

# Signs of being Otherkin

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## **Content Warnings:**

- N/A

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**NOTE:** This was originally a response to an ask on Tumblr—we felt it was worthwhile to archive here though.

## **Anonymous asked:**

I have a question- you dont have to answer it- but how do you know if you're a fictionkin/otherkin/alterhuman? Im pretty sure i am but want to know a bit more/double check. Thank you -K <3

## **We answered:**

Hey, hopefully we can help, haha. Just a quick thing we want to clear up first--**otherkin/fictionkin, nonhuman and alterhuman are not synonymous!**

**Otherkin:** Identifying as something nonhuman.

**Fictionkin:** Identifying as a fictional character/species, can be nonhuman or human.

**Nonhuman:** Identifying as nonhuman. Otherkin are nonhuman, but there are other experiences that make one identify as nonhuman as well.

**Alterhuman:** Having an identity that does not follow whatever society deems to be "normal". This can include otherkin, nonhumans and fictionkin, but also experiences that don't involve nonhumanity, such as otherheartedness and systems! This is an umbrella term!

## Anyway, onto the actual question:

In the end, it all boils down to "do you identify as [thing]". This can be explained differently for a lot of people, and can be experienced in a lot of ways--but if you can say "I am [thing]" unironically, that's some form of nonhuman identity. Honestly, it's more than enough to at *least* try the label on if you wanted. List under the cut, this is kind of long haha.

## Signs of being Otherkin

There's a few. Not all of these are exclusive to otherkin identity, and not every otherkin needs to have them.

### Shifts

Shifts are changes in your perception of yourself, or your surroundings. They can be both voluntary, or involuntary--or even a mix of both. Involuntary shifts tend to be more indicative of a kintype, though. These can be things such as:

- Phantom shifts: feeling limbs or body parts (fur, snouts, teeth) that aren't physically there.
- Mental shifts: shifting more into the mindset of the thing you identify as. This could mean adopting more behaviours from your kintype, or thinking more like them.

There's other types of shifts, but those are the most common.

### Dysphoria

Species dysphoria is a common experience among otherkin. This can include:

- Disliking, being uncomfortable with or hating being referred to as human. Phrases like "you're only human after all" are uncomfortable.
- Not liking looking in the mirror because your body is too human.
- Not liking certain parts of your body, and wishing you had nonhuman features instead.
- Feeling the need to run on all fours, or fly, or do certain behaviours that aren't "acceptable" or don't work with your current anatomy, and being distressed that you can't.

There's a lot more things that can cause dysphoria, this isn't an extensive list.

## Euphoria

On the flip side, you can also get nonhuman euphoria! This can include:

- Loving being referred to as a "creature", or as an animal--even jokingly.
- Feeling more "yourself" when in certain environments--nature, some place that reminds you of home (even if it's not your actual home), in the water, etc.
- Wearing animalistic clothing such as paw-print gloves/socks, a tail, animal ears, beaks or other masks, etc, and enjoying these immensely + feeling like you're more "yourself" with these things on.
- Wearing clothing that reflects your potential 'type.

Once again, not an extensive list.

## Urges

Otherkin can have all sorts of urges related to their identity. These can be:

- Hunting, the need to stalk and catch prey.
- The urge to eat raw meat wherever you see it.
- The urge to eat very quickly.
- The need to flee when seeing predator animals even if your human body is not at risk.
- The urge to take flight when hit with a gust of wind, or when birds fly off in groups around you.
- For fictionkin or other non-animal otherkin, being drawn toward certain hobbies or actions your potential 'type would have taken.

And so many more.

In the end, you don't *need* any of the above to be otherkin, other than to identify as something other than your physical body--though you can have both at the same time. But I figured listing out some examples might help anyway.

Good luck with your questioning, anon!