

Crinkly Caretaker 1: Diapered Role Model

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Description

Hi Caretakers, and welcome to the first installment of the Champs Crinkly Caretakers training series. Let's train to be a good diapered role model! After all, a diapered caretaker is a role-model for the crinkly ones under their care. Learn how to be on your best behavior, and just what that behavior is.

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 another crinkly hypno file from Champ. 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 must want to be a good crinkly caretaker. Yes, it makes perfect sense. You are listening to my words, because you want to be a good crinkly caretaker, and you want to be a good crinkly caretaker because you are listening to my words. A good crinkly caretaker who sets the best example you can for those you care for.

Setting a good example for your diapered one involves many things. It involves following the rules so that those you care for can follow your example like no swearing and going to bed on time. It means taking good care of yourself so you can take care of others by letting yourself rest and relax, and remembering to eat. And of course, it means always wearing your diapers. You might use them for their intended purpose. You might wear some other additional protection down there to make sure you're good. Whatever you do, it's important to remember that good crinklers take after their caretakers. And you want to be a good caretaker. After all, you are a role model, aren't you? Yes, you are.

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

And as you listen to my voice, and begin to enter trance, the most important thing is to maintain focus. Focus on my voice. Focus on my words. Focus on the feelings you feel... as you slip into trance. Focus on my voice. Focus on my words. Focus on the feelings you feel... as you slip into trance. Focus on my voice. Focus on my words. Focus on the feelings you feel... as you slip into trance.

And as you slip into trance, you can focus on that good feeling you feel about being a crinkly caretaker. Yes, you can imagine all the things that feel good about being a crinkly caretaker, as you listen to my words and slip into trance.

And you can close your eyes... if they aren't closed already... close your eyes and relax... settle into your chair, bed, wherever you are... finding that perfect position to fall deeper into trance... deeper with each passing moment... And you may notice your body begin to relax even more as you dip into trance... as you listen to my voice... or perhaps you are so focused on my words... so good at focusing on my words... that you barely notice yourself slipping deeper into trance... either way, you can be sure that you are going deeper and deeper into trance... because you are listening to my words... and you are listening to my words... because you want to go into trance... following my words... following my thoughts... as they lead from one thought to another... down the path... to trance...

And SLEEP... going down now... into a nice deep trance... nice deep trance

Body

And here you are. And you know why you are here, don't you? Yes, you're here because you're a crinkly caretaker. And as you lie there in a nice deep trance... listening to my words... I'd like you to accept the truth...accept... that you enjoy being a crinkly caretaker. Yes. You enjoy being a crinkly caretaker... You feel comfortable as a diapered caretaker. You feel completely *normal* when you're taking care of someone in diapers, regardless of the situation. It feels natural to wear your diapers as you care for others, and diaper them up. You *like* to take care of others and diaper them up. You have a

strong *desire* to diaper those in your care. You love to make sure that *everyone* is crinkly and well behaved. You love to set a good example for your crinklers, don't you? Yes, you do. Taking care of others and keeping them crinkly feels good and natural. You like being a crinkly caretaker, and you can notice how good that feels...

And whenever you hear me say the words Crinkly Caretaker, you can remember that feeling... that feeling of being a crinkly caretaker... that compulsion to care for and diaper others... and if it is the right place and time... you can allow that feeling to take over... until you are filled with a strong desire to wear diapers... and diaper others... and to be the best diapered caretaker you can be...

And you know how you can be a good crinkly caretaker, don't you? Yes, that's right, good crinkly caretakers can be good by being good diapered role-models... and you are a good diapered role-model... and you feel motivated to behave as a good diapered role-model behaves... all you have to do is listen and follow along... follow my words... and listen... as I tell you just how to do that....

- Good crinkly caretakers make the rules. Therefore, good crinkly caretakers follow the rules they make for diapered ones. You know how a good crinkler should behave, and you know how you should behave. You should be a good role-model for diapered ones, so they know just how to behave too! That's right. Whatever rules you make should be the rules that you follow as well. And you are a good caretaker, so it's easy for you to follow the rules.
- You choose the rules, but there are many rules that I can suggest. And you can listen and follow along as you learn just what those rules are. Listen and follow along as you learn to be the best diapered role-model you can be! [Such a good diapered role model]
- Good crinkly caretakers take good care of themselves so they can take care of others. That means sleeping well, eating well, staying diapered, and being kind to oneself. And even though we know that crinkly caretakers can't do it all all the time, you can do your best. You will do your best to take care of yourself so you can take care of others.
- Good crinkly caretakers go to bed on time. After all, your crinkly ones have bedtimes, so should you. That's right, you can be a good diapered role-model by going to bed on time and showing everyone how easy it is to go to bed on time. You will feel so good knowing that you are getting enough sleep, and at the same time helping to ensure that those under your care get sleep as well.

You are doing such a good job listening to my words. You are on the path to being the best crinkly caretaker you can be. And doesn't that feel great? Yes it does. Now listen and follow along. I know you can do it. And so do you. Because you are so good at training yourself and others to be the best crinklers you can be.

- Good crinkly caretakers eat their veggies and avoid excess salts and sweets. Yes, vegetables are delicious and nutritious, and good diapered role models can show their crinkly ones that eating healthy is fun and good. It's not just veggies that you eat, but healthy food in general. Yes, good crinkly caretakers make sure those in their care have a healthy diet and that means maintaining a healthy diet yourself. And doesn't it feel so good to eat well? Yes, it does.
- Good crinkly caretakers avoid swearing. After all, you wouldn't want your crinkly ones to swear. They look to you to provide a good example of behavior, so if you want them to speak politely, it's imperative that you avoid swearing and harsh language as much as possible. Sometimes it's hard for crinkly ones to regulate their emotions, and you can help with that as well. You can do your best to maintain a calm and positive demeanor when appropriate, and also to be open with your feelings in a constructive way. As a crinkly caretaker, you have a unique opportunity to model healthy emotional processing and expression to those in your care. And it feels so good to know that you are making such a positive impact on their lives, doesn't it? Yes, it does.
- And of course, as a good crinkly caretaker, you always wear your diaper. That's right, crinkly caretakers wear their diapers all the time to show those in their care that it's fine and normal to wear their diapers like they should. It's up to you whether you and those in your care must use those diapers, and in what ways you use those diapers, but as long as you *remain* in diapers, you can know that you are on the right path to show others how to be good and stay in diapers.
- And some crinkly caretakers wear a chastity device as well, but only you know if that is the right decision for you, and even those in your care. You may even decide that being a crinkly locked caretaker helps you *focus* on being the best caretaker you can be. But only you can decide if that decision is right for you...

And you are so good at listening to my voice and following along. You have done a wonderful job so far, and you know that you can listen again. You will listen again, as you train diligently to be the best crinkly caretaker you can be.

Now that you've learned how to be good, you can feel comfortable as a crinkly caretaker. And maybe you have some rules of your own that you'd like to model for your

crinkly ones. That's fine, too. You can create the rules that you know are best for your crinkly ones, and you know that you will follow those rules as well to show them how it's done. Because you are a great diapered role-model.

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 great it felt to continue your crinkly caretaker training.

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