

Mini Audio: Diapers Are your Underwear

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Relax... focus... listen to my words... good. Today I want you to focus on a very important feeling. And in order to do that, you need to put on a diaper. That's right, you need to put on a diaper... and if you're not wearing one now, you can put one on as soon as you are able. Nod if you understand. Very good.

Some time today when you are diapered... there will be a moment.... When you look down and realize.... That diapers are your underwear. That's right. Diapers. Are your underwear. That's right!

And when that realization that diapers are your underwear comes over you today... I want you to focus on it... to remember it.... It's completely normal and natural to know deep down that diapers are your underwear. It's completely natural that you should be in diapers... because diapers are your underwear...

I want you to focus on that feeling... when it comes up... focus on the realization that diapers are your underwear... hold on to it... and begin to accept and reinforce the fact... that diapers are your underwear...

Good... very good... great job listening and following along... And if you want to be really good, you can listen to this audio from time to time... to reinforce the fact that diapers are your underwear... You'll do that, won't you? Very good... have fun diaperbutt...