

So, you're going to force but don't know what to do with your tulpas while at it? Fear not...

In this document we have lists of interesting things to do while forcing with your tulpae! They are divided into the following categories:

1. **Active:** for ideas regarding what to do when actively forcing.
2. **Passive:** for ideas regarding what to do when passively forcing.
3. **Other:** things to do with your tulpae, like playing a board game!

Enjoy!

Active list:

1. Go on walk and talks together
2. Take your tulpa to places they've never been before
3. Have a funny face making contest :o
4. Help your host recall its dreams. If you're feeling creative, try to fill in the gaps. If you, the host, remember your dreams, tell your tulpas about them!
5. Have your tulpa write a journal every night/every week
6. Find out what tastes you and your tulpa have in common and not (food, music, etc)
7. Describe a problem you're having with your tulpa; its often good to help you find a solution!
8. Randomly ask your tulpa how their day has been; then listen, for as long as it takes them to tell you.
9. Go on a wonderland adventure! Fighting monsters, exploring caves, whatever you think would be fun!
10. Find out things your tulpa is good at or likes doing more than you, and spend time with them building those skills.
11. Play sports! Not basketball and football, you have your whole imagination under control, [be creative with the rules!](#)
12. Create a paracosm together! [Here's a handy guide on that](#)
13. Sing a song with your tulpa!
14. Create a setting wildly different from your wonderland and explore it
15. Bend the rules of reality in your wonderland! Make it [2d](#), minecraft-like, whatever you want!
16. Have a dance-off!

17. Experiment with shapeshifting.
18. Simulate a book, movie, or show in your head and make your tulpas the main characters
19. Survive a wonderland zombie outbreak
20. Form a tulpa rockband!
21. Go wonderland rock climbing, or scuba diving, paragliding, etc
22. Start a garden
23. Build or modify your Wonderland house
24. Stare contest! (no, really!)
25. Fight your tulpas (if you all like to get a little more violent)
26. Write a story about your tulpa
27. Debate politics. Always a good idea, right? :P
28. Here's a weird but fun one: Lie down, set a stuffed animal (with arms, sorry no snakes) and set it on your chest with its arms facing you, and ask your tulpa to "control" the arms through possessing your hands. Then they can slap you like they've always wanted to!
29. Learn a new skill (like playing the guitar) with your tulpa
30. Make a soundtrack of music that you think characterizes your tulpa and direct music videos that they can star in!
31. Brush or cut his/her hair, groom his/her fur, etc. while chatting with him/her.
32. Spray each other with water or paint.
33. Pillow fight. Or water balloon fight.
34. Hug, cuddle, snuggle, tickle and pet her. Give her rubs in a variety of places (the tummy, behind the ears, etc.)
35. Try on a variety of silly hats or other clothes.
36. Go in a survival horror adventure!
37. Feed ducks at a pond
38. Play basketball
39. Try cooking a dinner together
- 40.

Passive list:

1. Read a book together and gush about your favorite parts
2. Read a fanfiction together and laugh at the bad parts
3. Take your tulpa to places they've never been before
4. Let your tulpa suggest places they want to go that neither of you have been before
5. Spend a whole day hanging out together, just the two (or more) of you
6. Let your tulpa make little day to day decisions for you, like which pair of shoes to wear
7. Have a funny face making contest :o
8. (If not a morning person) Try to wake each other up in the morning, or (If an insomniac)

- Try getting each other to bed at a reasonable hour
9. Find out what tastes you and your tulpa have in common and not (food, music, etc)
 10. Describe a problem you're having with your tulpa; its often good to help you find a solution!
 11. Randomly ask your tulpa how their day has been; then listen, for as long as it takes them to tell you.
 12. If you're going to do some activity alone, like cooking for yourself, try teaching your tulpa the basics of this activity!
 13. Ask your tulpa to remind you of something later
 14. Debate politics. Always a good idea, right? :P
 15. Have your tulpa help you pick out an outfit (and chose your makeup style if applicable)
 16. Get movies, read books, listen to music, and do things that only your tulpa likes to do, and "be the tulpa" and wait around while they have fun!
 17. Have a wonderland "spa" day and let your tulpa make small changes to their forms like painting their nails, cutting their hair (or fur), dying themselves different colors, or anything else!
 18. Learn a new skill (like playing the guitar) with your tulpa
 19. Have a rap battle/ rib each other. Keep it clean and fun.
 20. Brush or cut his/her hair, groom his/her fur, etc. while chatting with him/her.
 21. Hug, cuddle, tickle and pet her. Give her rubs in a variety of places (the tummy, behind the ears, etc.)
 22. Counting exercise: 1.) Have your tulpa count to you; 2.) go about your normal routine/read something/do work 3.) Listen/observe changes in what you hear, including volume differences or skips in the numbers
 23. Feed ducks at a pond
 - 24.

Other list:

1. Laugh at your host as they attempt to play a videogame! Or challenge them to do something hard to do in the game!
2. Read a book together and gush about your favorite parts
3. Read a fanfiction together and laugh at the bad parts
4. Let your tulpa make little day to day decisions for you, like which pair of shoes to wear
5. Have a funny face making contest :o
6. (If not a morning person) Try to wake each other up in the morning, or (If an insomniac) Try getting each other to bed at a reasonable hour
7. Help your host recall its dreams. If you're feeling creative, try to fill in the gaps. If you, the host, remember your dreams, tell your tulpas about them!
8. Watch a movie together and be like MST3K (look it up kids)

9. Draw your tulpa, even if you're bad at drawing (especially if you're bad at drawing)
10. Learn a new language and practice speaking it with your tulpa
11. Describe a problem you're having with your tulpa; its often good to help you find a solution!
12. Randomly ask your tulpa how their day has been; then listen, for as long as it takes them to tell you.
13. Find out things your tulpa is good at or likes doing more than you, and spend time with them building those skills.
14. Play sports! Not basketball and football, you have your whole imagination under control, [be creative with the rules!](#)
15. If you're going to do some activity alone, like cooking for yourself, try teaching your tulpa the basics of this activity!
16. Play a simple board game, like checkers or reversi
17. Sing a song with your tulpa!
18. Have a dance-off!
19. Experiment with shapeshifting.
20. Simulate a book, movie, or show in your head and make your tulpas the main characters
21. Survive a wonderland zombie outbreak
22. Form a tulpa rockband!
23. Start a garden
24. Stare contest! (no, really!)
25. Take online quizzes (like personality quizzes) one at a time and compare results
26. Play turn-based games with your tulpa, like Civilization
27. Create a bucket list for you and your tulpa.
28. Create a new language, then practice speaking it with your tulpa!
29. Write a story about your tulpa
30. Get your tulpa involved in your hobbies (tell them to help you look out for openings to score in sports, ask them what you should sculpt next, etc)
31. Get movies, read books, listen to music, and do things that only your tulpa likes to do, and "be the tulpa" and wait around while they have fun!
32. Here's a weird but fun one: Lie down, set a stuffed animal (with arms, sorry no snakes) and set it on your chest with its arms facing you, and ask your tulpa to "control" the arms through possessing your hands. Then they can slap you like they've always wanted to!
33. Learn a new skill (like playing the guitar) with your tulpa
34. Make a soundtrack of music that you think characterizes your tulpa and direct music videos that they can star in!
35. Counting exercise: 1.) Have your tulpa count to you; 2.) go about your normal routine/read something/do work 3.) Listen/observe changes in what you hear, including volume differences or skips in the numbers
36. Play Janga with possession
37. A tea party. With chainsaws if this isn't manly enough for you. And a bear
38. Join an omegle chat or an internet chatroom that isn't tulpa-centric, so your tulpa can

interact with other people in a neutral ground like any other regular person. Consider adopting a nickname.