

THETA-DELTA



The symbol for Therianthropy is the Theta-Delta ($\Theta\Delta$), the two Greek letters intertwined with one another. "Therianthropy" comes from the Greek word "therios," meaning "beast" or "animal", and is where the Theta comes from. The Delta is frequently used to represent change, emblematic of the idea of Shifting.

The Theta-Delta was created in 2003 on an early version of The Werelist Forums, an early internet community identifying as "weres" before therianthropy became a popular term. Users Jakkal, Crinos, and Coyote Osborne worked on the symbol:

"The reason we didn't want pawprints and stuff is that is very alienating for non-canine/feline/blah blah therians. But two non-species specific symbols would work out better... Crinos was the one that put the circle in the triangle. And then I believe that Coyote Osborne was the one that suggested we make it an official Greek "theta-delta" so that at least the symbology was somewhat "normal" (Hey, it's two greek letters)... It all came together so well, and it was really the first time the majority of the werecommunity ever agreed on anything."

-Jakkal

RESOURCES



We've put together a list of online resources including histories, archives, guides, infographics, and more!
<https://tinyurl.com/therianguide>

CONTACTS

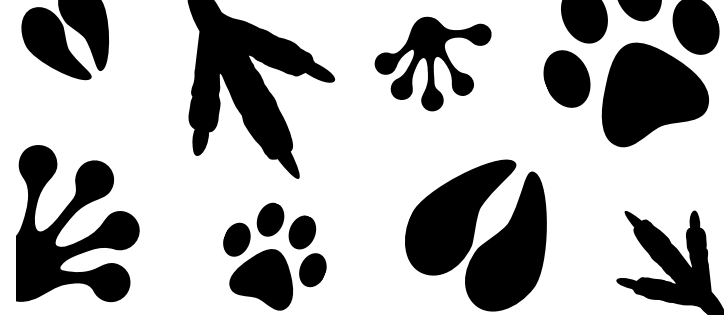


BlindWolf8: <https://blindwolf8.com/hi/>



Blurry: @blvrrykat on Telegram!

Maven: Please ask



THERIAN EXPERIENCE SHARE MEET & GREET

Furrydelphia 2025

Hosted by Maven, BlindWolf8, & Blurry



TERMINOLOGY

Therians are beings who have a strong connection with one or more animals. This connection can take many forms and express itself in many ways. The relationship is **therianthropy**, and the animal or animals are called **theriotypes**.

Therians often experience one or more types of **shifting**, where aspects of behavior, perception, or mentality fall more in line with that of their theriotype than with human norms.

Therians have considered reasons for why they might be therian, and most who have a firm idea of what the reason might be generally fall into two categories; **psychological** therians, who believe that their therianthropy results from their psychological state, and **spiritual** therians, who feel there is some spiritual reason for their being a therian. Some feel that there are both psychological and spiritual reasons, and might consider themselves **psycho-spiritual** therians.

Not all therians have a strongly held idea for why they are therians, and that is totally okay! Being therian is a very personal experience, and everyone's journey is different.

SHIFTING

Some different types of shifting include, but are not limited to:

- **Phantom Shifting** (experiencing phantom limbs or appendages)
- **Mental Shifting** (experiencing a change in mindset or thought process)
- **Sensory Shifting** (experiencing one's senses becoming more like their theriotype's)
- **Perception Shifting** (experiencing a change in how one observes the world around them, similar to mental or sensory shifting)
- **Dream Shifting** (experiencing dreams where one is either fully or partially their theriotype)
- **Shadow/Ghost Shifting** (experiencing a transparent apparition of one's theriotype surrounding oneself, or noticing one's shadow taking the form or attributes of their theriotype)
- **Astral Shifting** (one's physical body travels to the astral plane, and takes the form of their theriotype)
- **Spiritual Shifting** (one's physical body remains the same, but one's spirit takes the form of their theriotype)

LIVING AS A THERIAN

One doesn't choose to be a Therian, it just happens, and there may or may not be any specific reason why. Some therians can experience species dysphoria, similar to how transgender people experience gender dysphoria, where some aspect about their body or being doesn't fit with the way they understand themselves to be. It can be fatiguing to mask oneself-- performing the roles society expects of us, adjusting one's behavior to appear as a human to others. It's important to find time for yourself, and to find ways you can be yourself when you are alone, in company of supportive people, or around other therians.

You can't change who you are, but you can sometimes change how and when you express yourself. Sometimes hiding yourself is the only way to remain safe in some situations, especially around unsupportive people or strangers, but hiding yourself away all the time can also be harmful to your self-image. Finding ways to celebrate your therian experience and find species euphoria are great ways to counteract some of the difficult parts of being a therian.

