

What is Therianthropy?

Therianthropy is an identity where a person believes that they have a connection to a wild animal or feel that they share traits with a certain species. Some people who identify as therians may feel that they are spiritually or emotionally connected to an animal, although they are not literally that animal.

Common Types of Therians

There are many different kinds of therians, often categorized based on the type of animal they feel connected to. Here are a few examples:

- **Wolf Therians:** Individuals who identify with wolves, feeling they embody characteristics like pack loyalty or independence.
- **Feline Therians:** Those who connect with cats or big cats, often feeling a connection to grace and stealth.
- **Avian Therians:** People who identify with birds, feeling free-spirited or yearning for flight.
- **Canine Therians:** Those who resonate with domestic dogs or wild canines, displaying loyalty and playfulness.
- **Mythical Therians:** Some may feel connected to mythical animals like dragons or griffins, integrating imagination into their identity.

How to Discover Your Type

If you're unsure what type of therian you are, here are steps to help you explore your identity:

1. **Reflect on Your Feelings:** Think about which animals you feel a connection to. Do you feel more like a wolf, cat, or maybe even a bird?
2. **Research Animals:** Look up different animals and learn about their characteristics. See which ones resonate with you the most.
3. **Listen to Your Instincts:** Pay attention to your dreams, thoughts, and feelings toward animals. This might give you clues about your identity.
4. **Join Communities:** Consider connecting with others who share similar experiences. This can help you learn more and feel supported.
5. **Be Patient:** Remember, it's okay to take your time figuring this out. Your connection can evolve, and that's completely normal.

Conclusion

Being a therian is a personal journey, and there's no right or wrong way to feel. Take your time exploring your connection with animals, and remember that every therian's experience is unique.