

Disclaimer: This guide assumes you know all the vocabulary contained within.

We, the Bethel system, have critiqued dozens and dozens of creation guides in the two years we've been in this community. Guides encounter several problems, such as unfounded information, extrapolating personal experience to apply to everyone, and talking for pages and pages about something that may have only needed a paragraph. We wanted to write the most concise tulpa guide ever, however that prospect failed as we realized we had a lot more to say on any given subject. Then, on a fateful day, we saw Felight respond to several new people's questions by posting their guide and telling them to read individual sections. That gave us the idea to make a guide broken up into sections that we could quickly send to people to give them a quick read on everything they need to know on any given topic. So, we wrote the portions of this guide on several different Google Documents.

Main Guide:

[Reasons to Make Tulpas](#): Every decision in life starts with a motivation, including making a tulpa. Every other tulpa guide in existence starts with telling you what motivations are right and wrong. I'm also a sheep and trend follower so I did it too.

[Forms](#): Forms are something a lot of people are going to judge you for regardless of what you do. So, tl;dr? Do what you want.

[Forcing](#): The bulk of the journey in making a tulpa. Forcing is to tulpas as flour is to bread. So, this section teaches you how to be a tulpa baker (these section descriptions just keep getting worse).

[Vocality and Independence](#): The beginning of the end. To sum this up: Your tulpa isn't going to sound disembodied like the edgy demon that haunts your anime protagonist. Instead, your tulpa is going to share qualities with you starting out.

[Possession and Switching](#): The end of the end, kinda. These are the final steps to making a tulpa equal to their host.

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*my opinion

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