

Canonmates

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Content Warnings:

- Abuse mentions (manipulation, gaslighting).
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Don't blindly follow someone who claims to be your canonmate or from your past life. Don't disregard little details that feel wrong to you. Don't let them convince you that you just forgot. If someone meets you and instantly claims to be your canonmate, or says they remember you, or tries to convince you that they're from your canon, then the chances are, they're trying to manipulate you.

I'm not saying canonmates aren't real--I have some of mine in my system and others here have some out of this system too. I'm just saying to be careful. If you think about it, the chance of coming across a canonmate is slim and you need to be open about what fits and lines up and what doesn't.

When questioning if someone is your canonmate, make sure you're both asking the questions. Ask them about yourself, about themselves, the world you lived in, etc. If they're asking all the questions then you don't get a chance to see if your memories line up with theirs.

If you do find a canonmate, don't let them make you do anything you don't want to because of it. Don't expect what relationship you had before to be the same as it was and PLEASE don't rush into anything romantic immediately. Take your time, safety comes first.

Having a canonmate can be great, you just need to be safe about it.