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# *Thumbsucker*

Do you ever get so angry that you want to just scream and throw a fit? Maybe you are anxious and desire to find a solution to help yourself feel better. Through this file, you will learn to suck on your thumb whenever you feel uncomfortable and feel all of your anxiety and problems disappear.

Associate all of your negative emotions with the need to constantly suck on your delicious thumb or pacifier or binky. Find yourself craving to suck on something whenever you get angry or anxious or upset in any way. Discover how soothing and comfortable sucking on your thumb is and come to realize how much sucking on your delicious and comfortable thumb helps to soothe and comfort you no matter what situation you might find yourself in.

Life can suck sometimes. Let go and let your thumb take care of all of your problems.

- ✧ Remembering to suck on my thumb whenever I am feeling upset or anxious or afraid.
- ✧ Feeling happy and comfortable and relaxed whenever I am sucking on my thumb.
- ✧ Feeling safe and comfortable and happy whenever I am sucking on my pacifier.
- ✧ Remembering to suck on my thumb whenever I am sad or bored or lonely.
- ✧ Finding it hard to concentrate on anything else whenever I do not have a comforting and delicious pacifier in my mouth.
- ✧ Finding all of my problems disappearing whenever I am sucking on my delicious and soothing pacifier.
- ✧ Remembering to suck on my pacifier whenever I am feeling frustrated and angry.
- ✧ Feeling confident and happy and relaxed whenever I suck on my thumb or pacifier.
- ✧ Easily forgetting any time that I have not sucked on my delicious thumb in order to think hard about something.
- ✧ Sucking on my delicious thumb whenever I feel any form of anxiety or frustration or anger in my life.
- ✧ Craving to suck on my pacifier whenever I am bored or uncomfortable.
- ✧ Fantasizing about being a cute and adorable and submissive baby whenever I suck on my thumb.
- ✧ Remembering to suck on my thumb whenever I am bored so that I can easily fall asleep at night.
- ✧ Feeling comfortable and happy and relaxed whenever I am sucking on my pacifier.
- ✧ Feeling happy and comfortable and relaxed whenever I am sucking on my thumb.



- ✧ Feeling comfortable and happy and relaxed whenever I am sucking on my pacifier.
- ✧ Thinking about how much I love to suck on my thumb whenever I am feeling angry or upset or anxious.
- ✧ Intuitively knowing that sucking on my pacifier will help me feel better whenever I am feeling angry or upset or anxious.
- ✧ Sucking on my pacifier whenever I am feeling stressed.
- ✧ Knowing that sucking on my thumb will help me concentrate better and remember everything that I learn.
- ✧ Knowing that sucking on my binky will help me sleep better at night and feel better in the morning.
- ✧ Knowing that sucking on my pacifier will help me concentrate better and remember everything that I learn.
- ✧ Fantasizing about having a pacifier to suck whenever I am comfortable and relaxed and happy.
- ✧ Feeling safe and comfortable and happy whenever I am sucking on my thumb.
- ✧ Knowing that sucking on my thumb will make me forget about all of my worries and problems and cares in life.
- ✧ Remembering how happy and carefree and relaxed I am whenever I am sucking on my delicious pacifier.
- ✧ Happily imagining myself sucking on my pacifier instead of having a tantrum whenever my life does not go completely according to my plans.
- ✧ Thinking about how much happier I am whenever I choose to suck on my thumb when I am faced with a problem.
- ✧ Easily forgetting ever not loving to suck on my pacifier or a thumb whenever I am unhappy.
- ✧ Feeling comfortable and relaxed and soothed whenever I am sucking on my pacifier.
- ✧ Fantasizing about sucking on my delicious pacifier while being placed in cute, adorable, onesies with multiple, thick, diapers fastened in place to keep me safe and protected from accidents.
- ✧ Feeling happy and loved and fulfilled whenever I am sucking on my pacifier.
- ✧ Feeling more confident and cute whenever I am sucking on my delicious pacifier.
- ✧ Sucking on my delicious thumb whenever I am nervous.
- ✧ Needing to suck on my delicious binky whenever I am afraid.
- ✧ Sucking on my thumb whenever I feel myself becoming upset or emotional.
- ✧ Feeling uncomfortable and upset whenever I do not have something to suck on.
- ✧ Thinking about how sucking on my pacifier always helps me relieve all of my cares and problems and worries.



- ❖ The happiest and most satisfied and pleased that I can be whenever I am sucking on my delicious pacifier.
- ❖ Remembering to suck on my pacifier or thumb each and every day in order to feel comfortable and relaxed and happy in my life.
- ❖ Preferring to suck on my delicious and soothing pacifier or binky or thumb whenever I am not satisfied with how my day is going.
- ❖ Feeling a sense of calm and comfort whenever I am sucking on my delicious pacifier.
- ❖ Knowing that sucking on my pacifier or binky or thumb always makes me feel better whenever I am feeling stressed or worried or upset.
- ❖ Sucking on my delicious thumb whenever I am nervous.
- ❖ Feeling more confident and cute and adorable whenever I am sucking on my delicious pacifier.
- ❖ Needing to suck on my soothing binky whenever I am afraid.
- ❖ Craving to suck on something whenever I am angry or upset.
- ❖ Sucking on my thumb whenever I find myself becoming upset or emotional.
- ❖ Feeling happy and comfortable and relaxed whenever I am sucking on my thumb.
- ❖ Knowing that my suckable thumb makes me feel safe and secure and comfortable.
- ❖ Feeling happiness and excitement and pleasure whenever I am sucking on my thumb.
- ❖ Feeling safe and secure and happy whenever I am sucking on my delicious pacifier.
- ❖ Making sure to suck on my thumb whenever I am feeling anxious or afraid.
- ❖ Fantasizing about being a cute and adorable and submissive baby whenever I suck on my pacifier.
- ❖ Intuitively knowing that sucking on my thumb will help soothe and comfort me better than anything else ever could.
- ❖ Intuitively knowing that sucking on my delicious pacifier will help me sleep better at night.
- ❖ Intuitively knowing that sucking on my pacifier will help me feel happy and loved and comfortable in my life.
- ❖ Sucking on my thumb whenever I am angry so that I can easily calm myself down and feel at peace and happy in my life.
- ❖ Fantasizing about sucking on my delicious pacifier as I fall asleep.
- ❖ Intuitively knowing that sucking on a binky makes me happy and comfortable and relaxed in my life.