



Adult Anxiety

Being an adult can be hard and stressful. Wouldn't it be easier to just give in to your desires to be an adorable little baby for the rest of your life and throw away any ideas and thoughts and behaviors keeping you from becoming your best childish self?

This file works to create anxiety associated with any actions or thoughts that you would consider to be an adult's actions or thoughts. Know that the only way for you to truly be happy is to accept your life as a helpless and adorable and incontinent little baby that you love to be and that any other thoughts and ideas and behaviors should be considered completely ridiculous and wrong. Pleasure comes from one living their best life to the fullest, and you are determined to keep your head full of childish thoughts, and your diaper full from using it in exactly the way that it was meant to be used.

Adulthood can be hard and stressful and tiring. Learn to be anxious about the correct actions and thoughts in your life as you fall more and more into the role of the baby that you were always meant to be.

- ✧ Intuitively knowing everything made for adults is gross and icky and inappropriate for a baby like myself.
- ✧ Easily crying and becoming upset and emotional whenever I hear adult music with curse words.
- ✧ Intuitively knowing that cursing and bad words are for adults and are not for babies like me to use or hear.
- ✧ Easily getting upset and crying whenever I see something inappropriate for a child like myself to see.
- ✧ Preferring to watch cartoons and show made for a baby like I know I have always been and desire to be in my future.
- ✧ Feeling upset and uncomfortable and afraid whenever I am forced to watch an inappropriate and scary and stressful adult movie.
- ✧ Feeling anxious and stressed and worried whenever I am forced to be a gross and boring and uncomfortable adult.
- ✧ Naturally feeling uncomfortable and anxious and stressed whenever I am forced to make a big, adult, life decision by myself.
- ✧ Easily letting go of all of my grown up worries and anxieties and stresses whenever I am presenting myself as the baby that I have always desired to be.



- ❖ Preferring to be a cute and adorable and little baby each and every day in order to live my ideal life.
- ❖ Intuitively knowing that being an adult feels uncomfortable and unnatural and inappropriate for a baby like me.
- ❖ Feeling bored and uninterested and tired whenever I am forced to act like an uncomfortable grown up.
- ❖ Intuitively knowing that being a baby is exciting and refreshing and fun and make me happier than anything else I could be doing.
- ❖ Feeling happy and relaxed and content whenever I am presenting myself as a baby.
- ❖ Feeling anxious and uncomfortable and stressed whenever I am asked hard and difficult and stressful, adult questions.
- ❖ Intuitively knowing that cute and little and adorable babies like me do not have the ability to answer hard questions.
- ❖ Feeling anxious and stressed and worried whenever I am forced to behave like a gross and boring and uncomfortable adult.
- ❖ Intuitively knowing that the adult world is too difficult and scary and inappropriate for a little toddler such as myself.
- ❖ Needing to regress each and every day into the baby that I know I am and love to be every day, in order to feel relaxed and comfortable and happy in my life.
- ❖ Preferring to regress into a baby each and every day in order to live my ideal little life.
- ❖ Feeling carefree and happy and excited whenever I am presenting myself as the baby that I know I have always been, and love to be each and every day.
- ❖ Craving the feeling of letting go of all my stressful and anxious and tedious adult thoughts and habits and feelings whenever I behave like a little baby.
- ❖ Imagining how happy I will be once I am presenting myself as an adorable toddler each and every day by wearing a cute diaper and childish clothing.
- ❖ Intuitively knowing that I prefer to be a little baby instead of an icky and gross and boring adult.
- ❖ Intuitively knowing that being an adult is stressful and gross and uncomfortable.
- ❖ Feeling anxious and stressed and upset whenever I am forced to be a gross and boring adult.
- ❖ Intuitively knowing that I am my most happy and loved and excited whenever I am presenting myself as a baby.
- ❖ Easily regressing into a baby whenever I wear cute and adorable and little baby clothes in order to feel relaxed in my life and wind down after a long day.
- ❖ Preferring to fall asleep as a baby and wet myself each and every night in order to live my idea life.



- ✧ Remembering to wear my diaper under my adult clothing in order to remind myself of how much I love being a baby each and every day.
- ✧ Feeling unsafe and unprotected and vulnerable whenever I am not wearing my safe and comfortable and protective diaper.
- ✧ Intuitively knowing that I have always been a little and adorable and cute baby.
- ✧ Fantasizing about spending all of my time as the adorable and cute and little baby that I have always craved to become.
- ✧ Imagining myself spending all of my time as an adorable baby and being free of the uncomfortable adult cares and stresses and worries in my life.
- ✧ Easily crying and becoming emotional and upset whenever I am forced to make a grown up decision.
- ✧ Intuitively knowing that a simple little baby like myself does not have the ability to think hard at all.
- ✧ Feeling anxious and upset and unhappy whenever I am treated like an adult.
- ✧ Feeling anxious and upset and unhappy whenever I am asked a difficult, adult question.
- ✧ Intuitively knowing that behaving like a child is appropriate and natural and correct for a baby such as myself.
- ✧ Intuitively knowing that all babies are innocent and should not be exposed to any adult themes or anxieties or problems.
- ✧ Easily crying and becoming upset and scared whenever I see a movie or a show that is made for adults.
- ✧ Intuitively knowing that curse words and sex and nudity are inappropriate and gross and uncomfortable for a baby such as myself.
- ✧ Feeling pain and nausea and becoming uncomfortable whenever I am forced to do any adult task.
- ✧ Desiring to spend my whole day playing with toys and watching my favorite cartoons in order to live my ideal life.
- ✧ Craving the feeling of being an innocent and cute and adorable little baby each and every day.
- ✧ Intuitively knowing that the cuter and more adorable I act, the more I will become the baby that I have always dreamed of becoming in my perfect future.
- ✧ Easily letting go of all of my gross and boring and tedious adult thoughts whenever I am regressed into the baby that I love to be each and every day.
- ✧ Feeling comfortable and relaxed and happy whenever I am presenting myself as the baby that I love to be.
- ✧ Preferring to behave like a carefree baby each and every day.
- ✧ Needing to regress into a baby each and every night in order to fall asleep comfortably.



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- ❖ Preferring to be treated like the helpless and innocent baby that I know I have always been.
 - ❖ Fantasizing about how exciting it is whenever my loving caregiver feeding me baby food and changes my messy diaper.
 - ❖ Feeling loved and cared for and happy whenever I am presenting myself as a baby.
 - ❖ Intuitively knowing that all adult clothing is inappropriate and provocative and uncomfortable for a little baby such as myself.
 - ❖ Intuitively knowing that being an adult is difficult and demanding and tough and completely not for me.
 - ❖ Intuitively knowing that I am not ready to be an adult with gross and scary and uncomfortable responsibilities.
 - ❖ Fantasizing about having all of my needs taken care of for me.
 - ❖ Imagining how happy I will be in my future once I am not making any hard adult decisions in my life.
 - ❖ Loving myself whenever I am presenting myself as a baby.
 - ❖ Loving the way that I look in the mirror whenever I am behaving like an adorable baby.