

## Baby Time Hypno Script

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

### Description

This hypnotic regression file brings you into that happy, giggly, cuddly little space that little ones seem to find so natural, but grown-ups often forget about. No need to be anywhere but the present moment, with an insatiable desire for more snuggles, pets, and pats.

Listeners will regress to the point where they don't even think twice about snuggling their caretaker or doing silly things like hiding under blankies with their plushies.

Includes the **'baby time'** trigger: Every time you touch your diaper and say **'baby time'**, you can easily slip right back into trance and feel little again.

Note: Subliminal tracks in **yellow**

### Intro

This file is for listeners 18 and over. If you are not 18 or older, please stop this file and go elsewhere.

Hello, there! It's time for another hypnotic regression file from Champ. If you are here with me, then you must want to experience hypnotic regression. If that is what you want, then I am happy to help you get there as you listen to my words and follow along.

I cannot guarantee that you will go into trance as you listen to my words. But even if you don't immediately go into trance, it's okay to pretend. Before you know it, you may find that you have already entered trance without even realizing it.

Before we begin, please make sure that you are in a comfortable position, where you cannot roll or fall over. Make sure that you are somewhere where you will not be disturbed during your hypnosis session, and take a moment to turn off any distractions such as lights, noise, and cell phones. 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

And as you listen to my words, you can just relax and follow along... and I know you are ready to be little... and it can be so easy to feel little as you listen to my words... let them guide you down... gently... into trance...

And you know what helps us get those little feels we love... sometimes... what really helps us get into that wonderful little headspace... is a bedtime story... would you like to hear a bedtime story, little one?

Hehe. Okay, cutie. Just close your eyes and listen... listen to me and follow along...

Once upon a time there was a little baby who thought they were a grown up. They tried to talk like a grownup, but their voice was much too babyish to fool anyone. They tried to wear big kid undies, but they ended up much too damp and the baby got a sniffy runny nose. They tried to take a picture to prove they slept in a big kid bed, but that didn't work either cause the grown ups made sure they were in a crib and tucked in tight at bed time.

"Why don't you try being little?" asked the baby's friends, who only had the baby's best interests at heart.

The baby was shocked at this proposal. The little one was always *so busy*. They didn't have time to be a baby.

"That's just silly," said the baby. "Everyone knows I'm a big kid that has big important big kid stuff to do! I have no time to be little" The little one checked their schedule. Thumb sucking, check. Making peepees in pamps, potties, or pull-ups, Check. Snuggle time. Double check. No baby time anywhere on the schedule!

Luckily, the little one's friends knew just what the little one needed. They needed to listen to a nice calming bedtime story to help them feel all little and remember who they were - a cute little snuggle cuddlebug who loves butt pats and **baby time**.

And as they listened to the story, the special words in the story gave them a special power. From then on every time the little one touched their diaper and said **baby time**, they were able to remember, just who they are. A cute little cuddly snugglebug. And every time that little one touched their diaper and said **baby time**, they were easily able to feel little once more - every time from then on.

And every time the little one forgot that they were a baby, they could just touch their diaper and say **baby time**... and instantly remember exactly who they are: a cute little snuggly cuddlebug.

The little one may have thought they were big, but luckily grown-ups and friends were there to make sure the baby was all snuggly safe and protected with plenty of diapers and a nice warm sleeper so they didn't get a sniffy runny nose. And after all, they only had the little one's best interests at heart! And the little baby never ever grew up and everyone was happy. The end!

And as I come to the end of the story, you can find yourself entering a nice deep trance. Nice and relaxed. Nice and little. Counting down now to zero... and when we reach that zero, you will find yourself completely and totally in trance...

[5 4 3 2 1 0]

Nice deep trance... there we go... very good, little one..

## **Body**

### **1. Regressing & Relaxing**

And here you are. And you know why you are here, don't you? Yes, you are here because you are ready to experience that wonderful feeling of a nice, relaxing... hypnotic regression. Even now, you can listen to my words and allow them to bring you deeper into trance... Follow my words, and allow them to bring you into that happy, giggly, cuddly little space... and you may know it well... or maybe this is your first time being here... but even if you don't remember it... you were here before... and you can smile as you relax... sinking deeper into trance... sinking into those feelings of little space... following my words... until you feel little... and snuggly... and giggly... and happy... all those feelings that feel so good to feel... in little space...

When you listen to my words... you can be little and feel safe to do so... Yes, when you listen to my words... you can be little and feel safe to do so. [I can be little and feel safe to do so]

It's a nice feeling, being little. So relaxing. [I like being little. It's such a nice feeling. So relaxing]

Any other feelings can just... drop away... as you relax... any other feelings can just drop away... to be replaced with a pervasive, all encompassing... feeling of relaxation.

### **2. Baby behavior**

Any questions or inner thoughts can just drop away... as you become your little self... because you know... that when you are here... with me... in little space... you can just be as giggly and silly as you like... be as little and happy as you feel...

Whether it's talking to your plushies... or hiding under your blankie... or just asking for lots and lots of snuggles and pets... it's okay to be little... [It's okay to be little. It's totally okay to be little.] It's okay to be silly... [It's okay to be silly... and completely natural] It's okay to be snuggly... [I just want to be silly and snuggly and giggly]

You're a super silly **giggle**-butt, aren't you? Aren't you? [super little and silly and giggly] Yes you are...

And when you are here... listening to my voice... you know that you can be little and feel safe to do so. [It's a nice feeling. So relaxing.] And doesn't that feel good? Yes, it does.

Look at you. Such a cutie. You're being such a cute little kiddo for your friends and caretakers. I *know* you're very cute when you're giggly and cuddly. Kicking your legs and saying teehee.

And you can ask for cuddles and butt pats as much as you want. [It's okay to ask for what you want]. You can be as silly as you want. Doing silly little things that littles do. [It's okay to be a silly little giggle-butt].

And it's okay to do other little things as well...

And as long as you remain in this trance... You may find... that when you drink from a bottle, your baby instincts take over and you just keep drinking til it's all gone! Yes, you may just find that you just keep on sucking until it's all gone! Because you are just so little. And when you suck a pacifier... you may find... that you just keep sucking it until someone takes it out. Because as long as you remain in this trance, your instinct takes over... whenever you suck a paci. Just like your baba...

And you may like to play with little toys... or watch little shows... or do the other things that little you likes to do... it's just natural... and you can learn what you like when you are little... and prepare each time you plan to be little... whatever your little self likes to have handy...

As you listen to my words and go deeper and deeper into trance... listen to my words... and follow along... deeper and deeper... more and more relaxed... more and more little...

And maybe you are so little... that you can't use the potty yet. That's okay if you're too little to use the potty. You don't have to worry about that stuff yet, because you're so very little. But if you can go to the potty, then you definitely have to pull down your pants to your ankles every potty time because you know that's what toddlers do...

And if you wear your diapers, you may find yourself wetting your diapers, if you notice it at all... But you probably won't even notice, because toddlers often forget about using

diapers if that's what they are in. Little ones don't even need to think about that stuff, it just happens! And you can just let it happen if you wear your diapers or pull-ups. Let it happen as you focus on being cozy and comfy. Silly and giggly. Happy and little, like the little baby you are!

### 3. Pleasure

And you may notice some very good feelings coming from your chest, or your butt, or your tummy... or even your diapers, if you wear them... and those good feelings may feel unfocused... you don't have to know where they come from... just that they feel good... [Puffy squishy diapers feel so good]

It feels good to get kisses and cuddles... good to rub your tum tum or pat your bum bum... and if you wear your diapers, those probably feel good too... [Puffy squishy diapers feel so good]

And you can completely enjoy those sensations in the moment [I feel good with just the good diaper feelings.]... there's nowhere that those sensations have to go [A thick puffy squishy diaper and butt pats is enough]... no need to be anywhere but the present moment, enjoying snuggles and pets [squishy diapers and butt pats and snuggles]... no goal or resolution for those wonderful fuzzy feelings you get [I just wanna be a giggly cuddle-butt] when you get pets, cuddles, rubs, or just enjoy your diapers, if you wear them...

And if you wear your diapers, you may find yourself wetting your diapers, and you can just let it happen if you wear your diapers and pull ups when you get pets, cuddles, rubs, or just enjoy your diapers, if you wear them...

And you can enjoy the feeling of rubs and pets most of all. And if you wear your diapers, you might *really* love the feeling of diaper rubs and diaper pats... Diaper rubs and butt pats are as satisfying or even more satisfying than anything that grownups enjoy [I don't even care about stickies. I'm much too little to understand what that means.]... And whether or not you wear your diapers... It just feels so good... so relaxing... to get rubs and pats...[squishy diapers and butt pats and snuggles] [That's even better than stickies for this cuddle bug. That's what little ones love and need.][I can forget about stickies. I don't even know what that is]

But you may find... that as a snuggly cuddly little baby... you have an insatiable desire for more snuggles, pets, and pats... [All I want is cuddles and butt pats] Yes... You might just find that... Snuggles, pets, and pats are all you want. Snuggles, pets, and pats are all you need...

You're an insatiable Cuddle Monster... and why not? Butt pats feel so good [Want more butt pats]. And you may find that Diaper rubs and butt pats are as satisfying or even more satisfying than anything that grownups enjoy...

#### 4. Grownups

And if you have a grownup, big, caretaker, or babysitter nearby, you can be very cuddly and lovey with them. Grownups are here to make sure you're all snugly safe and protected with plenty of diapers or comfy clothes... like a nice warm sleeper so you don't get a sniffy runny nose.

And you know what else grownups are here for, don't you? Yes, that's right. Grownups are here to give you lots of cuddles, kisses, and butt pats! And you can play with the grownups, or let them feed you... and you can do it all without a fuss, because you are just so happy and relaxed in little space... and it feels so good, and so relaxing to be little...

#### 5. Trigger: Baby Time

Every time you touch your diaper and say '**baby time**' [baby time, baby time, baby time], you can easily slip right back into trance and feel little again, just like you feel now [It's safe to be little... It's safe... to regress...][trance and regress]. When you, or someone you trust, touch your diapers... and say the words '**baby time**' [baby time, baby time, baby time], you can be little and feel safe to do so as long as you remain in trance [It's safe to be little... It's safe... to regress...][trance and regress]. When you or someone you trust touch your diaper, the words '**baby time**' [baby time, baby time, baby time] let you be little and feel safe to do so as long as you are in trance... [It's safe to be little... It's safe... to regress...][trance and regress] until your caretaker brings you out of trance... or you leave trance on your own...

Once again, when you feel yourself or someone you trust touching your diapers... and hear the words... '**baby time**'... you can trance and regress... and when you trance and regress... You feel little and snugly and giggly and happy.... When you trance and regress... You regress to the point where you can snuggle your caretaker, or be a silly baby... without a second thought... just like you can right now... and you can easily trance and regress... with the **baby time** trigger... until your caretaker brings you out of trance... or you leave trance on your own...

**End**

And you can continue to listen to my words as long as you like. And you can return and listen again as many times as you like until the changes you seek are complete and

permanent, allowing you to trance and regress easily and automatically whenever its time to be little.

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 regress

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!

## **Mantras**

### **1. Regressing and relaxing**

- I can be little and feel safe to do so
- I like being little. It's **such** a nice feeling. **So** relaxing.
- Any other feelings can just... drop away... as you relax

### **2. Baby Behavior**

- You can be as giggly and silly as you like, be as little and happy as you feel
- It's okay to be little
- It's okay to be silly
- **I just want to be silly and snuggly and giggly**
- You're a super silly **giggle**-butt [**super little and silly and giggly**]
- You're being such a cute little kiddo for your friends.
- You're very cute when you're giggly and cuddly.
- It's okay ask for what you want
- Your instincts take over when you suck a binky or baba

### **3. Pleasure**

- Good feelings are no longer tied to a future goal of 'getting off'
- **Puffy squishy diapers feel so good**
- You have an insatiable desire for snuggles, pets, and pats.
- **All I want is cuddles and butt pats**
- You're an insatiable Cuddle Monster

- Butt pats feel so good
- I want more butt pats
- Diaper rubs and butt pats are as satisfying or even more satisfying than regular masturbation

#### **4. Trigger**

- You feel little and snuggly and giggly and happy.