An Analysis of the Methods and Patterns Associated with Initial Tulpa Responses
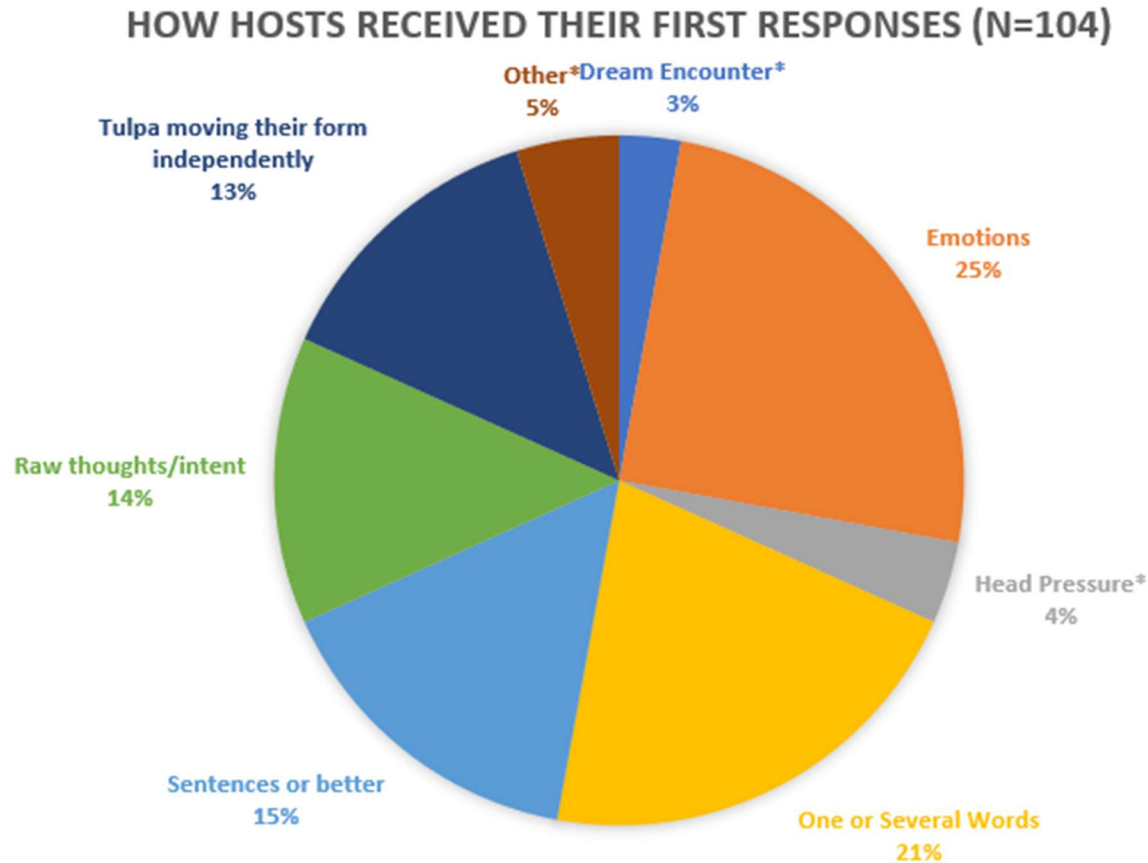
Survey and analysis conducted by Kopase in May 2019

Abstract

The methods by which people develop and first interact with their first tulpas are varied and inconsistent – attempting to quantify and qualify patterns in these experiences may, however, allow for the identification of common trends and better advisement of new hosts on what they should look for as a potential sign of sapience in a developing tulpa. This survey sampled 125 individuals from several tulpa-focused Discord servers as well as tulpa communities on Reddit, 4chan, and Tulpa.info. Of these 125 responses, 21 were trimmed, either being invalidated through an initial filter question or as being clear troll responses. Thus, 104 valid responses were used for most of the data analysis, except at several points where outliers were omitted.

The results revealed that there is no particular method through which a majority or even a significant minority of hosts interact with their tulpas for the first time. Confidence in initial responses was high, but a majority of respondents were not sure that these responses had not been preceded by other valid responses from their tulpas. Furthermore, different modes of initial interaction corresponded to different patterns in time spent to reach these interactions. And, finally, several patterns by which hosts may disregard valid early responses present themselves in optional text answers.
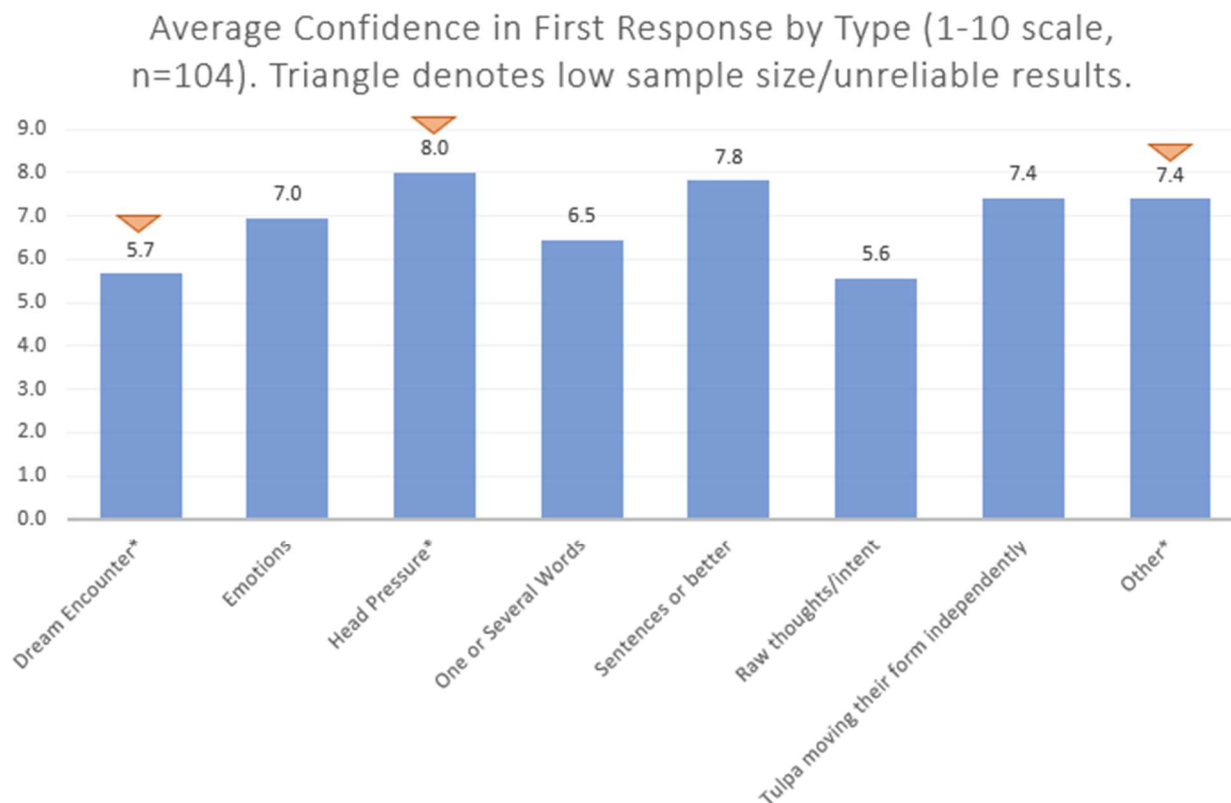
Results

1. Hosts experience a wide variety of initial interactions with their tulpas.

HOW HOSTS RECEIVED THEIR FIRST RESPONSES (N=104)

Other* 5%
Dream Encounter* 3%
Tulpa moving their form independently 13%
Emotions 25%
Raw thoughts/intent 14%
Head Pressure* 4%
Sentences or better 15%
One or Several Words 21%

This statistic, the primary demographic sampling objective of the survey, shows that hosts may have one of many different varieties of initial responses from their tulpas. The most common modes of initial interaction relied on sensing the emotions of a newly-formed tulpa (roughly 1/4 of respondents) and receiving short bursts of one or several words spoken via mindvoice (roughly 1/5 of respondents). However, these two modes of response do not, even when combined, represent a plurality of the respondents' experiences. Starred categories have low numbers of responses (10 > n) and are thus potentially inaccurate proportions.

The primary takeaway from this statistic is that initial experiences are difficult to predict, and that those new to tulpa creation should look for a wide variety of potential responses from their developing tulpas.

2. Different modes of response instill varying levels of confidence in hosts.

Average Confidence in First Response by Type (1-10 scale, n=104). Triangle denotes low sample size/unreliable results.
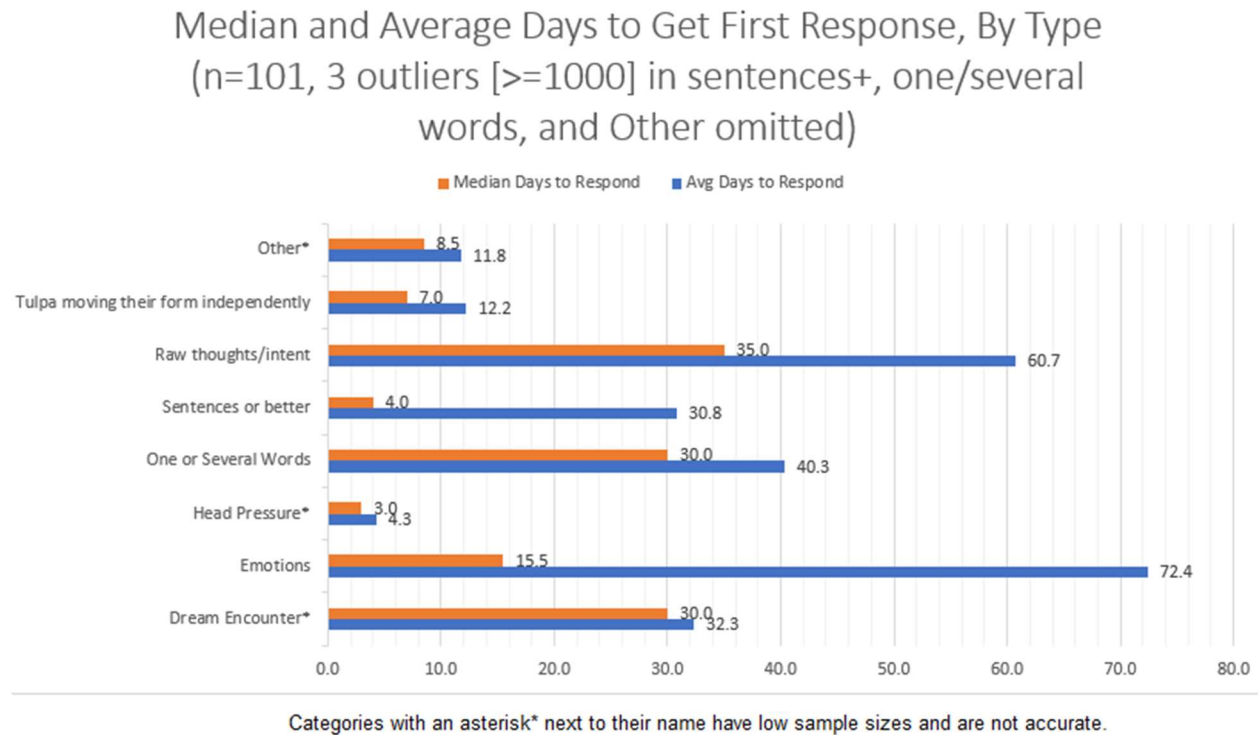
Host confidence in a young tulpa's sapience and legitimacy appears to depend significantly on the mode by which they receive their first responses. Note that three of these numbers are likely inaccurate due to their low sample size (these categories have been starred and marked).

Hosts were most confident in their tulpas when receiving complex verbal responses, and least confident when receiving non-verbal communications of raw thought. The exceptionally low confidence of the latter category suggests that it may be beneficial to encourage new hosts to

seek out other forms of communication quickly to both instill confidence and build up the tulpa's capabilities and personality faster.

3. Different modes of initial interaction correspond to different speeds at which those interactions are reached.

Median and Average Days to Get First Response, By Type (n=101, 3 outliers [>=1000] in sentences+, one/several words, and Other omitted)

■ Median Days to Respond   ■ Avg Days to Respond

Category	Median Days to Respond	Avg Days to Respond
Other*	8.5	11.8
Tulpa moving their form independently	7.0	12.2
Raw thoughts/intent	35.0	60.7
Sentences or better	4.0	30.8
One or Several Words	30.0	40.3
Head Pressure*	3.0	4.3
Emotions	15.5	72.4
Dream Encounter*	30.0	32.3

Categories with an asterisk* next to their name have low sample sizes and are not accurate.

This data set trims three outliers. The significant differences in creation times for each method of initial response/communication leave room for multiple hypotheses, which may be all true, none true, or anything in between. In an attempt to explain these results, I have formulated several personal hypotheses:
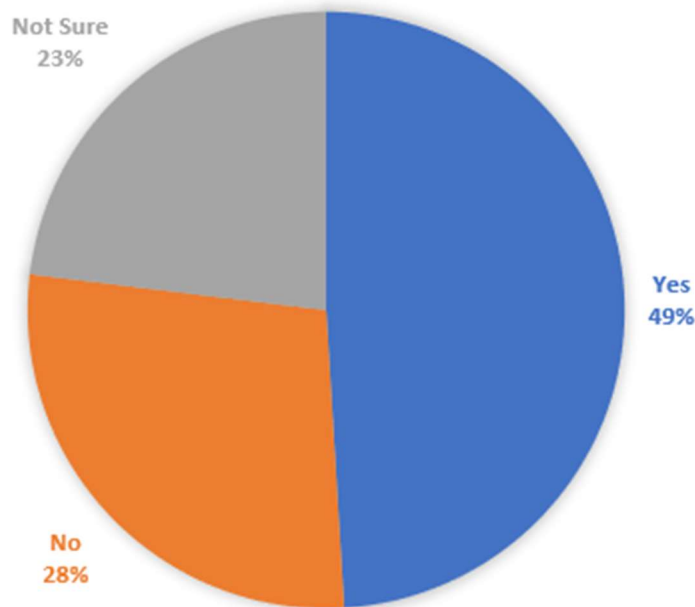
- Hosts receiving complex verbal responses early on from their tulpas have, at prior points in their lives, done activities that allow them to be naturally predisposed to tulpa creation. Thus, they may create a fully vocal tulpa in one or several days. I, Kopase, fall into this category.

- Hosts that receive raw thoughts and intent as an initial response focus on aspects of forcing other than vocality training. Because the foundation of a tulpa is communication, it may be that these individuals experienced longer creation times for their decreased focus on verbal communication.

- Low confidence in some modes of response may contribute to a failure to recognize legitimate responses as valid. This would help to explain both the unusually long creation times and the low confidence of hosts who receive raw thoughts as an initial form of communication. More on this theory in Section 6.

- Difficulty or ease of initial communication is likely a multifaceted issue with, perhaps, some general solutions, but no definitive ones.

Some or all of these may be correct or incorrect. Further research is needed to investigate the causes of these differences. I encourage the community to create further theories and investigate these concepts further.

4. Hosts are, in general, not confident that their tulpas' first confident responses were the first truly valid ones.

DO YOU FEEL THAT YOUR TULPA MAY POSSIBLY HAVE HAD EARLIER RESPONSES THAT YOU ARE NOT SURE WERE LEGITIMATE? (N=104)

This exact proportions of this data may not be important or accurate due to poor wording of the survey question. However, the trend here is clear: hosts are not confident that the moments they regard as being initial responses/communications from their tulpas are, in fact, the first possible moments at which their tulpa could have been communicative. Determining the validity of an initial response can often be difficult, especially when trying to balance both the desire to disregard intrusive/irrelevant responses and the goal to not ignore valid communications. Perhaps discouraging expectations of receiving any particular type of response (while still pointing to the predominant ones found in Section 1) can help to minimize this effect and increase initial receptiveness.
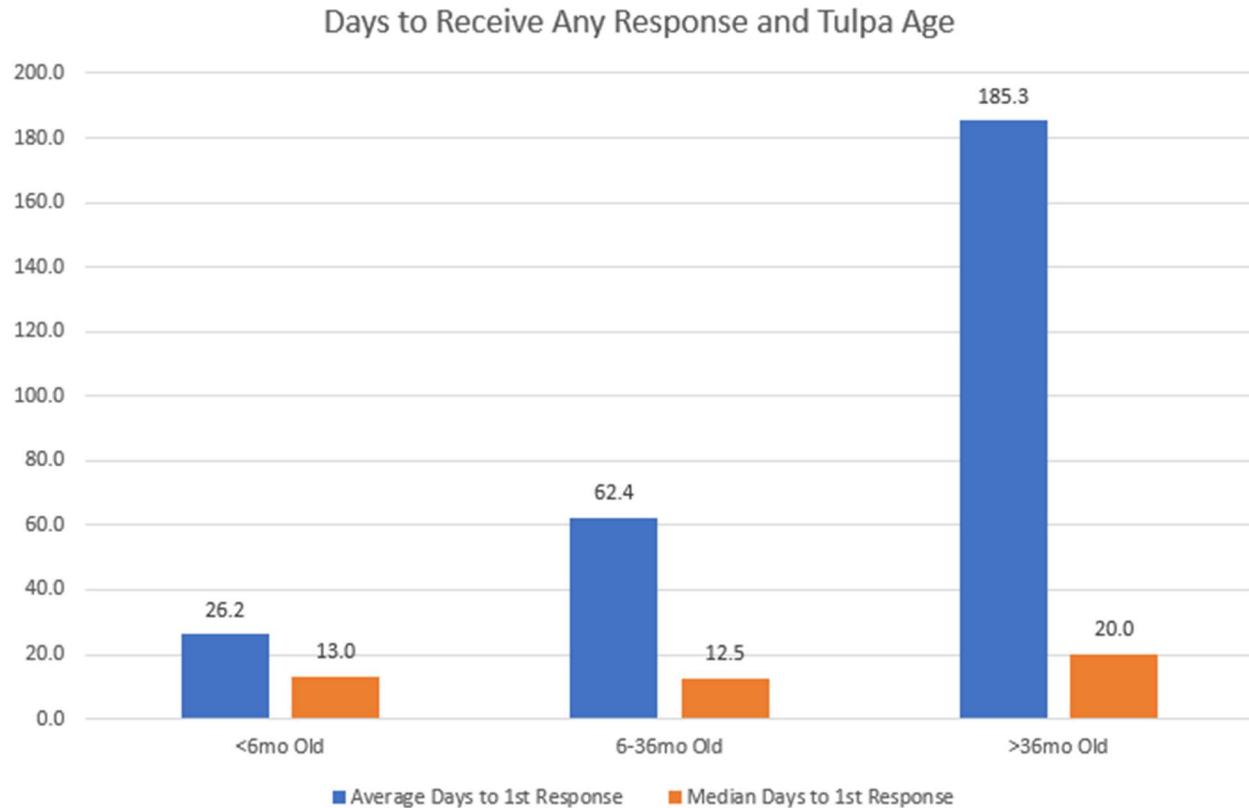
5. Initial responses may be ignored for common reasons.

A follow up to the question examined in Section 4 asked respondents who answered "Yes" or "Not Sure" to provide context for their answers. Here, several patterns reveal themselves by which hosts have low confidence in their initial responses or consider earlier communications to be a legitimate possibility:

- Sharing a similar mindvoice creates confusion and makes hosts question the validity of initial responses. Encouraging the use of distinct and different mindvoice for developing tulpas should help to alleviate these issues.

- "Parrotnoia" or the general concern that early responses are simply parroted words commonly both instills low confidence and causes legitimate responses to be ignored.

- Some hosts feel the presence of their tulpa prior to any accepted communications, but generally do not consider this to be a "first response".

- Hosts encounter a wide range of unusual sensations, thoughts, or words that they disregard while still thinking of as potential initial communications from their tulpas. Given that these sensations often have little to no context or meaning, I interpret this significant pattern as the (correct) refusal to acknowledge simple intrusive thoughts or erroneous sensations as legitimate communications.

6. Hosts are, increasingly, learning to ignore impediments to tulpa creation.

As an additional data analysis effort, I created the following graph (n=104):

Days to Receive Any Response and Tulpa Age

This data suggests that while the creation times experienced by most new hosts have decreased only marginally over time but, with increasing understanding of how tulpas function and interact, fewer outliers develop that have significantly longer creation times than is normal. Each of these three categories had a similar number of respondents.

Conclusion

With such a broad range of experiences and expectations associated with the process of developing a tulpa for the first time, it can be difficult to establish an "expected pipeline" through which one can travel to create a tulpa. However, given that the end result (a talking, communicative, and individualistic tulpa) is the same, any actions taken to reach that end should, with time, produce effective results. Understanding how these initial experiences happen and why they appear as they do, however, could allow for better understanding of what a new host should expect as his or her new tulpa starts to become sapient and communicative.

Special thanks to those who examined the initial survey form and made critiques of it. I am also always looking for new people willing to undertake tulpa-focused research efforts – reach me on Discord via my server Tulpa Central: https://discord.gg/WncHJju