

## Diaper training 1: Committed to Diapers Full-Time

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 in the diaper training 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 your diaper training as you continue your journey to permanent diaper dependence.

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.

The fact that you have chosen to listen to this file means that you are ready to listen to my words and accept diapers as your permanent underwear. If you are not prepared to accept diapers as your permanent underwear, I urge you not to listen to this file, as the changes to your mind and your body may become permanent and irreversible as you progress through the diaper training program.

If you commit to permanent diaper dependence, there will be no going back. Once you have started the diaper training program, you will accept diapers as your permanent underwear, and you will not wear any other underwear but diapers from this point on. You will do this because this is what you want to do. You will do this because this is what you need to do. And if this is what you wish to do, then please continue to listen and follow along as we continue down the path to permanent diaper dependence.

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. To make this file completely effective, be sure to wear a diaper whenever you listen to this file. 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.

You may be a little excited, or even a little nervous to be hypnotized today. And that's okay. It's okay to have strong feelings when you imagine spending the rest of your life in diapers. After all, it's a big step to take. But if you are here, and this is what you want, you have made the most important step of all, because you are finally ready to commit to wearing diapers for good. All you have to do now is listen and accept the inevitable changes to your mind and body as you continue your journey to permanent diaper dependence. I'm just here to help guide you along the way. And you don't really have to do much at all right now. For now, all you have to do is settle down, lie back, and listen to my words.

If you are the type who is given to concentration, you know that you can easily focus and listen to my words. That's just fine. You may find that as you listen and focus on my every word, you can easily allow yourself to relax and accept the suggestions that you hear, as you enter a nice deep trance.

And if you are the type whose mind tends to wander, that's fine too. As you begin to think about your day, or your thoughts, or any other thought that crosses your mind as you listen to my words, you can allow that thinking part of your mind to just wander off, leaving you behind to hear the words that I say, accept the suggestions that you hear, and relax as you remain in a nice, deep trance.

You may not know how to go into trance. That's just fine. You don't have to know how you get to trance if listening to my words helps you get there. You can just lie back and listen to my words, and before you know it, you'll find yourself in a relaxed state of mind where you can listen to my words and accept the suggestions that you hear as you go further, further down the path to trance.

And if you know how to go into trance you probably already know your favorite way to go into trance. In that case, I will just get out of the way, and allow you to find your own way to trance as I follow you down the path to a nice deep trance.

Everyone has their own path to trance, and that's just fine. However you get there, whatever the reason, you have chosen to listen. And because you have chosen to listen to my words, you are already prepared to relax, and accept the suggestions that you hear as you continue your journey to diaper dependence.

And now, I would like you to just relax. That's right, relax. Relax your whole body. Allow any tension in your muscles to drain away. Allow any tension in your mind to drain away as you relax, feeling so good, so comfortable, knowing that no matter what happens, your diapers are there to protect you, the snug feeling around your diaper area letting you know that they are there, making you feel so good, so relaxed, that it is easy to listen to my words and go deeper into trance as you continue to relax deeper and deeper.

As you listen to my words, you will allow your muscles to relax, to get heavy starting with your head, and your neck as you relax all the muscles around your eyes, around your mouth, and down your neck. And as you feel those muscles relax, and get heavy, you can allow that relaxation to continue down to your shoulders, your chest, your arms. You can take a nice deep breath and then exhale, letting all that tension out as you go deeper into trance, allowing those muscles to go heavy as you breathe and relax. And you may find that each of those muscles gets a little heavier every time you exhale, going deeper into trance.

Your eyes, your neck and your upper body are beginning to relax more and more. And the more you allow them to relax, the more relaxed they become. And the more you try to move them, the heavier and more relaxed they become, as you feel that relaxation flow down toward your

stomach, your pelvis, and all around your diaper area, washing over all those muscles. You feel yourself releasing all the tension in those muscles every time you exhale, leaving those muscles heavy as you feel that relaxation flowing down, down, down into your legs, your calves, into your feet and toes. Allowing all that tension to float away until you are completely and utterly relaxed. Deeper and deeper, until you find yourself in a nice, deep state of trance.

And here you are. And you know why you are here, don't you? Yes, you are here because you want to wear diapers. You need to wear diapers. And you want to know that you will be kept in diapers full time from now on, and there's no getting out of it. That is why you are listening to my voice, and that is why you have begun your journey to permanent diaper dependence. And if you want to fulfill your need to wear diapers full time, then I am happy to help you achieve your goal. It isn't hard to do. All you have to do is listen to my words, and you can become better and better at accepting your diapers, wearing them wherever you go until you are completely comfortable wearing diapers 24/7.

That's right, as you listen to my words, you will find it easier and easier to accept your need to wear diapers full time, and that's okay. It's okay to need diapers. And nobody has to know why you need your diapers. But the fact is, you need to wear diapers. And from now on, you will think of yourself as a person who is completely dependent on diapers. The area of your body that is covered by a diaper will be known as your diaper area. You will call it your diaper area, and you will think of it as your diaper area, because you will always be kept in diapers full time from now on.

No more getting rid of your diapers. No more trying to throw them away, only for your diaper desires to come back stronger than ever. You are in diapers for good now. And it feels so good to know that you will always be in a diaper from this point on. It feels so good to know that no matter what else may happen, you will always be kept in thick diapers where you belong. Of that you can be certain, because you have chosen to listen. And because you have chosen to listen, you are prepared to make the changes you need to achieve permanent diaper dependence.

There are many reasons that you may choose to wear diapers. You may wear diapers because they are convenient and comfortable. When you wear a diaper, you don't have to interrupt what you are doing to go to the restroom. You don't have to try to find a restroom when you are out in public or use public restrooms if you don't want to. You are wearing a diaper. And diapers are the most comfortable underwear you have ever worn. Even if you don't use your diapers, it's hard to find any underwear that feels quite as soft, fits quite as well, and hugs your diaper area quite as closely as a diaper. Comfort and convenience are great reasons to wear diapers, and you may already be looking forward to wearing diapers full-time if you enjoy the comfort and convenience of wearing a diaper.

You may wear diapers because you can't always stop what comes out of your body. It's not that you mean to have accidents, they just happen. And diapers are the best and most responsible

way to protect yourself and others from those little accidents that happen from time to time. Diapers are the best way for you to manage your continence issues as you allow the diapers to protect you, making you feel more confident and more secure as you go about your day. And you know that when you wear diapers, you are being good. Because diapers are the only way to be sure you are completely protected from those little accidents that happen from time to time.

When you are wearing a diaper, you are being good. And you want to be good. And you want to feel protected by your diapers. You want to know that you are being good every time you wear a diaper. And the more you listen to my words, the more protected your diapers make you feel. The more you listen to my words, the better you feel, and the easier it is to wear diapers from now on because you know diapers are just what you need.

Needing diapers is not just about protecting yourself from accidents. Many people wear diapers for emotional need as well. Even if you can physically control what comes out of your body, the benefit from wearing a diaper can be so great, and the harm from not wearing diapers can so detrimental, that diapers are really the healthiest choice of underwear for you to wear. Diapers make you feel good. They make you feel happy and lower your stress. Diapers do exactly what you need them to do every time you wear them.

You know what you like about diapers and you know how they make you feel. And you want to feel that way all the time. It's okay that diapers make you feel good. And it's okay that you need to wear diapers for emotional reasons, because being happy and healthy is important. And diapers are the healthiest choice of underwear for you to wear.

You may even wear diapers because someone put you in diapers. If someone in your life has decided that wearing diapers is what's best for you, then you too must learn to accept the fact that you need to wear diapers. And the more you listen to my words, the easier it is to wear diapers 24/7. The more you relax and listen to my words, the easier it is to accept that you belong in diapers. Every time you listen to my words, it will become easier and more enjoyable to wear diapers 24/7. And listening to this file again and again will make your transition to wearing diapers full time so easy and so enjoyable, that you will want to wear diapers all the time.

It doesn't matter why you need to wear diapers. However you got here, whatever the reason, you have chosen to listen. And because you have chosen to listen, it is easy for you accept the suggestions that you hear, allowing them to make permanent changes to your body and mind. You want these changes, because you want to wear diapers full time, and I am simply here to help guide you along that path.

And you can return and listen to my voice as often as you like as you continue your diaper training. And the more you listen, the easier it is for you to relax and enter trance when you hear my words. And as you continue to listen again and again, you may find that your desire to wear diapers grows and grows. You may find that it is easier and easier to wear diapers all the

time. Easier and easier to enjoy your diapers and the feelings they bring all the time without any negative feelings at all. Each time you listen to my words, the effects of this file will last longer and longer, becoming more and more profound. And you can listen again and again until the changes it brings to your mind and body are complete and permanent.

You have made the right choice by accepting diapers as your permanent underwear. You are more and more sure that you have chosen the best underwear for you every day. Diapers are the most comfortable and convenient underwear you could wear. You know that diapers make you happy, content, and lower your stress. And you know that diapers are the only way to be sure you are completely protected from accidents. You know this because it's true. And the longer you wear diapers, the surer you are that diapers are the right choice for you. So from now on, you will remain diapered 24/7.

It is your responsibility to ensure you have enough diapers to remain diapered at all times, except when you are in the shower, or changing into another diaper. And you will bring a change of diapers wherever you go just in case you need a change so you can feel safe and secure wherever you go and for whatever length of time you are away from home. You can think about what your diaper bag looks like. It doesn't have to look conspicuous if you don't want it to. Any old bag will do as long as it can hold your changing supplies. Whatever bag you choose, you will feel comfortable carrying it with you wherever you go knowing that you are have all the diapers you need to get you through the day.

And if you change your own diapers, you learn to do so in many situations – In public restroom stalls, cars, or private homes. Lying down or standing up. You will no longer have to stop wearing diapers when you leave the house because you will be able to change your diapers wherever you go. And you proud of the fact that you can do this.

And if some people notice that you wear diapers, that's okay. You need diapers, and that means that some people may find out you need them too. But you don't have to tell anyone about your diapers or why you need them if you don't want to. And if someone asks, you can just say you have to wear diapers and leave it at that, or you can say you prefer not to talk about it. When people ask about your diapers, you can say as little or as much as you are comfortable saying. It's up to you.

And as you continue your diaper training, listening to this file day by day, you become more and more comfortable with the fact that diapers are a part of your life. And you can imagine just how happy and proud you feel when you finally achieve your dream of committing to diapers for good. And as long as you continue to listen to my words and wear your diapers, you can be proud knowing that you are already successful.

But for now, it's time for me to go, and allow you to rest, or go about your day. And you can be proud knowing that you listened so well and made so much progress today just by choosing to listen to my words. And if you want to listen again, that's okay. You can listen as many times as

you like. And you can return again as many times as you want until the changes you seek are complete and permanent.

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... 5. All the way back, refreshed, and alert remembering all the progress you made here today. I hope you enjoyed your time in diaper training, and I hope you return to listen again soon as you continue your journey to diaper dependence. Goodbye now.