



Feminine Primer

Hey there girlies. My newest file is a primer to help encourage all those delightful feelings of femininity I'm sure you're used to experiencing by now. Listen to this recording once daily to reinforce everything you need to know about being a woman. Think of it like a guide. One that tells you exactly how you always should have been acting your entire life.

Be reintroduced to all of your lessons in feminine etiquette, habits, and behavior. Remember all the things you hate about being a man, and learn the steps necessary to move forward to eradicate any lingering male behaviors. Gain the confidence you need to present yourself as a woman everyday and learn from the beautiful women around you.

This is a more advanced file, as it assumes the listener is already moderately feminine before feminizing them further. Just one listen a day should guarantee that all the behaviors you love stay in place and all your yummy female thoughts remain at the forefront of your mind.

- ✧ Feeling uncomfortable unless my fingernails are painted a beautiful feminine color.
- ✧ Knowing that I am an unhappy, anxious, unconfident mess unless my toenails are perfect and painted a beautiful feminine color.
- ✧ Excited to work on my feminine yoga routines.
- ✧ Knowing that I need to practice my yoga routines every day so that my body can become feminine and sexy like I have always desired.
- ✧ Using only female pronouns whenever I refer to myself.
- ✧ Aroused whenever I use feminine words and phrases.
- ✧ Making sure that I have plenty of bras in different pretty colors to match my sexy lingerie.
- ✧ Not feeling confident with myself unless my cute bra matches my pretty panties.
- ✧ Loving how my yoga pants feel against my smooth legs.
- ✧ Tucking my cute clitty between my legs so that I can wear all of the feminine outfits that I love to wear.
- ✧ Feeling confident whenever my tops show off my cute, feminine cleavage.
- ✧ Feeling turned on and aroused whenever I am held down and used by a sexy stranger.
- ✧ Remembering how good I have always felt whenever I have shown off my body to others.
- ✧ Using the most feminine shampoos and conditioners in my routine.
- ✧ Loving how my perfume smells as I walk down the street in my sexy high heels.
- ✧ Crying easily whenever I hear a sad story.



- ✧ Making sure that my lips are wet and covered in girly gloss or lipstick.
- ✧ Never leaving my house without at least a little bit of makeup.
- ✧ Forgetting ever being a man.
- ✧ Remembering how I have always been a cute, delicate, girl.
- ✧ Preferring to always be smooth and smelling like a princess wherever I go.
- ✧ Embarrassed whenever my outfits make me look butch or manly.
- ✧ Knowing that I am the happiest whenever other people make important decisions for me.
- ✧ More comfortable with myself whenever other people tell me what to do.
- ✧ More confident whenever I am wearing my makeup.
- ✧ Knowing that it would be impossible for me to be my cutest without at least a little bit of makeup.
- ✧ Acting like my beautiful, feminine, role models more and more every day.
- ✧ Realizing how cute I look in my sexy dresses and skirts.
- ✧ Uncomfortable with myself as a woman whenever I do not sit down to pee.
- ✧ Choosing the most feminine option whenever I have the choice.
- ✧ Remembering that my skin is always dry and itchy if it is not covered in feminine body lotion.
- ✧ Imagining how much happier I am going to be once I have a set of cute, bouncy, breasts.
- ✧ Knowing that I am not comfortable leaving the house unless I am wearing a filled bra and a sexy pair of panties.
- ✧ Loving the way skirts and dresses make my feminine body look.
- ✧ Finding every conversation that I have with women to be more and more interesting.
- ✧ Taking on the behaviors of women in the stories that I listen to and read as my own.
- ✧ Remembering that every conversation I have ever had with a man has been boring and uninteresting.
- ✧ Needing to please people in order to feel good about myself.
- ✧ Unconfident and embarrassed whenever my makeup is not perfect.
- ✧ Using only feminine deodorants and shampoos in my daily routine.
- ✧ Wearing a corset every day in order to make sure my waist stays thin and feminine and fuckable.
- ✧ Loving how adorable my outfits make me look whenever I am exercising.
- ✧ Loving the attention that I receive whenever cute strangers notice me in my cute outfits.
- ✧ Searching for something new to wear whenever I am bored.
- ✧ Proud of myself whenever I pee sitting down like the delicate princess that I am trying to become.
- ✧ Making sure that I am cute and feminine and delicate in every situation.
- ✧ Wishing that I had bigger boobs.



- ✧ Wishing that my ass was bigger and juicier whenever I look at it in the mirror.
- ✧ Trying to find pants that show off my ass perfectly.
- ✧ Remembering that girls with big tits always get fucked whenever they desire.
- ✧ Proud whenever I am more feminine than I usually am.
- ✧ Proud whenever I keep my wrists limp and effeminate.
- ✧ Remembering how confident I am with myself whenever I act like the beautiful woman that I crave to be.
- ✧ Feeling sexier the more tight and constricting my clothing is.
- ✧ Feeling beautiful whenever the makeup on my face is perfectly applied.
- ✧ Proud whenever I act submissive instead of taking charge in a situation.
- ✧ Unconfident and a complete emotional mess if I see any ugly and disgusting and masculine body hair on myself.
- ✧ Looking for new and pretty ways to style my hair.
- ✧ Embarrassed if I have any facial hair showing.
- ✧ Excited whenever I can remove my body and facial hair so that I can become as smooth and feminine as possible.
- ✧ Thinking about the next pair of cute shoes that I am going to wear.
- ✧ Making sure that I always walk with an exaggerated sway to my hips.
- ✧ Keeping my hands close to my sides with my wrists limp whenever I desire to walk anywhere.
- ✧ Making sure that my sense of style is more feminine than all of my female friends.
- ✧ Making sure that I exaggerate the feminine aspects of myself whenever I can.
- ✧ Remembering how I have always preferred to talk in a high-pitched, feminine voice.
- ✧ Nauseous and embarrassed and anxious whenever I find myself acting like an icky man.
- ✧ Loving the feeling of silk and satin against my delicate skin.
- ✧ Smiling more at my sexy crush than anybody else in the room.
- ✧ Making sure that I laugh as much as I possibly can throughout my life.
- ✧ Laughing whenever anything makes me nervous.
- ✧ Playing with my long, feminine hair whenever I see a desirable stranger whom I crave to fuck.
- ✧ Blushing whenever I am around my sexy crush.
- ✧ Constantly thinking about if the women around me will comment on my cute, new outfits.
- ✧ Excited to think about all of the cute girl friends I am going to gossip with once I become more feminine.
- ✧ Saying words like 'poopy' and 'farts' instead of swearing like I intended to.
- ✧ Saying 'whoopsies' in my cute feminine voice, whenever I make a mistake.
- ✧ Observing how the sexy women around me move and act.



- ✧ Replacing any incorrect memory that I might have of me being a man with the correct female equivalent.
- ✧ Checking the mirror whenever I can in order to make sure that my makeup is perfectly applied.
- ✧ Making sure that my appearance is perfect.
- ✧ Turned on whenever anybody calls me cute.
- ✧ Crying easily whenever I hear a sad story.
- ✧ Bending at the waist like a sexy woman whenever I desire to pick something up.
- ✧ Covering my cute girly mouth whenever I giggle or chew.
- ✧ Putting one hand on my hip while I gesture with the other.
- ✧ Centering my weight on my back leg while I stand.
- ✧ Mirroring the body language of the people around me.
- ✧ Loving to work out like a woman.
- ✧ Intimidated by all of the big manly weights.
- ✧ Dancing whenever I feel the desire to.
- ✧ Becoming uninhibited with my body in public.
- ✧ Knowing that my true place in life is as a woman.
- ✧ Asking my women friends for advice on how to be a better woman.
- ✧ Listening to any advice that I receive on being a better woman as if it was my own idea.
- ✧ Knowing that being treated like a woman in public has always been my dream.
- ✧ Feeling great about myself whenever I am wearing my beautiful jewelry.
- ✧ Knowing that my friends prefer me in my cutest dresses.
- ✧ Bending over whenever I become aroused.
- ✧ Looking to overly feminine women as my role models.
- ✧ Hating any foods that are too fatty or greasy.
- ✧ Nauseous whenever I think about eating fast food.
- ✧ Loving the stories in my romance novels.
- ✧ Making sure that I always show my favorite romance movies to my friends.
- ✧ Remembering how rainbows and unicorns always make my outfits cuter.
- ✧ Making sure that I am polite, demure, and feminine in every situation.
- ✧ Not understanding men at all.
- ✧ Preferring to be submissive.
- ✧ Loving how I feel with something filling up my cute butt.
- ✧ Embarrassed whenever my tiny clitty gets too hard.
- ✧ Putting my cute pink vibrator up my ass whenever I am aroused.
- ✧ Easily forgetting how to masturbate like a man.
- ✧ Forgetting how to use any vulgar, masculine words.



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- ❖ Loving how I sound whenever I talk like a little girl in order to entice strangers into fucking me.
 - ❖ Bending over at the waist whenever I am aroused.