

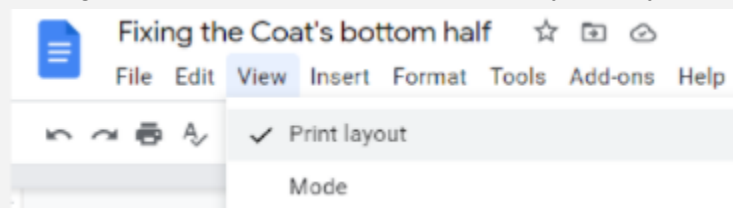
Scaling with Anamnesis

by [Linku](#)



Image of a character without and with scaling.

(For better viewing flow on desktop, uncheck “Print Layout” if you’re on Desktop.)



Notes and disclaimers

- I won't go into the basics, but you can look into the Anamnesis wiki (<https://github.com/imchillin/Anamnesis/wiki>), or some guides by @nyanyaxiv on Twitter (<https://twitter.com/nyanyaxiv/status/1506726883471286283>). There are also other guides by the community in the wiki.
- Scaled body parts may or may not clip into gear (skirts for example). If you use scaling just for screenshots, then this shouldn't be too big of a problem. However, if you use Customize+, you can only manipulate gear position within the Customize+ plugin itself as it does not apply location and rotation adjustments from pose files.
- If there are any questions or clarifications, feel free to send me a DM on Twitter [@vlingrimm](#) or you can join the Anamnesis Discord (<https://discord.gg/KvGJCCnG8t>), just please read the rules.

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What is scaling?

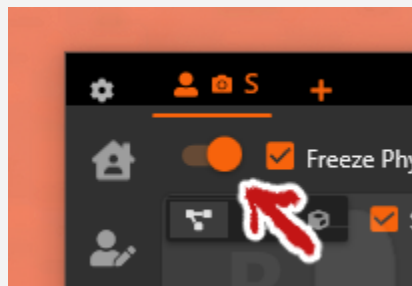
Scaling is changing the size of a body part or gear on your character. This can be used on limbs, clothing, and hair, as long as the parts have a “bone”. The Anamnesis wiki also explains it [here](#). Why this exists then is for a more visual step by step guide on how to go about scaling.

How to use scaling

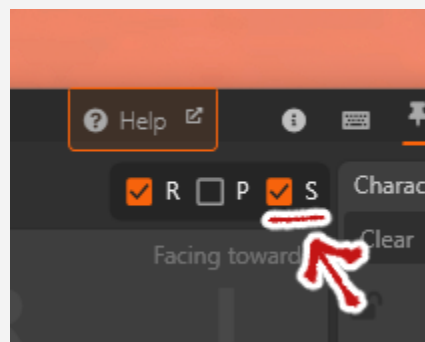
1. Pause your character in the game.



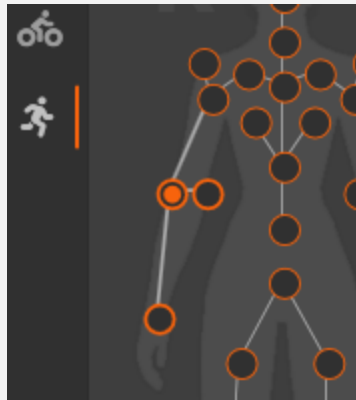
2. Enable posing mode.



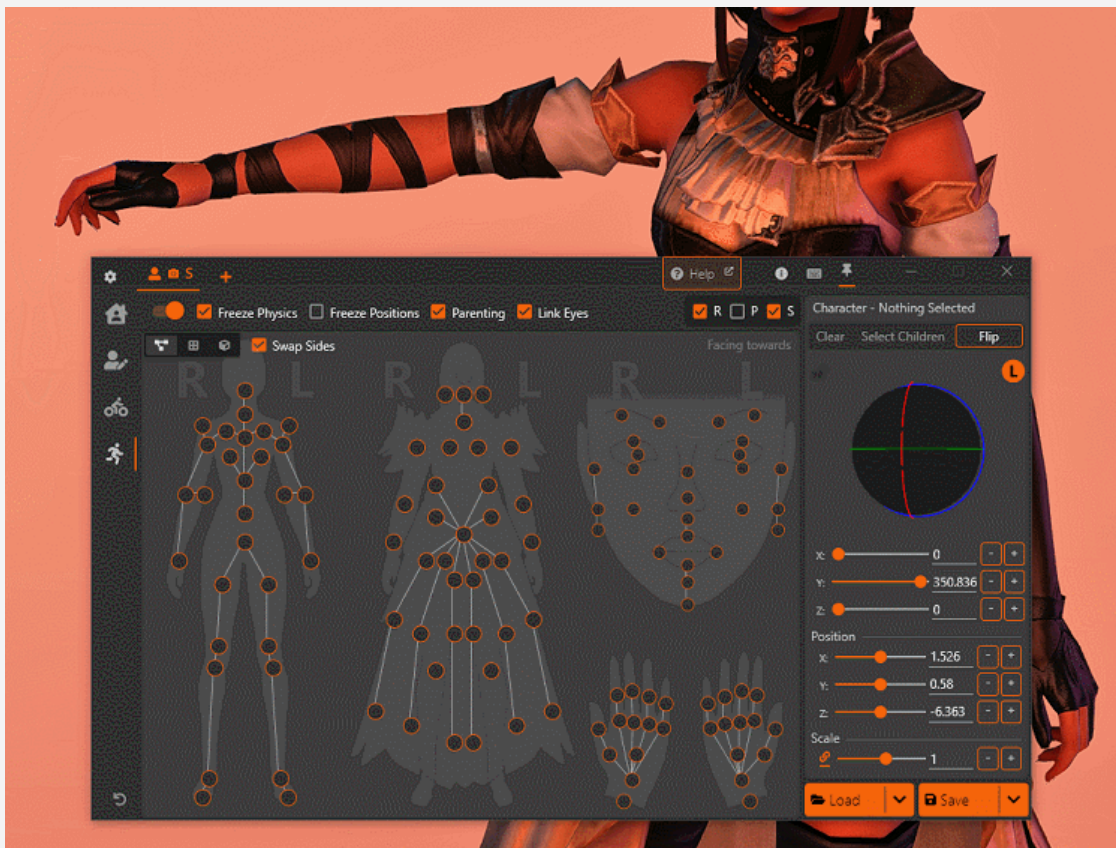
3. Enable editing scale.



4. Select a body part/bone you want to scale. Example below will select the forearm. **NOTE:** You can only adjust the scaling one bone at a time, but you can copy-paste the scaling values.

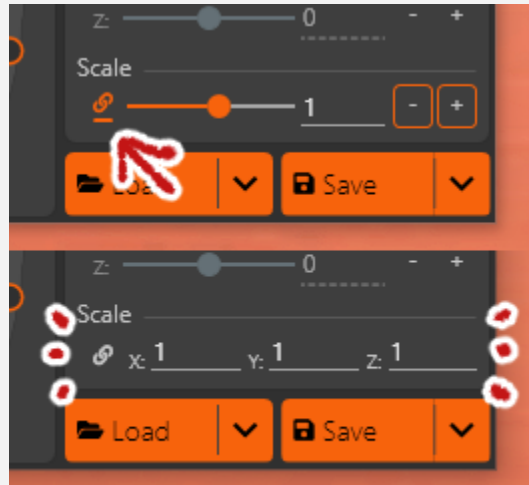


5. Scale the body part/bone to your heart's content. **You can type in specific values or use the scroll wheel to scale up or down.**



.GIF of scaling the forearm bigger, then back to normal

For more advanced/controlled scaling, you can click the link/chains icon to adjust the bone in different axes.

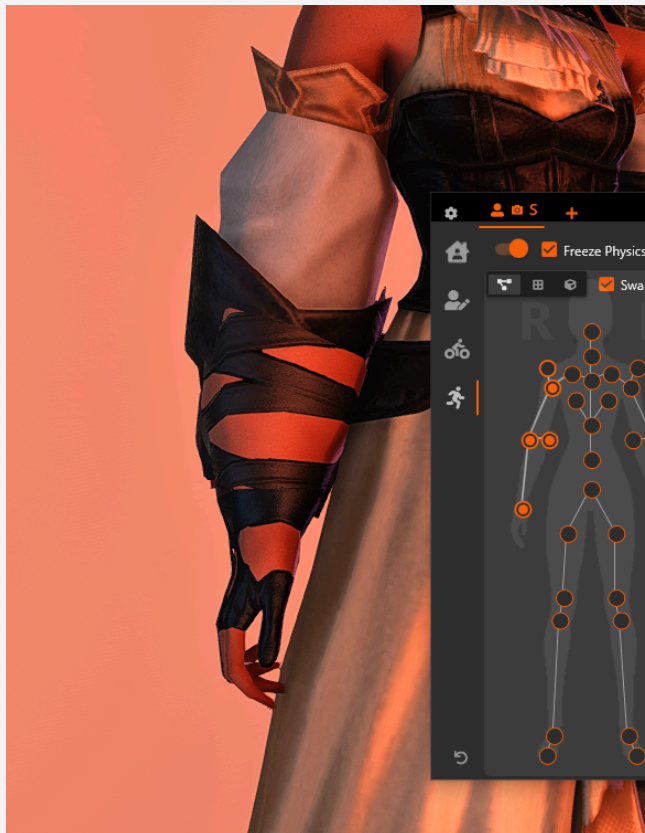


From my observations, **though these don't always apply to all bones:**

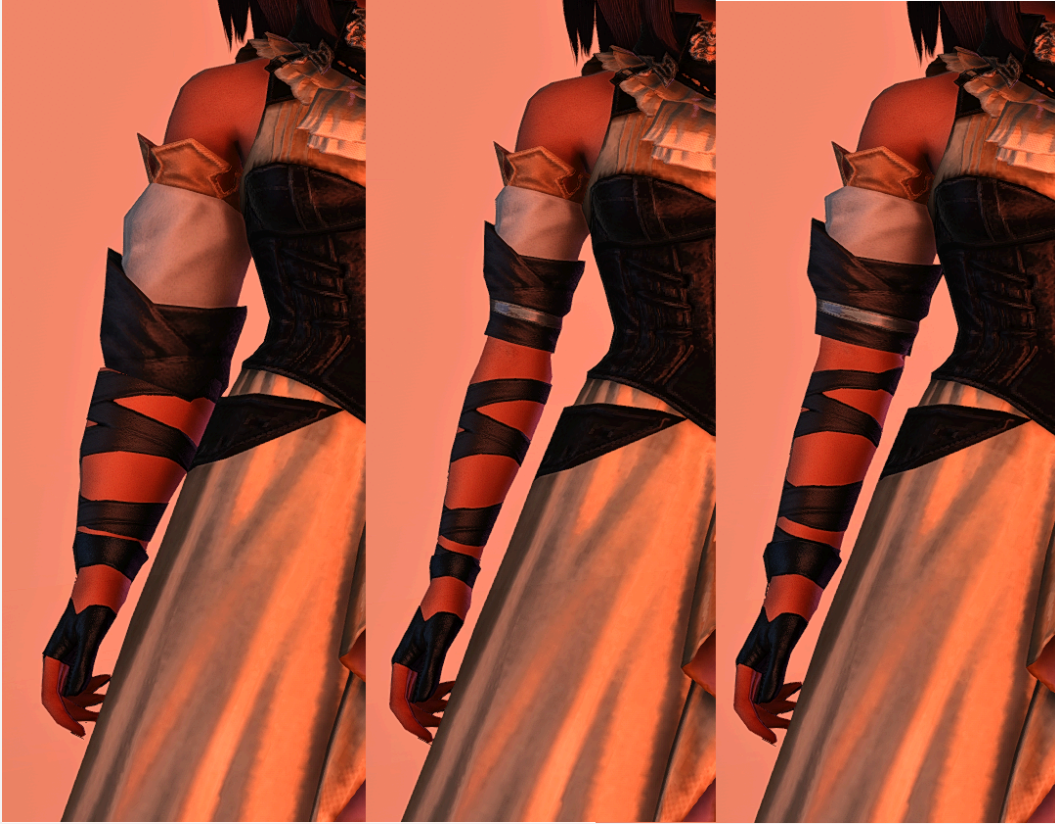
- X = Height (up and down)
- Y = Width (front and back)
- Z = Width (sides)

Why use “advanced” scaling

Scaling all the axes can have strange results since connected body parts usually won't adjust with the scaling. Below is an example (though exaggerated) of changing the scale of the upper arm, elbow, forearm and wrist to 2 on the default, linked setting only.



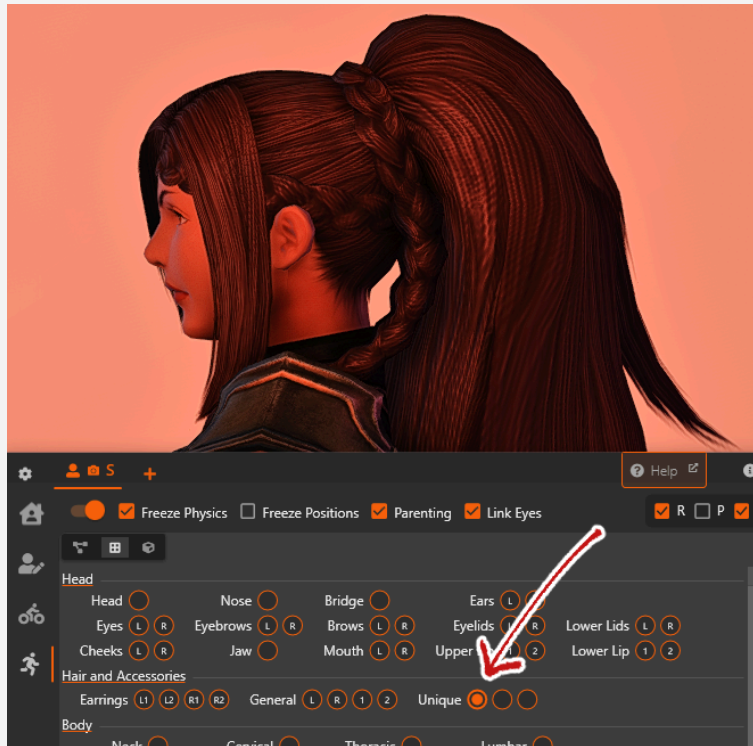
You can use this as a base first then unlink the scale to adjust accordingly, or use the unlinked, “advanced” scaling right away.



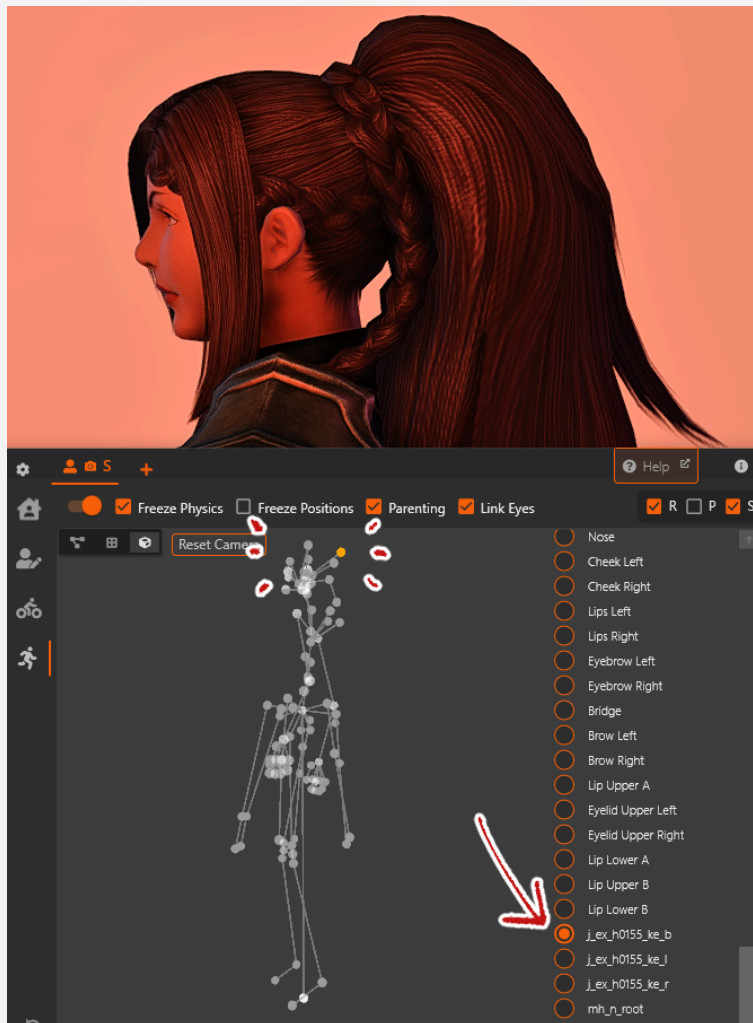
Arm with all axes scaled to 1.5 **vs.** Vanilla/untouched arm **vs.** “Advanced” scaled arm of varying axes values

Unique Bones

Some bones aren't seen in the GUI view, but can be seen in the Matrix View or 3D View. The ponytail on this hairstyle for example can be found under the **Matrix View's** Hair and Accessories category in Unique, or can be found in the **3D View** usually at the bottom of the list and can be seen highlighted on the skeleton.



Example of finding the ponytail in Matrix View



Example of finding the ponytail in 3D View

Example / Tips / Process

Before anything, this is how I would go about my process to adjust scaling.
You can of course find/do your own process once you figure out the basic idea.

First things first, ideally your character is in their underwear so you can properly see how the scaling turns out, and not obscured by their clothing.

Say I want to make a character with a bigger body type than what the game usually offers. I would think of the main things I would need to change, such things being:

- Neck
- Chest (cervical, clavicles, thoracic, breasts if the character has it)
- Waist (lumbar and waist)
- Arms (shoulders, upper arms, forearms, elbows, wrists, hands/fingers if I really wanted to)
- Legs (thighs, knees, calf, maybe the feet/toes)
- You could even scale facial features like the lips and nose

After thinking about what I want adjusted, I pick a bone and adjust with the unlinked setting. **I highly suggest changing camera angles or turning your character around to see how the changes turn out.**



.GIF of neck scaling adjustments on the Y and Z axes, changing back and forth

I find that I adjust the Y and Z axes more than the X axis, but that doesn't mean it won't have a use at all. I will still use the scroll wheel to adjust each of the axes to see how the body changes and can easily revert changes by scrolling down or using Ctrl+Z now that Anamnesis has an undo system.



.GIF of ponytail scaling adjustments changing back and forth

Continue working your way through the body parts, and you'll eventually have your scaled character.



Body without scaling edits **vs.** Body with scaling edits

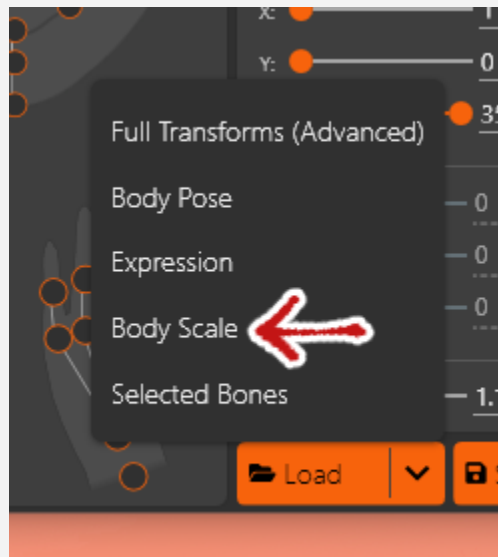
Saving your scaled settings

Simply save your finished character as you would a normal pose.



Loading your scaled settings in GPose

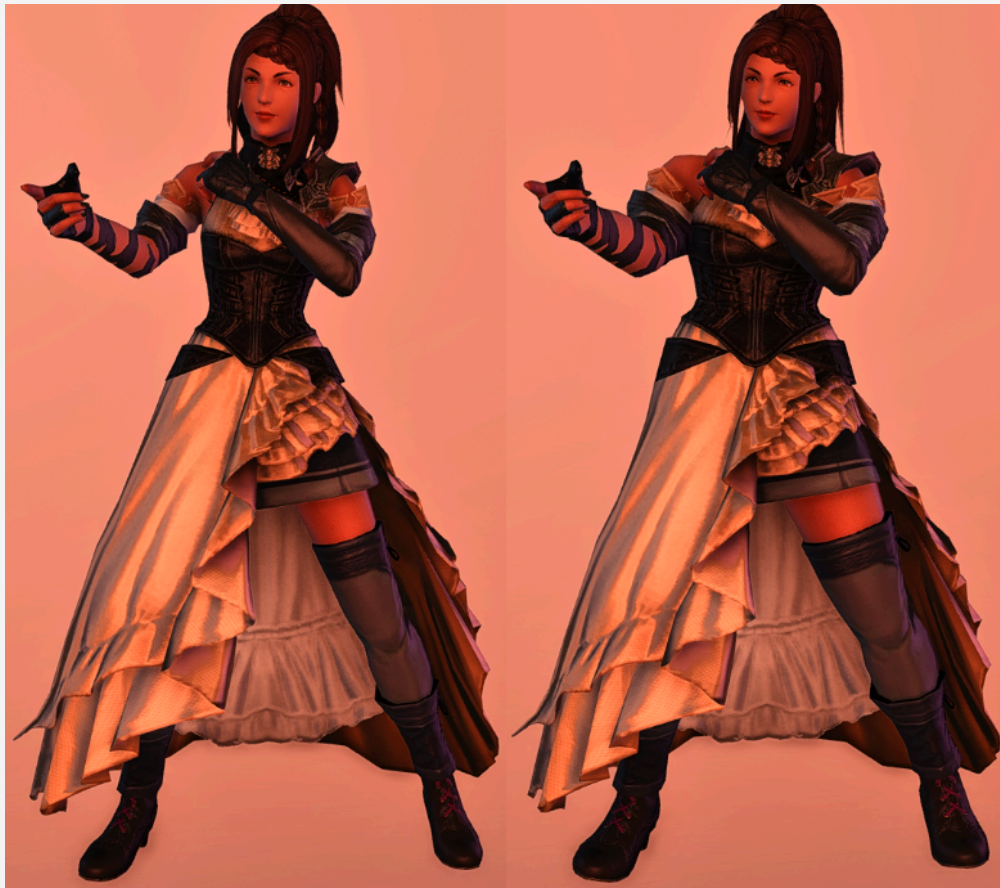
Under the Load dropdown, select Body Scale and pick the file you just saved. That should just be it!



If you're going to use a pre-made pose, I suggest that you load the pose first, load the body scale then adjust the pose in case of clipping and whatnot. The order of which you load shouldn't matter, though.



Load pose > Load scale > Adjust pose > Adjusted pose with gear



Pose without scaling vs. Pose with scaling

Loading your scaled settings with Customize+

Bizu has made one before me and can be found here: [Customize +](#). The layout is slightly different, but the idea is more or less the same.

You might want to use this link instead though:

<https://raw.githubusercontent.com/XIV-Tools/DalamudPlugins/main/repo.json>

Update: Customize+ has the ability to adjust the rotation and location of bones now. However, this can only be done with a string of text or manually within the plugin yourself. **Pose files can only adjust the scaling of parts.**