

Alterhuman Questions

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Content Warnings:

- N/A
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I saw something like this on a forum a while back for kintypes-only and decided to make one myself, but make it more broad. This is essentially a list of questions to help with questioning, a self-grill if you will. This is meant to be a tool to help you question a specific identity you may have, as well as to help you write down your experiences. I also included some other random questions because why not?

Feel free to skip questions, and write as little or as much as you'd like for each! You definitely don't need to post any answers publicly, but if you do write up answers for these questions I'd like to see them if you choose to make it public.

Basic Questions.

- What entity (character, animal, etc) are you questioning?
- Do you think this might be a hearttype, kintype, linktype or something else?
- Why is that?
- Why are you questioning this identity? What is your connection with this entity?
- How long have you been questioning this identity?
- Have you questioned an alterhuman identity before?
- Is this identity voluntary, involuntary, quoiluntary, unknown or something else?

Shifts.

Do you experience phantom shifts? (If no, skip to next question).

- What do they feel like?
- How often do you experience these?
- Do you enjoy phantom shifting? Why/why not? What's the best and worst parts about them?
- Why do you think these shifts occur? Does anything trigger them?
- Describe your first phantom shift.
- Do you experience voluntary or involuntary shifts? Both? What triggers them?

Do you experience mental shifts? (If no, skip to next question).

- What do they feel like? How do they effect you?
- How often do you experience these?
- Do you enjoy mental shifting? Why/why not? What's the best and worst parts about them?
- Why do you think these shifts occur? Does anything trigger them?
- Describe your first mental shift.
- Do you experience voluntary or involuntary shifts? Both? What triggers them?

Do you experience dream shifts? (If no, skip to next question).

- What do they feel like?
- How often do you experience these?
- Do you enjoy dream shifting? Why/why not? What's the best and worst parts about them?
- Why do you think these shifts occur? Does anything trigger them?
- Describe your first dream shift.
- Do you experience voluntary or involuntary shifts? Both? What triggers them?
- Are you lucid during dream shifts?
- How do these differ from regular dreams?

Do you experience sensory shifts? (If no, skip to next question).

- What do they feel like?
- How often do you experience these?
- Do you enjoy sensory shifting? Why/why not? What's the best and worst parts about them?
- What senses change when you shift?
- Why do you think these shifts occur? Does anything trigger them?
- Describe your first sensory shift.
- Do you experience voluntary or involuntary shifts? Both? What triggers them?

Do you experience cameo shifts? (If no, skip to next question).

- How often do you cameo shift?
- What do you shift to?
- Are they phantom, mental, dream, sensory or other shifts?
- What makes you feel your cameo shifts are just shifts as opposed to another identity?
- Do you enjoy cameo shifting? Why/why not? What's the best and worst parts about them?
- Why do you think these shifts occur? Does anything trigger them?
- Do you experience voluntary or involuntary shifts? Both? What triggers them?

Do you fictionflicker? (If no, skip to next question).

- What do you flicker to?
- How often do you fictionflicker?
- What makes you feel like this is a fictionflicker and not another identity?
- Do you enjoy fictionflickering? Why/why not? What's the best and worse parts about them?

Beliefs.

Is this identity spiritual, psychological, or something else in origin?

If your identity is spiritual (If not, skip to next question).

- What makes you believe this identity is spiritual in origin?
- How do you believe you came here as a human?
- Have you ever considered your identity might be psychological? Why/why not?

If your identity is psychological (If not, skip to next question).

- What makes you believe this identity is psychological in origin?
- Have you ever considered your identity might be spiritual? Why/why not?

Do you have alterhuman memories? If not, (skip to next question).

- How often do you get memories?
- Are these spiritual, psychological, or something else in origin?

Effects.

- How does this identity affect your everyday life?
- Is this identity an overall positive or negative experience?
- Do you experience species dysphoria related to this identity?
- Do you experience species euphoria related to this identity?
- What makes you feel connected to this identity?
- What makes you feel less connected to this identity?
- Does this identity affect your gender?
- Does this identity affect your sexuality?

Misc/Fun.

- If you could choose to be any entity, what would you be?
- Have you ever done anything weird while in a shift? What was it?
- If you could physically become your identity irreversibly, would you?
- If you could physically become your identity, what would you do?