been in.
56. Have you ever almost gotten caught doing something you shouldn't have been doing? Tell that story.
57. Explain how to play your favorite board/card game.
58. Explain the controls of your favorite video game.

59. List, favorite to least favorite, the fruits you like and don't like.
60. Explain a weird dream you've had recently.
61. Talk about your best memory.
62. How would you get away with murder, or a similarly severe crime?
63. Talk about the unspoken rules of your workplace, school, friend group, family, etc.
64. Talk about the worst medication side effects you've ever had.
65. Talk about something you could NEVER do. Why?
66. Summarize a non-horror movie that scared you.
67. What do you think you would find under your bed right now? List, and describe each item.
68. What's your best crazy story?
69. Summarize your favorite binge-worthy TV show.
70. Explain the lore of your favorite game/book/movie/etc.
71. Talk about the most important thing in a good friendship or relationship.
72. Explain and list your most important responsibilities. Why do you need to do them? What could happen if you didn't do them?
73. Explain the recent drama in your friend group/online community.
74. What habits would improve your life? How would you implement them?

75. Explain a skill you're oddly good at. When could that come in handy?
76. What movie or book deserves a sequel? What would happen in that sequel?
77. Who is your least favorite person in your day-to-day life? What did they do to deserve that title?
78. Summarize the best live show you've ever seen.
79. What do you always procrastinate on? Why? Explain step-by-step how you would do that task.
80. Pick something you've never done before. Explain step-by-step how you might do that task.
81. Close your eyes. Describe the body in as much detail as you can.
82. If you had a million dollars, list the things you would do and buy.
83. List the pros and cons of a random decision you could make right now. For example, quitting your job, moving across the country, getting a pet.
84. How would you tear down the government if you could?
85. What illegal thing would you do at any risk? Why? How would you avoid getting caught?
86. Pick a few restaurants and explain your normal order. Pretend to order it, and then explain why you like it and why you get it the way you do.

87. Choose a historical event in your country and explain how it still affects your country today.
88. Pick a room in your house and describe how it's set up, and why it's set up the way it is.
89. What is your personally experienced horror story?
90. What's the weirdest teacher you've ever had? What made them weird? Did you enjoy their class?
91. Explain the story of the worst service you've ever had at a restaurant/store.
92. What app on your phone do you rarely use? Explain how to use it, and why you never use it.
93. Explain the nicest thing anyone has ever done for you?
94. Explain the best project you've ever put together.
95. Teach a mini lesson in something you know nothing about. Try to sound as convincing as possible.
96. Persuade your tulpa to agree with you on a topic most people don't agree with you on.
97. Research a conspiracy theory, and try to get them to believe it.
98. What did you have to see in order to believe? Tell the story.
99. Tell the story of your first kiss.

100. Explain the dumbest rule you've ever broken.

101. Try to explain what you believe the meaning of life to be.