

What are Therian Shifts?

Therian shifts are experiences that some people, called therians, have where they feel more connected to animals, either emotionally or even physically, for a short time. This can mean that a person feels like they **are** an animal or that they **act** like one. For example, they might feel very feline like a cat or very wolf-like during those times.

Types of Shifts

- **Mental Shift:** This is when you feel like you have the mind or spirit of an animal. You might think like them or how they would react to things.
- **Phantom Shift:** In this case, you might feel physical sensations that relate to an animal, like feeling your ears twitch or your tail move, even though you're a human.
- **Dream Shift:** Sometimes, people have dreams where they are in the form of an animal, experiencing life as that animal in a dream.

How Do Shifts Happen?

Shifts can happen spontaneously, meaning they just occur without any warning. Other times, people may try to invoke or call a shift by thinking deeply about the animal they feel a connection with.

Why Do People Identify as Therians?

Identifying as a therian can be an important part of someone's identity. It allows them to express their feelings and experiences in a way that makes them feel complete and understood.

Is it Normal?

Yes! Many kids and adults have unique ways of relating to animals. It's important to remember that everyone is different, and as long as it's safe and healthy, it's okay to express those feelings!

Conclusion

If you think you might be a therian or feel connected to animals, that's perfectly fine! Just be sure to talk to someone you trust if you need support or have questions. Remember, understanding who you are can be a wonderful adventure!