





Diaper Desires 2

Return to your helpful therapist as you learn new truths about yourself and continue on your journey towards being the completely adorable baby that you have always desired to be. Listen as your therapist walks you through your memories and works to develop the childish habits that you know will most benefit you most in your perfect future. Completely forgetting how to act any other way as you find yourself quickly becoming the adorable baby you have always craved to be.

1. Check-In

Return to your helpful therapist's office. Greet the receptionist who asks if you are wearing your diapers every day as per your therapist's strict orders.

2. Refresher

Meet your beautiful therapist again. Quickly fall under her spell as she increases your natural tendencies to be the diaper dependent baby you have always loved being. Suck on your thumb contentedly as you coo and smile happily and remember all of the truths she tells you about yourself.

3. Desires

Listen as your therapist increases your desire and dependence to wearing and using your diapers as they should be used each and every day. Remember how much you have always loved the security of relieving yourself in your diaper. Know that without a diaper, you are vulnerable and prone to making messes in your cute, childish clothing at any time.

4. Memories

Recall disturbing memories from your past in which you weren't wearing a diaper or acting childish in any way. Remember how awful and anxious you felt and resolve to never find yourself caught acting like a boring adult ever again. Know that expressing your emotions freely is just a part of who you are, and find that acting like a baby has always left you happy and satisfied in your life.

5. Habits

Discover all of the ways in which you can naturally give up your worries and anxieties and become the person that you have always dreamed of being. By acting and behaving like a baby every day, you can ensure that you are always worry and anxiety free in every area of your life. Cry easily and frequently as you learn that letting your emotions out immediately is healthier and less stressful than bottling them up to explode at a later time. Find comfort in the little things, such as cuddling with your adorable stuffed animal,



or sticking your thumb into your hungry mouth. Wetting yourself uncontrollably without having to think about it is the most comfortable state in which you can possibly be, and you find yourself becoming uncomfortable and anxious whenever you spend time thinking about using the gross bathroom.

6. Lifestyle

Wear a diaper and childish clothing everyday to show the world how much you love and prefer acting like an adorable little baby. Go out of your way to show others how much you adore dressing and behaving like a baby, and discover yourself becoming happier with everybody that you show. Love being pushed in a stroller or being buckled into a high chair just like a real baby would be. Feel a deep need to decorate your room and house childishly so that you can always be reminded of your goal to become a better baby every day!

7. Forget (Slut Exclusive)

Forget everything you know about using the bathroom or being able to hold your adorably small bladder for even a second. Come to recognize that using the gross toilet for any kind of occasion is a scary and frightening experience and should be avoided at all costs.

8. Bedwetting (Slut Exclusive)

Remember how frustrating and unpleasant it is to wake up every night to use the bathroom, when it is so much more convenient to naturally wet your bed as you sleep. Find yourself becoming frustrated and anxious every time you wake up dry and uncomfortable.

9. The Office

Wake up in your therapist's office, feeling refreshed and ready to face your day. Put your thumb in your mouth and smile as you wet your diaper in front of her like the happy baby you are. Coo childishly as she gives you a bottle of milk to suckle on and remember how much you desire to be an innocent little baby in every aspect of your life.

10. Future Baby

Sit comfortably in your wet diapers and plastic pants as the receptionists places you into a stroller and pushes you out of the clinic. Suck on your thumb as you smile and wet yourself again waiting for your parent to pick up to you and drive you home to your nursery.

This file builds on the first "Diaper Desires" file, and should only be listened to after training with the first file daily for at least a month. Sit back and relax as you let your diaper desires become your everyday childish lifestyle.



❖ **Check-In**

Feel yourself falling deeper and deeper into an even more comfortable and relaxing trance with the sound of my voice. And as the veil of trance begins to lift, you can become aware of your surroundings as you find yourself walking towards an ornate front desk in a very familiar and comfortable therapist's office. Sunlight pours into the reception area and you can feel the thick plush carpeting under your feet, cradling your soles. Comfort. Soothing. Relaxed. The familiarity with your surroundings comforts and soothes you and you feel yourself easily raising your thumb to your parted lips in contentment, easily slipping the finger into your own mouth to suck. You can feel a wave of familiar relaxation and comfort and satisfaction wash over you as you continue to suck comfortably and pleasantly and happily on your soothing, relaxing thumb. Peaceful. Pleasure. Happy. The receptionist smiles at you warmly as you make your way towards her desk, and you can become aware of the thick, padded, diaper under your clothing making a satisfying and arousing crinkling sound with every step that you make. The familiar receptionist welcomes you back to the office and asks if you have been keeping up with your daily diaper wearing prescription. Yes. Your mouth is preoccupied with your thumb, so you can do nothing else but nod at her in response, causing her to coo praises at you before ushering you to a comfortable seat to wait for your appointment. You glance down and smile as you see that the carpet is covered with a colorful playmat, the flat, interlocking squares and letters arranged alphabetically on the floor. Adorable. Cute. Safe. You can discover yourself immediately falling to your knees, drawn to the comforting and relaxing and soothing feel of the thick and cushy and soft mat, crawling towards the variety of toys displayed before you. You can find yourself regressing easily, your natural, childlike instincts taking over, as you find yourself feeling more and more comfortable and happy and relaxed, crawling past dollhouses and toy cars towards the blocks you have set your desires on. Pleasure. Desire. Excitement. You can remember that pure joy that you encounter every time you decide to act like a child as you discover yourself sitting cross legged in front of the foam blocks, carefully stacking the soft toys, working to build a childish tower for yourself. You can find yourself feeling comfortable and happy and relaxed as you easily forget all of your adult worries and stresses and fears with every block that you stack in your completely childish activity. Soothing. Comfort. Relaxed. And with each block that you stack, you are discovering that you are regressing in age and you find yourself easily shedding the adult thoughts and care and responsibilities that have been holding your true childish self back from the perfect happiness and pleasure that you desire. You can intuitively know that being a grown up is boring and stressful and tedious and that you much prefer to be a child happily playing with your toys and only doing the important things that make you feel happy and



entertained and loved. Confident. Happy. Pleasure. And although you are still in the waiting play area, you find yourself craving the feeling of being dressed in an adorable and cute and comfortable onesie. You can imagine yourself being cradled and cuddled and hugged in your fuzzy little pajamas, your feet feeling warm and cozy and comfortable. Yes. As an adorable baby, you know that you crave comfort over everything else in your life, and you will work hard to change your wardrobe to contain only the comfortable clothing that a baby would wear. Desire. Soothing. Relaxed. You know that you are safe and warm and comfortable in your diaper, without fear of leaking and wetting your adorable clothing like the good baby you know you have always been. You can feel happy and carefree and relaxed whenever you hear the comfortable and soothing and pleasurable sound of a diaper crinkle or the familiar and calming and pleasing scent of baby powder. Desire. Happy. Pleasure. You can intuitively know that you are the happiest and most comfortable and relaxed whenever you are being the diaper wearing baby that you know you love to be. You know that you constantly crave the feeling of being a calm and happy and carefree baby who has no boring adult thoughts and only lives in the moment. Yes. And as you continue to build the colorful foam block tower even taller, you can feel yourself falling deeper and deeper into a calm and soothing and relaxing trance. Feeling more comfortable and happy and at peace with your surroundings as you easily regress into the small child you have always loved to be.

✧ **Refreshers**

Find yourself drifting deeper and deeper into a comfortable and relaxing trance with the sound of my voice. Feeling happy and loved and comfortable as the veil of trance lifts, and you begin to become aware of your surroundings. Yes. And as you look around the room in which you are comfortably sitting, you can discover that you are still in your therapist's office, the clear and calming and melodic voice of your beautiful therapist calls your name and you find yourself looking up at her familiar and beautiful smiling face. Comfort. Excitement. Happy. You can find that you are naturally and immediately drawn to this beautiful woman's presence, as you begin crawling towards her through the play area, tipping over the tall tower of soft blocks that you had built up while waiting for your appointment to arrive. Yes. She bends at the knee and opens her arms wide, meeting you at your level and hugging you in a comforting and encouraging and intimate greeting before leading you back into her office. Peaceful. Soothing. Pleasure. Though the lights are dimmed to create a relaxing atmosphere, you notice that she has pushed the couch used by her boring adult clients back into a corner, and has made a large crib ready for you, the bars on the front open, waiting for you to crawl inside and comfortably



settle in. Yes. You crawl into the crib and lay down and roll over onto your back looking up as you notice that she has attached a spinning mobile with adorable little stuffed versions of all your favorite animals parading in a circle as a soft lullaby plays melodically. Cute. Adorable. Comfort. You can hear the faint click of the crib bars being pulled into place and are immediately flooded with feelings of relief and relaxation and comfort, knowing that you are now safely inside of the world that you love to inhabit. You can easily and intuitively let go of all your boring and uninteresting and tedious adult thoughts and worries and achieve the familiar childish state that you know you feel the most happy and comfortable and relaxed being a part of. Yes. The beautiful therapist leans over the bars of the crib and tucks a soft and plush and fuzzy teddy bear under your arm before walking to sit in her own luxurious leather seat, crossing one long leg over the other, her heeled foot dangling in mid-air as she begins to refresh your training since the last time you were last together in her office. Pleasure. Desire. Loved. You can find yourself intuitively assuming the position to be changed, arms cuddling your precious stuffed bear and knees spread wide, the soles of your feet facing each other, giving your thick and crinkly and padded diaper the room it needs to expand when you inevitably wet yourself in comfortable, childish relaxation over the course of your hypnotic session. Yes. She begins your trance by praising you for arriving today in your diaper and you can find yourself sticking your thumb into your mouth again as you smile to yourself, sucking on your finger proudly and comfortably and happily, causing her to coo compliments on your fantastic progress so far. Yes. She commends your childish clothing and daily diaper wearing habits and you can feel yourself welling up with pride and accomplishment and pleasure at completing the important homework she has given to you and begin feeling more comfortable and happy and relaxed presenting yourself to her as the diaper wearing child you know you have always desired to be in your perfect future. Yes. You discover yourself shifting your weight from right to left, causing the thick diaper beneath your clothing to crinkle pleasantly and you find yourself breaking into a childish grin at the soothing sound. Pleasure. Desire. Happy. The crib begins to rock back and forth in gentle response to your shifting weight, pulling you deeper and deeper into an obedient and comfortable hypnotic trance. The calming effects of the crib, mobile, and teddy bear working to regress you even further into your preferred childish mindset as you succumb to the soothing and obedient embrace of your hypnotic trance.

❖ **Desires**

And as you drift deeper and deeper into a comfortable and soothing, hypnotic state, you can discover yourself feeling even more relaxed and happy and at peace with your surroundings. Yes. You feel the darkness of trance begin to lift, and find yourself in your



beautiful therapist's office, laying in your diaper and gently rocking in the adult sized crib as you stare at the mobile spinning hypnotically above you, your mouth happily preoccupied with your thumb as you quietly listen to every word that your therapist tells you. Comfort. Pleasure. Relaxed. Your beautiful therapist begins her session by reminding you of how safe and secure and protected you feel whenever you are wearing your favorite cute and adorable and comfortable diapers and you can find yourself easily nodding in agreement with the truth of her statement. You can look through your memories and discover that you need to wear a diaper each and every day in order to feel confident and happy and carefree and childish like you have always desired for your future. Comfortable. Happy. Soothing. You intuitively know that wearing a diaper every day will help decrease all of your adult worries and responsibilities and anxieties and help you feel like the adorable child you have always craved to be. Yes. You can imagine the perfect comfort you will feel in your future when you are safe and happy and protected knowing that you will never wet or leak through your adorable outfits whenever you have your pleasurable diapers protecting you. Cute. Desire. Confident. You know that if you were to ever not wear a diaper, you would be vulnerable to making messes in your cute clothing and embarrassing yourself in public at any time. Yes. You feel naked and exposed and uncomfortable whenever you think about not wearing a safe and warm and comfortable diaper. Nausea. Uncomfortable. Incomplete. You remember how much better and more comforting and safe and pleasurable it feels to wear a thickly padded diaper that crinkles pleasantly with each and every movement that you make. You remember that wearing a diaper with thick padding, shapes your adorable butt beneath your adorably, childish clothing, and makes you look even cuter and more adorable with a fluffy and poofy and round bottom that every perfect diaper wearer has. Yes. Your beautiful therapist reminds you that wearing a diaper will help you live the life that you have always dreamed of having, and you easily nod your head in agreement with her words, recalling your own pleasant memories of your diaper being changed. You cannot help but feel loved and adored and cared for as the baby powder and diaper cream are applied generously to your cute butt before it is wrapped up tightly into your comfortable diaper. Yes. You know that you will find yourself completely protected with a diaper day and night in your perfect future as you drift closer and closer to the reality of the worry free and lovable and adorable little baby you have always dreamed of being. Yes. You can remember that every day you are diapered is a day in which you will find it easier to regress into the completely incontinent baby you have always desired to be. You know to wear a bulky and secure and soft night time diaper in order to be able to fall asleep comfortably each and every night and feel secure and safe and protected knowing that you will not leak into your adorable pajamas and bed. Safe. Relax. Happy. You can



discover how much you have always loved the safety and security and protection that comes from wearing a thick, comfortable diaper, and how much you have always loved using your diapers in the exact same ways as the adorable babies that you love to emulate. Yes. You know that you can easily let go of your bladder and wet yourself easily and naturally whenever you are in your diapers, filling up the thick padding and feeling happy and comfortable and loved knowing that your diaper will keep you dry and protected and secure. Loved. Pleasure. Desire. You can remember that you have always enjoyed the feeling of soaking your comfortable diaper and realizing how happy and relaxed and proper it feels to let go and use your diaper in all of the ways in which it was meant to be used. Yes. Find yourself falling deeper and deeper into a comfortable and relaxing trance, the crib beneath you rocking hypnotically back and forth, feeling more relaxed and comfortable and happy with every breath that you take.

✧ **Memories**

Find yourself falling deeper and deeper into a comfortable and obedient hypnotic trance. Feeling more comfortable and relaxed and happy as you gently rock back and forth in your soothing, perfectly sized crib. Yes. And as you stare up at the adorable plush animals spinning hypnotically on the mobile above you, you can find yourself thinking of all of the times in your past in which you wished you were a good diapered baby when you were forced to be just another boring and tedious and uninteresting adult. Yes. You can remember feeling vulnerable and exposed and nude whenever you think about instances in your life in which you were not wearing a diaper or acting childish in any way. Incomplete. Uncomfortable. Nausea. You know that without a diaper you will have to spend precious time and energy concentrating on not wetting your adorable pants and not embarrassing yourself with childish accidents in front of your friends and family. Yes. You can imagine how uncomfortable and shameful and upsetting it would be to wet yourself without the protection of a comfortable and secure and soft diaper and you can find yourself easily throwing out any thoughts or desires or memories that might convince you into using the boring adult toilet instead. Gross. Pain. Afraid. You can remember how horrible and miserable and anxious it felt to be responsible for holding your childish bladder all day long, unable to just let go and release the pressure building inside of you easily and naturally into your comfortable diaper. Yes. You can recall all of the times in which you have desperately tried to find a toilet or have been forced to wait in long lines for the bathroom and you can begin to feel uneasy and anxious and unhappy. Alone. Empty. Uncomfortable. You remember that you are happy and relaxed and worry free in your secure, comfortable diapers, and you can feel an all consuming sense of pride and accomplishment welling up from within at your personal revelation.



Yes. You can find yourself instinctively wiggling your butt in happiness as you listen to my voice, causing your diaper to crinkle in a soothing and satisfying and pleasurable way. Yes. And as your diaper continues to crinkle underneath you, you cannot help but be reminded of how much happier you are now that you are wearing your personal, childish protection at every possible moment. Yes. You can think to yourself and consider all of the health and mental benefits you obtain whenever you wear a diaper, and can intuitively know that you never want to be without your perfectly comfortable and protective and thickly padded diaper ever again. Yes. Your beautiful therapist compliments your progress and continues to probe your thoughts, asking if you have any more memories of being a boring and uncomfortable and anxious grown up. You find yourself nodding as you think of all the times you have felt uncomfortable and overwhelmed and upset whenever you have had to make big grown up decisions. Uncomfortable. Gross. Boring. You can remember feeling stressed and anxious and worried whenever you have had to be an adult in the past and were completely unable to act in a childish manner at all. Yes. You know that being a grown up means that you cannot do whatever you want, whenever you want to do it, and forces you to not wear comfortable diapers or express your emotions freely. You intuitively know that easily expressing your feelings, giggling whenever you are happy, and throwing tantrums whenever you are upset, makes you feel pleased and satisfied and fulfilled in your life. Happy. Loved. Comfortable. You have often fantasized about letting go of all your grown up worries and stresses and responsibilities and allowing a dominant adult to make each and every decision for you as you regress completely to the baby that you were always meant to be. Yes. You can imagine how relaxing and unencumbered and satisfying it would feel to be able to act as childishly as you desire, knowing that being an emotional and stress free and happy baby is the answer to all of your grown up worries and anxieties and problems. Desire. Pleasure. Excitement. You know that becoming the baby you have always wanted to be will help you live your ideal future and make you happier and more satisfied than anything else in your life. You can find yourself realizing that you never want to be a boring and gross and uncomfortable grown up ever again. Yes. The idea of being forced to make boring decisions and solve difficult problems is enough to make you feel nauseous and unhappy and uncomfortable and you vow to never submit yourself to anything close to that cruel torture ever again. Boring. Gross. Incomplete. And as if a weight has lifted from your adorable shoulders, you can find yourself smiling widely and giggling at your own thoughts, happy to have released the very idea of wanting to be a boring adult in any way. Your beautiful therapist praises your breakthrough, clapping her hands joyfully for you. You know that acting childishly and expressing your emotions naturally and completely as they occur has always made you



feel acknowledged and happy and loved and you can find yourself craving this same feeling of being happy and satisfied and loved every day. Breathe deeply as you find yourself falling deeper and deeper into a calming and hypnotic trance. Feeling more comfortable and happy and fulfilled than you have ever felt before.

✧ **Habits**

You can discover yourself falling deeper and deeper into a happy and soothing and obedient hypnotic trance with the sound of my voice. Feeling relaxed and comfortable and soothed as you gently rock back and forth in your comfortable crib, having vowed to never act or think like a boring adult ever again. Yes. You realize that in order to live your perfect, baby life, you need to add more childish habits like peeing freely into your diaper whenever you feel the urge to go potty, and crying easily whenever you do not get your way to your daily routine. You know that by acting like the baby you know you are and love to be at every instance, you can work to ensure that you are always worry and anxiety and problem free in every aspect of your perfect life. Pleasure. Peaceful. Soothing. You can find yourself smiling as you imagine being a cute and adorable and happy baby each and every day and easily letting go of all your uninteresting grown up thoughts and anxieties and worries whenever possible. Yes. You are comfortable feeling impatient and restless and uneasy whenever you are forced to be an unexciting and uninteresting and depressing adult. Pain. Gross. Anxious. You remember that having to make gross decisions and being forced to care about boring grown up responsibilities and worries makes you feel stressed and nauseous and uncomfortable. Yes. You know that in order to live out your perfect and stress free and childish life you need to throw away any adult habits that you may have developed. Yes. You are happiest whenever you only think of you present desires and the ability to voice what you want immediately and childishly in order to best live your ideal baby life. You smile at the simple reminder that you have always felt loved and adored and cherished whenever you are being taken care of by others, and can feel comfortable throwing away any adult memories and desires and cares that might get in the way of you achieving your perfectly childish dreams. Pleasure. Desire. Happy. You can remember to always be emotionally expressive and able to easily display your childish feelings, crying whenever you want attention and giggling whenever you are happy. You intuitively know that crying easily and frequently and letting go of all of your emotions is much healthier than bottling those same emotions up, letting your feelings and frustrations and desires build until you explode in a frustrating and anxious and depressed mess. Yes. You can imagine yourself crying for attention, tears streaming down your face and throat hoarse from wailing, until your dominant parent gives you the attention that you crave. You know to always smile



and coo happily like a child whenever you are given attention and remember that your partner is expressing their deep love for you whenever they change your diaper and feed you and dress you in your adorably childish clothing. Loved. Comfort. Soothing. You discover yourself fantasizing about being cuddled in a big rocking chair, curled up in your lover's arms, feeling safe and protected and loved while wearing your comfortable diaper and onesie. Yes. You find yourself unconsciously squeezing and nuzzling the teddy bear in your arms as you crave the feeling of a warm and enveloping and loving hug. Comfort. Relax. Safe. Your memories tell you that in order to get the love and cuddles and attention you desire, you will need to wear your diaper, your adorably childish clothing, suck on your pacifier, and be the adorable baby you have always known you are, each and every day of your life. You can recall that the most happy and comfortable and satisfied you can possibly be is whenever you are relieving yourself easily and naturally into your diaper and you can find yourself remembering how important it is that you must always be covered and protected and safe. Happy. Adorable. Confident. You have often fantasized about being able to wet your diaper naturally and uncontrollably and unconsciously and know that you will always be safe and protected and secure in your perfect thick and crinkly and cozy diaper. Yes. You cringe in nausea and horror as you remember how disgusting and gross and scary using the confusing grown up bathroom is. Nausea. Gross. Uncomfortable. And as you reach into your memories, you can see only feelings of anxiety and stress and uncomfortability whenever you are forced to use a nasty and awful and gross public bathroom. Yes. Just like a child, you prefer to always wear an adorable and comfortable diaper and enjoy the enormous pleasure you experience every time you wet yourself easily and naturally. Yes. You can find yourself falling deeper and deeper into a calm and obedient hypnotic trance, remembering each lesson and forming the important and necessary habits you need to be the perfect baby you have always wanted to be.

✧ **Lifestyle**

Feeling comfortable and happy and relaxed as you fall deeper and deeper into a soothing trance with the sound of my voice. And as you breathe slowly, in and out, you can find yourself remembering how much you prefer to think and dress and act childishly, knowing that you must advertise yourself as the perfectly cute and adorable baby that you know you are every day in order to live your perfectly childish life in your future. Yes. You can find yourself fantasizing about replacing your entire wardrobe with clothing in childish, pastel colors and purchasing onesies and footie pajamas for every day of the week. You can recall that having the correct, childish clothing will help you relieve your stresses easily and naturally and become the carefree baby you have



always loved to be. Cute. Adorable. Confident. You easily find yourself desiring to go out of your way to present yourself as a child by wearing chunky velcro-strapped, light-up sneakers, overalls, and shirts with adorable patterns as much as possible and feel confident and happy and fulfilled whenever you have the opportunity to dress like the adorable child you enjoy being every day. Yes. You find yourself feeling more comfortable whenever you are wearing childish clothing and begin to crave the attention and comfort that all childish outfits bring you. Loved. Pleasure. Happy. You intuitively know that you are your happiest self whenever you are showing off how much of a perfect baby you are and will become happier and happier with each and every person that you reveal yourself to. Yes. You find yourself imagining a wonderful afternoon with your loving parent, being buckled into your car seat and driven to the park, then clipped into a stroller and pushed around proudly for everyone in the park to see, before ending your lovely day out with lunch as you are put into your high chair and fed your delicious baby food. Adorable. Cute. Excitement. And as you think of each of these steps in your lovely imaginary day out, you are reminded to regress even further and allow yourself to enjoy the sights and sounds without worrying about walking or needing to find a bathroom as you wet your diaper happily and naturally as you sit in your stroller. Yes. You can smile at your therapist as you envision your important plans for your future, and find yourself wishing that your bedroom was decorated in a more childish fashion, preferring to leave toys scattered around a play mat, with cute stickers lining every surface. Safe. Peaceful. Happy. You can remember that having the correct, childish decorations will always help to remind you to be the adorable baby you have always wanted to be each and every day, and can feel comfortable and relaxed and safe whenever you are surrounded by baby themed items as you naturally prefer to have a large selection of adorable and soft and plush stuffed animals at your fingertips like a small child would. Yes. You can imagine covering every hard floor in your home with colorful cushioned mats best suited for crawling, with toys in each and every room for you to play with whenever you desire. Yes. You know that the more you surround yourself with childish toys and clothing and ideas, the more you can remain in your preferred mental state, feeling happy and stress free and satisfied with every aspect of your life. Yes. You know that in order to live out your innermost fantasies you must remember to act like the baby you know you are and love to be and you can imagine how much easier and more satisfied you will be once you have surrounded yourself with all of your childish toys and accessories. Yes. You know that you need to have the correct furniture such as a crib and a high chair and a storage chest for all your diapers and the other items that you need such as your toys and pacifiers and bottles in order to live your ideal childish life. Cute. Adorable. Loved. Smile to yourself as you think about



your life's goal to become a better baby every day by immersing yourself completely in your childish lifestyle. Yes. Now find yourself drifting deeper and deeper into an obedient and relaxing hypnotic trance. Feeling more comfortable and calm and at peace with your surroundings with every breath that you take.

❖ **Forget (Slut Exclusive)**

Find yourself drifting deeper and deeper with the sound of my voice. Becoming more relaxed and comfortable and satisfied as you continue to listen and obey and learn how to easily give away all of your adult anxieties and emotions and become the diaper-wetting baby you have always desired to be. Yes. And as you continue to think about how erotic and desirable and pleasurable it would be to be able to become a cute baby every day of your perfect life, you can find yourself wiggling your adorable butt, grinding it into the soft thick padding of your diaper, causing it to crinkle soothingly, reminding yourself of how safe and protected and happy you are with your diaper fastened snugly around your childish bottom. Cute. Adorable. Comfort. And as you continue to consider your thoughts, you can remember that with each passing day of using and wetting your diapers easily and naturally like they were always meant to be used, you find yourself using the bathroom less and less, eventually forgetting how to even hold your adorably small bladder at all. Yes. Whenever you feel the pressure in your bladder build, you can find yourself immediately and mindlessly wetting your diaper, confidently knowing that you are always safe from the embarrassment of wetting your pants in public and feeling unburdened by the thought of having to hold your urine in for any reason at all. Safe. Peaceful. Happy. And as you find yourself using the toilet less and less, you can begin to remember how traumatizing using the bathroom really is. It is simply natural for you to feel stressed and anxious and unhappy whenever you are forced to remember any part of how to use a restroom properly, and you can clearly remember feeling annoyed and frustrated in the past whenever you have to repeat the long, tedious process of having to use the gross toilet in any way. Incomplete. Anxious. Uncomfortable. You can find that you are easily forgetting the various steps and rules of how to use the restroom, preferring to use your comfortable diapers naturally instead of using the disgusting bathroom at all, knowing how much easier it is to just let go and wet yourself in your safe, pleasurable diaper. Yes. You can think of all the times in which you were forced to wait in line to use a disgusting public bathroom and how stressful it felt to relieve yourself in the toilet in front of a crowd of gawking strangers. Afraid. Alone. Nausea. You know that it is completely natural and desirable for you to feel anxious and uncomfortable and upset whenever you think of being forced to use a public bathroom instead of your safe and secure and comfortable diapers. Yes. You are reminded of how



difficult and stressful and gross it is to use a toilet in any way at all, knowing that any occasion where you must use the toilet will be a scary experience that should be avoided at all costs. Gross. Nausea. Uncomfortable. You can feel comfortable and happy associating the sound of a toilet flushing with a deep sense of dread and unease and discomfort as you find yourself becoming increasingly more dependent on your pleasurable diapers for all of your toilet needs. Yes. You fantasize about being able to wet your diapers instantly and easily without worry or thought and remember how pleasurable it feels to let go of your bladder completely without worry or care. Yes. You can feel more comfortable and satisfied and at ease whenever you are wearing a thick diaper and constantly crave the feelings of security and pleasure and peace of mind that it brings. Yes. You have come to realize that the more you release yourself easily and naturally into your thick, absorbent diapers and the less you use the gross, frustrating toilet, the happier you will become in your future by being completely honest with yourself and living your best possible life. Yes. You know that naturally wetting your diapers in exactly the ways that a small child would will make you happy and confident and move your life in the direction of you becoming the little baby of your dreams each and every day into your perfect future. You can remember to allow yourself to urinate whenever the urge strikes you, and will work hard towards shrinking your childish bladder muscles more and more each and every day that you wear your comfortable diapers. Confident. Desire. Happy. You feel a deep sense of accomplishment and pride and satisfaction whenever you go on long streaks of only using your diapers to relieve yourself, and find that you are quickly forgetting how to use your bathroom toilet, or that it even exists. Yes. You are feeling happier and more comfortable and fulfilled as you remember to forget to hold your bladder and naturally regress into a little child each and every day that you wear your cute and adorable and fluffy diapers. Comfort. Pleasure. Soothing. You prefer to wear diapers all day and night and feel an overwhelming sense of relief at avoiding the burden and fear that comes with using a disgusting toilet on a regular basis. Yes. Know that the more that you forget the boring rules of using the toilet, the better baby you will be. And as you think about these truths and ideas to improve your life in all of the ways that you have always desired, you can feel even more relaxed and comfortable and at peace with your surroundings as you find yourself falling deeper and deeper into a soothing and obedient trance.

❖ **Bedwetting (Slut Exclusive)**

Finding yourself more comfortable and relaxed and soothed as you feel your body falling deeper and deeper into a calming and obedient hypnotic trance. And as you breathe, you can discover yourself smiling as you imagine your childish bladder shrinking more



and more each and every time you wear a diaper. You can feel free to think these true and correct thoughts about yourself as you come to realize that your tiny bladder will never be able to make it through an entire night without you wetting your bed completely by the morning. Yes. You can begin to think of how embarrassing and horrible it would be to mess your bed, leaking through your sheets and soaking your expensive mattress. Uncomfortable. Anxious. Unhappy. You know that waking up in the morning and having to clean up your sticky bed is an annoying and tedious and boring task best left to the grown ups and you can remember how troublesome and irritating and aggravating it feels to get out of your cozy and warm and comfortable bed each and every night in order to use the confusing and scary bathroom. Gross. Uncomfortable. Incomplete. You can remember that wearing a night time diaper to bed will help you avoid these fears and enable you to live your ideal baby life. Yes. You know how difficult it is to fall asleep comfortably without the security of a thick and cozy and snug diaper and find yourself smiling with the realization that you need to always buy enough diapers so that you can sleep worry and anxiety free every night. Yes. You can find yourself naturally feeling uncomfortable and upset and agitated whenever you are put to bed without a diaper, tossing and turning and unable to fall asleep whenever you are not wearing the proper protection for a child such as yourself. You intuitively know that wearing a diaper to bed will help you sleep through a full night without waking up to use the bathroom and interrupting your adorable slumber. Comfort. Confident. Loved. You completely prefer the convenience and comfort and control of being able to pee into your diaper each and every night without fear of leaking or soaking your expensive mattress. Yes. You find yourself thinking of all the cold nights being forced out of bed and into a freezing bathroom where the temperature wakes you up and you find yourself unable to fall back asleep comfortably, causing you to wake up grumpy and irritated and tired in the morning. Yes. You know that you would much prefer to stay in your warm and comfortable and cozy bed under your perfectly soothing blanket and sheets. Totally uninterrupted by the anxieties and wants of your small, childish bladder, and waking up feeling refreshed and wet and happy and ready for your ideal childish day of games and adventure and cuddles. Yes. You cannot help but feel relaxed and warm and snug whenever you crawl into bed with your butt perfectly powdered and snugly secured in your thick and crinkly night time diaper. You can feel yourself moving closer to your perfect childish future as you remember to always wet yourself whenever your inconveniently small bladder wakes you up in the middle of the night. Safe. Happy. Relax. You can discover overwhelming feelings of happiness and accomplishment and pride whenever you wake up in the morning with a pleasurably wet diaper. You find yourself constantly craving the feeling of sleeping through an entire night and waking up



with a wet diaper in the morning from easily and naturally wetting yourself in your sleep. Pleasure. Peaceful. Loved. You find yourself fantasizing about how proud and satisfied and accomplished it would feel to unconsciously wet your diaper and wake up with a completely pleasurable and full and wet diaper surprise. You intuitively know that wetting your diaper whenever you sleep is the habit that most defines one as an adorable baby, and you can remember that bedwetting every night is a habit that you desire to form in order to be the perfectly happy and adorable child that you have always wanted to be. Happy. Desire. Confident. You prefer to have an empty, anxiety-free bladder at all times and desire the pleasure that comes with wetting yourself completely as you sleep in your safe and cozy and soft diaper. Yes. You cannot help but adore the overwhelming urge to release your bladder whenever you hear the satisfying and soothing and calming crinkle of an adorable and cute and pleasurable diaper. Yes. You find yourself feeling unhappy and frustrated and annoyed whenever you wake up with a dry diaper, and know that waking up with a dry diaper means you have held in your pee throughout the night, making you uncomfortable and unhealthy and anxious during your day. Yes. You know that in order to be the childish diapered baby you have always wanted to be you must first wet your diaper each and every night as you sleep peacefully in your adorably childish pajamas and comfortable baby crib. Yes. And as you think of your tiny, shrunken bladder wetting your diapers pleurably every night, you can begin to fall deeper and deeper into a soothing and hypnotic trance. Feeling more comfortable and relaxed and happy as you let go of all your adult worries and anxieties and cares.

✧ **The Office**

Find yourself drifting deeper and deeper into a calming and soothing and relaxing trance with the sound of my voice. Feeling more comfortable and happy and at peace as you slowly become aware of your surroundings. The comforting fog of trance lifts from your obedient eyes, and you can look up at the familiar spinning mobile, the stuffed animals happily parading one after another and soothing you as you gently rock in the oversized crib. Yes. In her sultry, familiar voice, your beautiful therapist asks if you feel better after having such a productive and informative session. Comfort. Soothing. Safe. You nod in response, putting your thumb back into your empty mouth and cooing in agreement. The beautiful therapist stands gracefully from her plush chair and walks over to your crib, unlatching the bars. You raise your arms to greet her, opening and closing your fists as a silent indication that you are ready to be picked up and held by her. Loved. Happy. Excitement. You feel a sudden urge in your small bladder as your therapist clasps you under your arms and you pause for a moment, stopping her in her tracks as you proudly relieve yourself into your diaper, wetting it completely. The beautiful woman smiles at



you, knowing that you have just wet yourself like the adorable child you love to be and she pulls you into a hug, nuzzling against you as the diaper in your pants crinkles pleasantly with her every touch. Confident. Control. Pleasure. You cannot help but feel happy and accomplished and proud of wetting yourself right in front of your therapist. You know that she is proud of your progress and encourages and loves you even more whenever you are true to yourself and obey and release your bladder uncontrollably into your diaper like the completely perfect baby you know you are and love to be. Yes. She walks over to a playmat stretched across her office floor, the foam covered in a fuzzy and plush and soft swaddling blanket. She instructs you to lay down and wait as she warms up a bottle for you as a treat for having such a productive and obedient session. Loved. Soothing. Comfort. The beautiful woman proudly coos at you and tells you that you are making very good progress and that she thinks you are going to become the perfectly childish baby that you have always desired to become in no time. You can smile and feel yourself swell with pride as you internally vow to work every day to implement the changes you have always wanted to make in your life to keep you an adorable and stress-free and happy baby. Yes. And with a warm bottle of milk in her hand, your beautiful therapist joins you on the office floor, sitting cross legged as she wraps you in the swaddling blanket, snugly tucking in all the corners until you are perfectly wrapped up like a newborn baby. Feeling small and comfortable and loved as you are completely surrounded by the soft, plush material of the blanket. Happy. Cute. Adorable. You know that your talented therapist has perfected the art of swaddling and realize that you prefer to be cocooned tightly in a warm and comfortable and plush blanket whenever you are being held. Yes. Unable to move your body, the therapist pulls you gently into her lap, supporting your torso with one bent arm and raising the warmed bottle of milk to your lips. Comfort. Soothing. Relaxed. You can find yourself immediately parting your lips and waiting in excited anticipation for the pleasurable nipple to be perfectly placed in your wanting mouth. Yes. You find yourself sucking easily and naturally on the soft rubber nipple, warm milk filling your mouth as you continue to suckle. You close your eyes as the therapist rocks you gently, cooing praise as she cuddles you. You know that you crave this type of loving attention in your future and are realizing that you would like to be swaddled and bottle fed each and every day by your loving parent. Yes. Finishing your bottle, your beautiful therapist pulls you closely against her chest, and you find yourself automatically tucking her shoulder under your chin, putting yourself in the most comfortable position. She begins to gently pat your back as she rocks you back and forth, cuddling you and telling you softly what a good baby you are. Cute. Adorable. Loved. She releases you from her grip after a small burp and presses a buzzer signalling the receptionist that your session is over. As she unwraps



you from the comfortable swaddling blanket she gives you your newest set of orders to complete before your next session, including cuddling with your favorite stuffed animals and wetting your diapers uncontrollably in you sleep each and every night. Feel yourself drifting deeper and deeper into a deep obedient trance as you nod your head in agreement, your full belly making you feel more comfortable and relaxed and soothed than you have ever felt before.

✧ **Future Baby**

Discover yourself falling deeper and deeper into a comfortable hypnotic trance. Feeling soothed and safe and warm as your beautiful therapist sits behind you on the cushioned foam playmat, still full from the bottle of warm milk that she has fed you. She gently pats and massages your head as you lay in her lap running her fingers through your hair in a comfortable and relaxing manner. Safe. Relax. Soothing. You find yourself wiggling your bottom to grind your adorable butt into the thick padded diaper that has swelled comfortably from use, and smile as you hear the sound of the diaper crinkling that you have come to love. Yes. And as you wait for the helpful receptionist to retrieve you from your appointment, you can find yourself thinking about all of the important lessons that you have learned today. Comfort. Happy. Desire. You can remember to decorate your bedroom and your home in more childish themes, knowing that surrounding yourself with the things that you love will help you regress easily and naturally and remain in the childish mindset you prefer having each and every day. You know that you need to purchase as many fun toys and stuffed animals and stickers as you possibly can so that you can keep your childish mind entertained and fascinated. Cute. Adorable. Excitement. You can feel happy and comfortable and relaxed whenever you are immersed in childish thoughts and easily express your emotions whenever they may arise. You remember that it is only natural to throw tantrums and cry effortlessly whenever you do not get your way and intuitively know that by releasing your emotions you will become much healthier than you would be by bottling up your feelings and exploding at a later time. Yes. In this moment of clarity, you realize that you desire another hug from your beautiful therapist and you raise your arms and make a babyish, attention seeking guttural sound in order to get her to look in your direction. Yes. She immediately envelops you in a tight, pleasurable hug as powerful feelings of being loved and cared for and attended to, wash over you. While you are being hugged you begin to feel strange not wearing your childish clothing, and you can find yourself fidgeting uncomfortably as the grown up clothing around you starts to feel stifling and tight and uncomfortable. Itchy. Uncomfortable. Ugly. You cannot help but desire to wear soft and fleecy and comfortable children's clothing and accessories as often as possible and



know that you need to change out of your uncomfortable, boring adult clothing the first chance that you get. Yes. Your therapist releases you from the hug and you find yourself wanting more cuddles and attention and love. Loved. Pleasure. Desire. You know that in order to get cuddles and love and attention whenever you desire them you should carry around a soft plush toy for hugs and squeezes rather than waiting for your dominant parent to give you their attention. Happy. Comfort. Pleasure. A light knock comes to the office door and your therapist tells the receptionist on the other side to enter. She pushes in a large stroller and your therapist stands, holding her hand out for you to grab. Excitement. Confident. Happy. She leads you to the stroller and buckles the straps around you after you've settled comfortably into the padded seat. Yes. With a final praise, she pats you lovingly on the head and says her goodbyes, reminding you to do your homework and be a well behaved, baby until the next session. Desire. Comfort. Pleasure. You nod your head in response, opening your mouth adorably as you close your fist and stick your thumb between your parted lips, sucking gently and comfortably. The receptionist asks if you are ready, and you make a babyish cooing sound in agreement, causing her to giggle at your cuteness before slowly pushing you through the office doors and into the hallway. Cute. Adorable. Loved. She walks you in the opposite direction from which you came, leading you through winding corridors away from the reception area and to a discreet back door, stopping under the covered patio. She sits on a nearby bench, pulling your stroller up with her and pushing and pulling it back and forth to simulate the rocking of the crib, soothing you as the sun shines brightly on your future and your perfect addiction to the diapers that you love to wear more than anything else in the world. Yes. The bottle of milk quickly makes it's way through you and you feel the fleeting urge to pee, releasing yourself uncontrollably into your already wet diaper, happily filling it with more liquid. Yes. The familiar car of your caring parent pulls up to the curb, and the receptionist pushes the stroller to the passenger door before unbuckling you and helping you into the car. She smiles and waves as you drive away, the new lessons still echoing in your head and invading your receptive subconscious mind as you fall deeper and deeper into a relaxing and happy and obedient trance.