

Potty Retraining 1 Accepting Incontinence Hypno Script

by Champ (<https://champtehotter.com/>)

Description

Encouraging and reinforcing incontinence, this file will work whether or not you wear a diaper. Best just stay safe and padded if you listen to this one!

Intro

This file is intended for adults 18 or older, so if you are a minor, please stop the recording and go elsewhere.

Hello there. Welcome back. You are listening to the first file of Champ's potty retraining program. If you are here with me, then you must want to be hypnotized. That means you are ready to spend some time in trance, listen to my words, and accept all that you hear.

I cannot guarantee that you will go into trance as you listen to this file, but even if you don't immediately go into trance, it's okay to pretend. Sometimes, as you are pretending to go into trance, your subconscious will follow suit and before you know it, you may find you have already entered a state of trance without even realizing it.

If you are listening to my words, then you or your caretaker are ready to accept that you are incontinent. You accept that you will no longer be in control of when you go potty. You accept that you will go potty whenever you need to. You accept that if you don't wear protection, then you will go potty in your pants, or whatever you are wearing. If you are not ready to accept that you will go potty whenever and wherever you need to go, then I urge you to stop listening to this file as the changes that you will experience from can become permanent and irreversible over time. But if you or your caretaker are ready to accept that you are no longer in control of when you go potty, then by all means, continue to listen and follow along as you enter into trance.

Before we begin, please make sure you are in a safe place, where you can relax and listen to my words uninterrupted. A reclining position is best where you cannot roll or fall over. Once you are situated, turn off any cell phones, lights, or anything else that may distract you as you listen to my words. If you need time to prepare yourself to listen

to my words uninterrupted, please pause the tape and do so now. I'll be here when you return. Are you ready to be hypnotized? Good.

Induction

Focus your attention now on my words as we count down from 10, going a little bit deeper into trance with each number you hear.

10 feeling yourself in your environment, the way the air feels, the way the furniture, or whatever you are lying on feels against your body.

9 allowing your eyes to get heavy and begin to droop if they have not closed already.

8 hearing my voice, the sound and the texture of the words as they penetrate your mind.

7 allowing that nice feeling of relaxation you know so well to wash over your body

6 feeling your body begin to relax even more as you go deeper into those feelings of relaxation

5 deeper into trance now, halfway to your destination

4 allowing yourself to focus on my words, focus on the sound, focus on the feelings in your body going deeper

3 focusing on my words, focusing on relaxing

2 as you approach a place where you can accept all that you hear

1 as you enter a nice deep sleep in

0 Nice deep sleep... nice deep trance... very good.

Body

And here you are. Welcome. And if you are here with me, then you are ready to begin your potty retraining. The purpose of this program is potty retraining rather than diaper dependence. This program is about accepting that you will let go whenever you need to, whether or not you are protected because you are independent from the potty. Your body simply lets go whenever it needs to, regardless of whether or not you are protected. And in order for that to happen, you must begin to reimagine who you are.

Yes, reimagine yourself as someone who is incontinent. Re-identify yourself as an incontinent person. A person whose body is trained to let go whether or not you are protected. I am incontinent. I am incontinent. I am incontinent. And you can allow yourself to feel confident in that statement, to enforce that statement whenever and wherever you need to go. Enforcing incontinence is not about using diapers. It's about letting go and wetting whatever you are in. That's right. Enforcing incontinence is not about using your diapers. It's about letting go and wetting whatever you are in. Whether those are diapers or underwear, pants, or nothing at all. Enforcing incontinence is about letting go and wetting whatever you are in. And you are incontinent.

Incontinence is about going wherever you are, no matter where you are and who is around you. And you can do this confidently without any reservation because it's part of who you are and that's okay. You can be proud of who you are. You can be confident in who you are. And you are incontinent. And every time I say you are incontinent, you can repeat the phrase, I am incontinent. The more you say this, the more you believe this, the more confident you can feel to enforce incontinence no matter where you are or who is around you. Feeling confident to do this in public or at home, alone or around strangers, around friends and around family. As an incontinent person, it is an inevitable thing and thus must be faced and addressed for those who want to go down this journey to incontinence.

And as you listen to my words, you can allow yourself to accept that you are incontinent. And because you are incontinent, it's inevitable that you will let go no matter where you are and no matter who is around you in public, in private, at home, around strangers, friends, and family. It's part of who you are now as an incontinent person. And you are incontinent. And even if you wear diapers discreetly, sooner or later, people may find out. And that's okay. It's just something that you have to deal with because you are incontinent. Even if you wear protection, leaks happen. It's just a part of life. Diapers aren't perfect and they will leak. And that's okay because that's part of your life now as an incontinent person. It's just another thing that you will learn to deal with because you are incontinent and it's just a fact of life.

And you may decide to wear protection or you may not. It's up to you and your caretaker. But if your caretaker makes the mature, responsible decision to put you in diapers, there are a few things that you must learn to accept. The first thing you must learn to accept is that you must learn to use the word diaper with confidence. Use the word diaper often. Normalize it. Because chances are you will need to wear diapers at least some of the time. Go ahead and repeat after me.

Try saying this word, diaper. Try saying it again, matter of factly. Diaper. There you go. You're doing it. Now try saying it with confidence. Diaper. Diaper. Diaper. Very good.

And you can practice saying that word often until it becomes completely normal, easy to say, just as any other word that you use every day. Now and whenever you say the word diaper, you can allow it to fill you with confidence, to allow you to relax. And whenever you say the word diaper, you can feel a little bit more relaxed as if you were unloading just a little bit of tension off your body. Yes, whenever you say the word diaper, you can allow yourself to feel unburdened, relaxed, good, because you are doing a very good thing by saying the word diaper. You're making progress in accepting that this is just a word like anything else, but a thing that you may use from time to time if you or your caretaker so choose. Go on. You can say it now. Say diaper. There you go. Very good. It feels so relaxing to say that word. You feel more confident and relaxed when you say that word. And whether or not you wear protection, it's important that you become comfortable with wetting.

Repeat after me. I'm incontinent and that's okay. You're incontinent. And you don't control when you let go and release your urine. It just happens whenever it needs to. And you can accept that because you are incontinent. Repeat after me. I am incontinent and that's okay. I will wet whenever and wherever I need to. When I have to pee, I relax and let go. I'm incontinent and that's okay.

Now visualize yourself the next time you have to pee. Imagine yourself letting go easily and automatically. Imagine how good it feels when you do that, knowing that you did the right thing and recite the words: I am incontinent and that's okay. I will wet whenever and wherever I need to. When I have to pee, I will relax and let go. I am incontinent and that's okay.

Very good. Very good. You're doing such a good job already. I know you're going to get to where you need to be as an incontinent person, loving and accepting yourself just like you should. And I'm so proud of you for starting this program. Now, I'd like you to make a commitment to yourself, to listen to this program each and every day, to practice saying these words to yourself and really accepting and believing that you are an incontinent person. That you can be proud of yourself for accepting that you're incontinent. That you can do this because you need to. And you can imagine where you will be one month from now, one week from now, one year from now, if you continue like I know you can. You have so much to look forward to and I hope that you can share your progress and inspire others to do the same.

And now it's time for me to go and allow you to rest or go about your day. And if you would like to listen again, that's okay. You can return again and again, and listen as many times as you like until you have achieved the desired results.

End

And now, it's time for me to go... and allow you to rest or go about your day. And if you would like to listen again, that's okay. You can return again and again and listen as many times as you like until you have achieved the desired results.

On the count of five, you will awaken from your nice, relaxing trance feeling alert and refreshed.

One...beginning to regain your normal awareness...

Two... becoming more aware of your body, lying in a relaxed position...

Three ...becoming more aware of your breathing, and where you are....

Four... feeling so, so good as you finally come back on...

Five. All the way back, refreshed, and alert remembering how it felt to finally accept your incontinence

I hope you enjoyed your time with me today, little one. I know I did. And I hope you return to visit again soon. Goodbye now!