

Purpose:

The objective of this survey is to compare relationships between multiple tulpa creation method, practices, and conditions as they relate to increases and decreases in first-time tulpa creation speed. Through this data, potentially harmful practices may be discovered and warned against, and particularly beneficial practices may gain recognition.

Organization:

Tested variables are organized by result significance. The first section consists of factors that had little or no apparent impact on tulpa creation speed, and either simply lists observations or may offer hypotheses on why these factors had no effect.

The second section consists of factors with noticeable patterns in data, but are not significant enough or lack appropriate sample sizes to draw conclusions from. Data in this section may warrant further investigation.

The third and final section consists of factors with significant, telling patterns that indicate correlation and potential causation. Each of these will be supplemented with a hypothetical conjecture as to why the results appear as they do, as well as further elaboration. If statistical significance is present, it is explained.

Reading this Document:

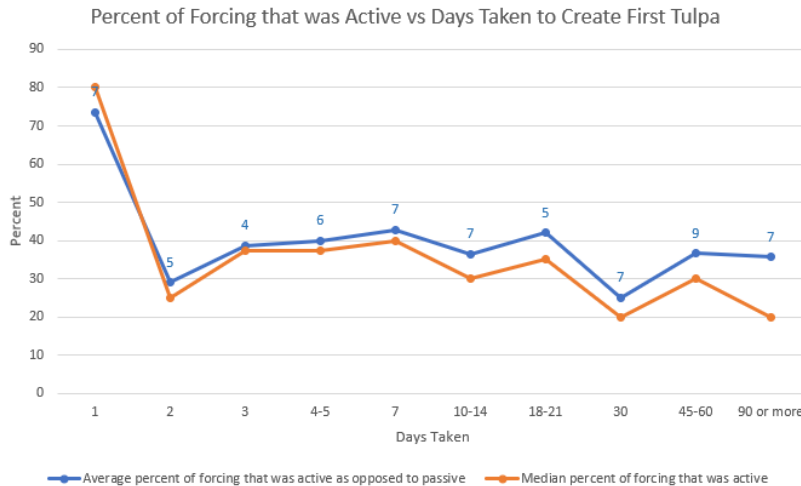
In general, median values are more valuable than means due to the data set having a right skew. Pay more attention to median lines, bars, and numbers. Line graphs are *not* linear, please note the scale on the x-axis. They are simply there for data visualization purposes. The letter n indicates number of cases in that group – so, if a median has n=12, there are 12 respondents that were calculated into that median. All theories and hypotheses are my conjectures and opinions, and may be incorrect. My data only establishes correlation, not causation.

Raw data is available at

<https://drive.google.com/file/d/1GC2kcZrQ9DZCJwvC8H8JJOftW2zBOxLD/view?usp=sharing> but please note I have omitted row 5 from this document's analyses.

Section 1 – Insignificant Factors:

- Having a wonderland constructed and functioning at the time of first tulpa creation does not appear to impact creation speeds whatsoever.
- Use of hypnosis does not appear to have impact on creation speed, but too few respondents identified familiarity with hypnosis to establish this with any confidence.
- Balance between active and passive forcing does not appear to greatly impact creation speeds. Don't worry too much if you're passive forcing more often than active – it would seem that both are similarly effective. I hypothesize the core mechanic to be simple dissociative thought, and this would be effective whether full attention is diverted to the tulpa or not.



Point labels are sample size. Please read x-axis intervals carefully.

- Sexual activity with a pre-sentient tulpa does not appear to affect creation speeds in any way. However, very few respondents exhibited this behavior, so conclusions cannot be established.
- Use of narration in passive and active forcing does not seem to either hasten or slow creation speeds.
- Use of physical contact with the pre-sentient form does not seem to either hasten or slow creation speeds.
- Current creation guides produce similar creation speeds among adherents. Furthermore, those who do not follow guides but still understand the process through forums, conversation, and other means also have similar creation speeds.

	FAQ Man	Kiahdaj	The Book of Tulpa	For Dummies	JD's Tulpa Method	Irish's	No Guide	Methodos
Average Hours to sentience	30.5	27.5	11.2	92.5	43.0	19.2	43.1	26.4
Avg Hours -outliers	19.8	15.1	11.2	13.8	13.8	19.2	15.3	26.4
Average Days to sentience	44.4	31.7	24.9	117.3	80.3	20.6	44.9	24.3
Avg Days -outliers	21.9	22.4	24.9	18.5	21.6	20.6	27.5	24.3
n (all)	26	17	9	6	10	14	14	12
n (-outliers)	24	15	9	4	8	14	12	11

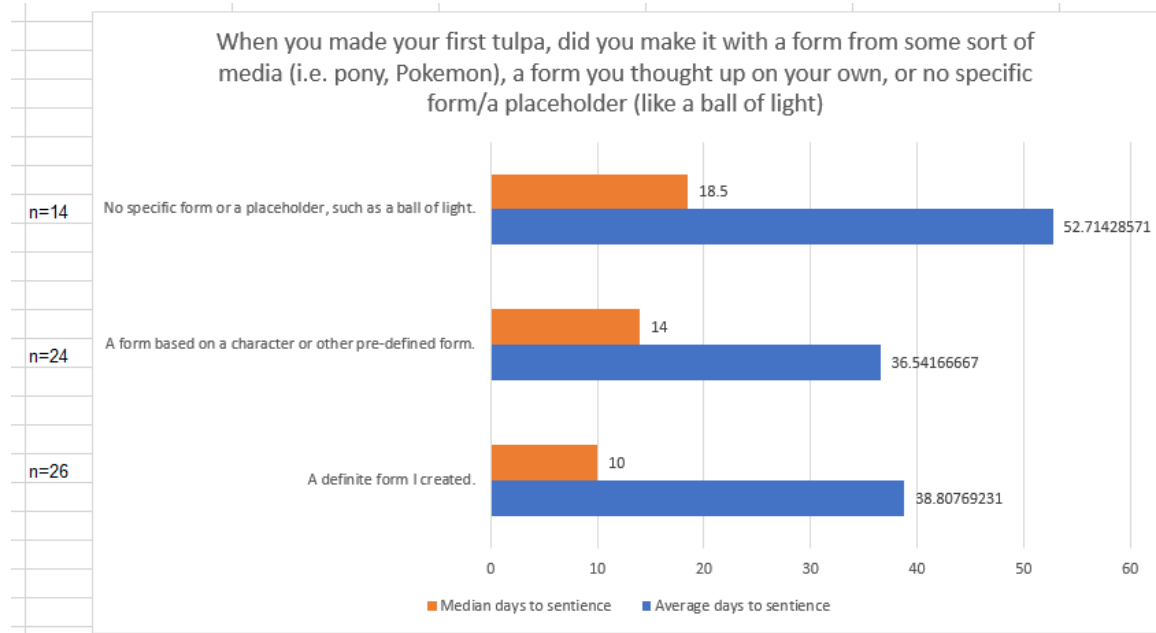
Section 2 – Potentially Significant Factors:

- Metaphysical approaches to tulpanancy appear to slow first-time creation speeds somewhat. Most “metamancers” took longer than normal to create their first tulpas. However, there is not enough data from this group to establish anything firmly, and the differences from other groups could easily be the result of random chance.
- Parroting may slightly slow first-time creation speeds. However, this evaluation is tenuous. I suspect that parroting may be as effective or more effective as a common forcing method than narration, but could become a bad habit with too much use. Further investigation required.

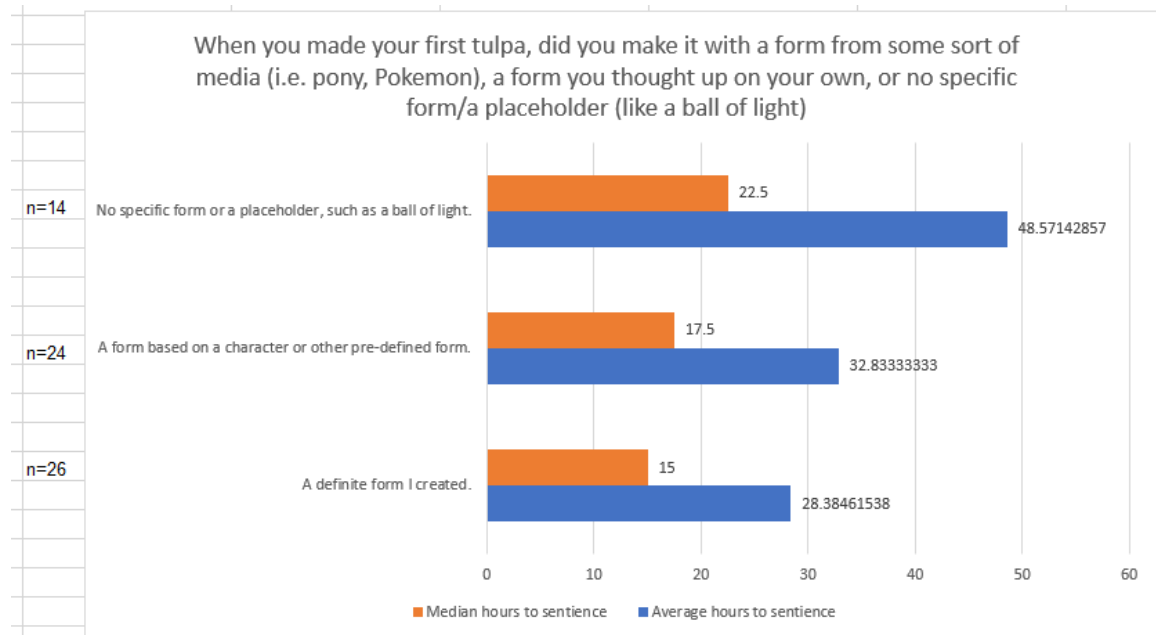
Section 3 – Significant Factors:

- Having a predetermined, definite form significantly hastens creation speeds. I theorize that this may be due to most individuals finding better focus and dissociative identification with a tulpa with a visual form as opposed to one without form. I cannot establish statistical significance, but consider the trends to be clear when visualized.

Days to sentience:

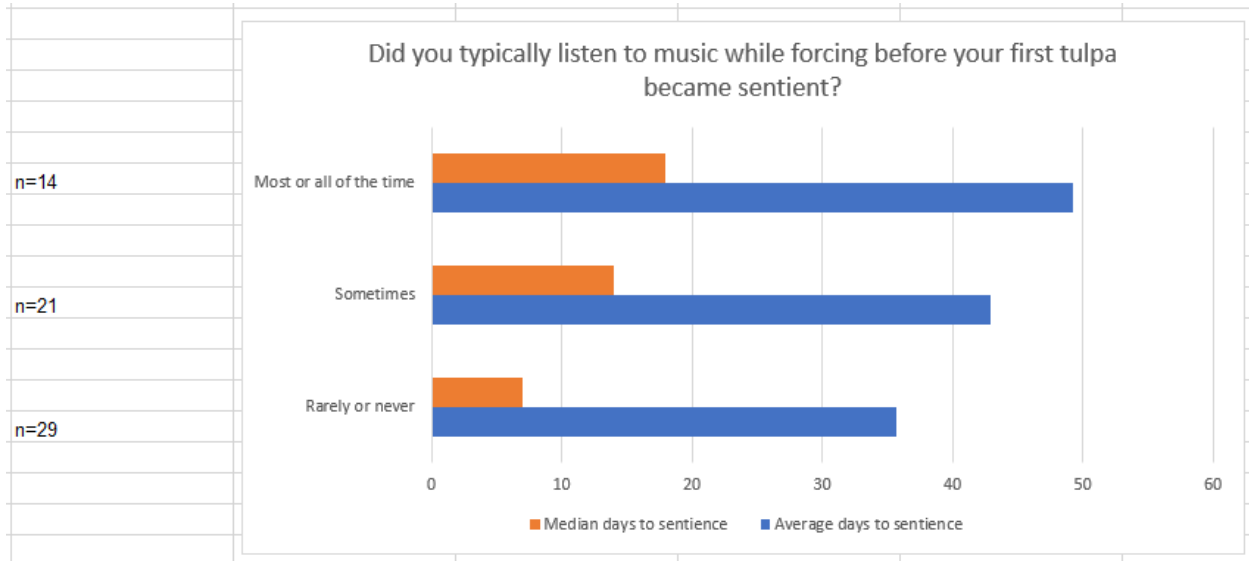


Hours of active forcing to sentience:

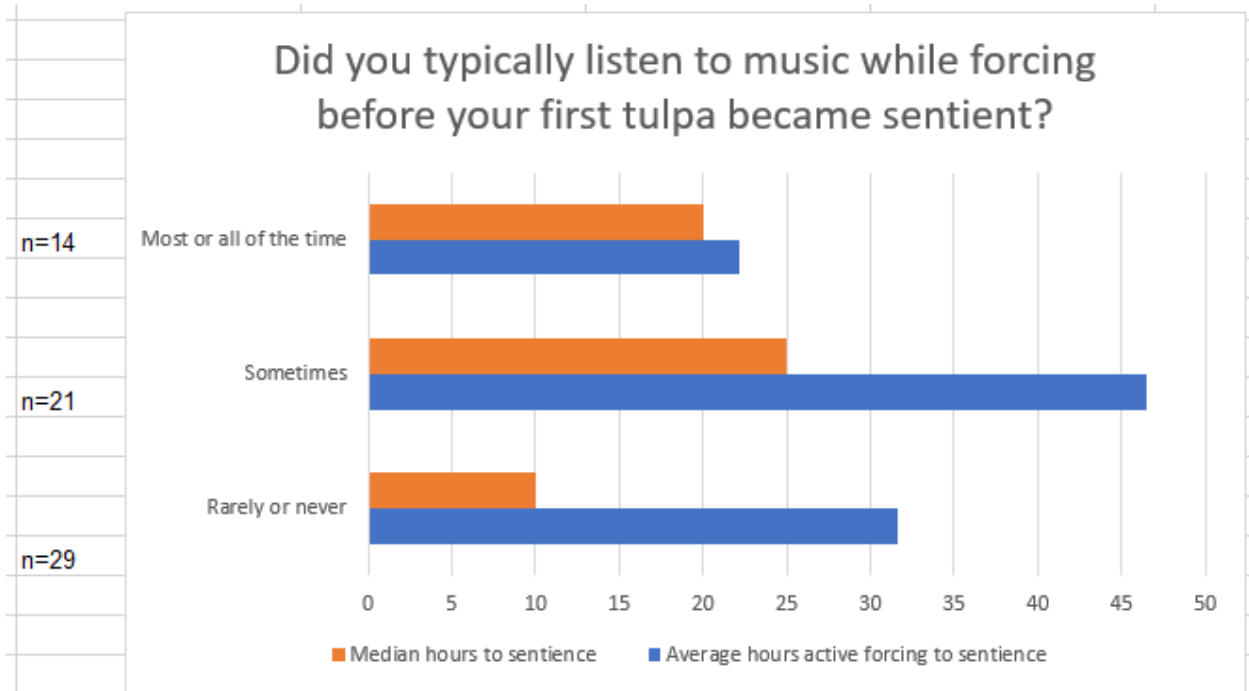


- Listening to music while forcing generally slows first-time tulpa creation. I theorize that music may divert attention and focus away from the tulpa and clutter the mind with additional sensory feedback. I cannot establish statistical significance, but consider the trends to be clear when visualized.

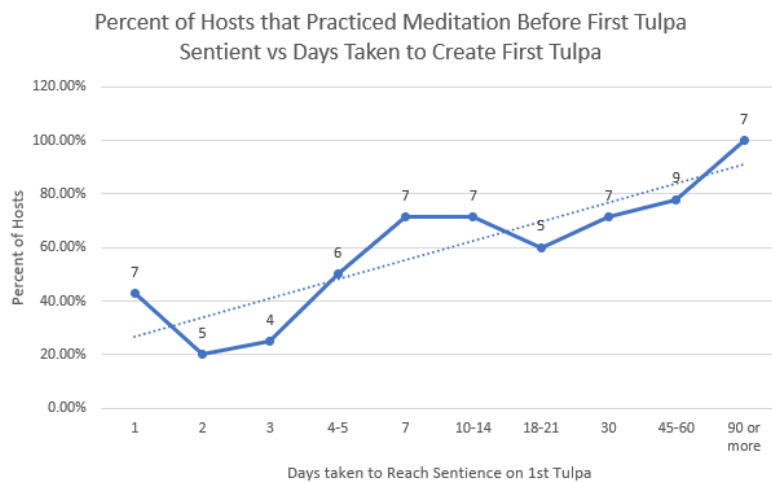
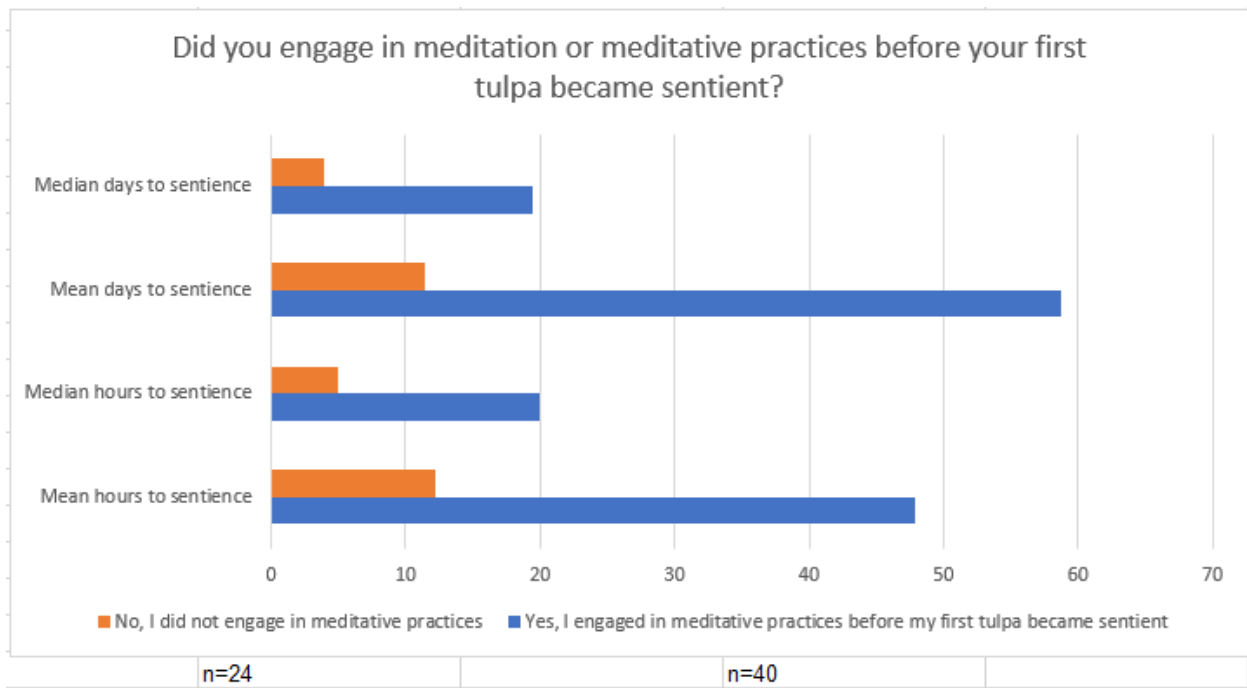
Days to sentience:



Hours of active forcing to sentience:



- Meditation appears to significantly slow first-time creation speeds. A 2-sample T-test conducted with null $x_1=x_2$ returns $t=3.031$ and $p=0.004$ for hour counts, indicating statistical significance at the 99% confidence level for a difference in active forcing hour counts before sentience. A 2-sample T-test for days returns $t=3.115$ and $p=0.003$ for days taken to reach sentience, indicating statistical significance at the 99% confidence level for a difference in days taken before sentience. I theorize that this may be due to meditative practices suppressing all extraneous thought – including that of a developing tulpa. While it is possible that those who already struggle with creation may take up meditation, thus somewhat skewing this statistic, the extraordinarily clear-cut difference between those who do not meditate and those who do is large enough that I consider it highly probably that meditation is *directly harmful* for first-time tulpa creation.



Point labels are sample size. Please read x-axis intervals carefully.

- Personality forcing appears to hasten first-time creation speeds. The only statistically significant proportion here is hours to reach sentience, which when run through a 2-sample T-test returns $t=1.955$ and $p=0.066$, which is significant at the 90% confidence level. I theorize that establishing a personality for a fledgeling tulpa gives it a sort of “template” to grow into and naturally assume a role, making it easier for host and tulpa alike to find success. However, the difference is small enough that I would still consider personality forcing to be non-essential if one does not wish to structure the tulpa’s personality.

