

## Embarrassing Diaper Change Hypno Script

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**Description:** Imagine getting changed any time, any place. Even right there in the living room in front of your friends. That's just what Daddy does. And no matter how many times it happens, it's still so embarrassing. But guess what? It's about to happen again...

### 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 erotic hypnosis file. 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.

You are here... listening to my words... because you need to experience an embarrassing diaper change. Yes, whether you decided it or whether someone decided for you, you are here, because you need to experience an embarrassing diaper change. I'm sure you can imagine how that feels... imagine what it feels like when you are getting that change... getting your diaper taken off... and another diaper put on in its place... imagine where you are... and who you are with... as Daddy lays you down on your back... to get changed in front of everyone... that's right... And you're going to find out just how that feels very soon if you continue to listen to my words. But if that is what you need to experience, then by all means, continue to listen and follow along. The longer and more often you listen, the stronger and longer lasting the effects will become.

If you or your caretaker would like to allot a specific amount of time for the effects of this file to last, you may do so now. Otherwise, you can enjoy the effects of this file for the next few hours or even the rest of the day... The longer and more often you listen, the stronger and longer lasting the effects will become.

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 or something that feels like 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.

## **Induction**

And now, I'd like you to relax... Yes, relax. Close your eyes... that's it.... Just close your eyes... and begin... to float... down... down... down into trance... Feeling yourself settle into that nice twilight between waking and sleep... that wonderfully relaxing place where your imagination can take hold... that place you go... where you begin to daydream about your deepest fantasies... just before... lapsing into sleep... yes... deep sleep... a nice deep sleep... That's right. It's so easy to float on down into a nice deep sleep... a nice deep trance... so easy... so natural because you do it every day... Many times a day... relaxing... and going into trance... without even trying...

Deep deep down... deeper and deeper... as you go down.... Deep deep down... deeper and deeper... deeper than you've ever been before...

And as you go down into a deep deep trance, I'll begin a countdown...

[as you float back and forth... back and forth.... Back and forth... back and forth... just like a feather... floating down... back and forth... down and down.... Deeper and deeper... deep deep sleep...]

[10... 9... 8... 7... 6... 5... 4... 3... 2... 1...]

## **Body**

And here you are... and you know why you are here...

You are here... listening to my words... because you need to experience an embarrassing diaper change. Yes, whether you decided it or whether someone decided for you, you are here, because you need to experience an embarrassing diaper change.

And it may be that this is your first time getting an embarrassing diaper change, and you may find the experience of your first embarrassing diaper change to be very intense.

Or it may be that you've gotten one before, and can easily recall how you felt and where you were when you got all those other embarrassing diaper changes.

You may even be able to recall stories you have heard or read... or depictions you have seen... of such a thing happening to someone else who is kept in diapers like yourself... and it would be very easy to imagine something like that happening to *you* in a similar circumstance...

Yes, regardless of where or how you've experienced and imagined embarrassing diaper changes, I'm sure you can imagine a situation where *you* may find yourself in need of a change...

Go ahead and think about where that might be... and what you might be doing.. When you find yourself in need of a change... as you daydream... in a nice deep trance... a nice deep sleep...

You can imagine the place you are in... ..notice how much light there is... ..how big the space is... ..how public or private... ..what time of day it is... ..Notice how many people are around... ..And notice any smells... or sounds... that are particular to where you are...

And as you continue to notice those things... a picture begins to fall into place... of just where you are... wherever your mind takes you as you listen to my words... Go ahead and tell me where that is... .. very good...

Yes, I'd like you to imagine right now you are there with Daddy... and notice who else is with you... It might be your friends... your hero... your crush... or all of the above. And they're here, too... who else is around, aside from you and Daddy right now? Hmm? ... .. that's right...

Yes, I'll bet you've been having so much fun with everyone... playing... or relaxing... watching something... or talking.... Or even just listening... yes... listening and following along can be lots of fun as well... until suddenly someone notices you need a diaper change...

Do you notice first? Does daddy notice before you? Or maybe the people you are with?

How are you going to hide it? It's got to be so embarrassing to realize you forgot about your diapers... and now... everyone is gonna know... especially... *you know who*... and you know who I mean... it's so embarrassing to think about *them* finding out...

If you can't hide your little mishap... you're going to have to have... an embarrassing diaper change...

What's that? You can't hide it, can you? Whenever you move... you can hear... and feel... that thick diaper crinkling...

[crinkle]

How does that feel? Knowing that you're in diapers right now? Knowing that... they're all going to know... Oh no... that would be so embarrassing... what are you going to do?

Uh oh... looks like more people are beginning to notice... and you can try to deny it but... your diaper is just so obvious. It bulges out so much... it's so loud... yes, you are very aware of the obvious diaper around your waist, and the fact that... the most embarrassing part of it is... That means everyone else already *knows*. Yes, that's right, silly diaper butt... everybody already knows, and they aren't even acting surprised that you need a change. Everybody *expects* you to be in diapers, crinklebutt. What else would you be in?

It's okay sweetie... you're being good when you're in your diapers.

In a second I'm going to bring you up just a bit from your trance... and then we'll go back down into trance again... on the count of three 1... 2... 3... waking up... and counting down into a deep sleep in 3... 2... 1... deep sleep... back down into trance again... nice and deep... nice and relaxed... being comforted about your diapers... knowing that what's coming next... is going to be even more embarrassing... you're going to get a diaper change... that's right.... You're gonna get a diaper change...

Don't worry, sweetie... no one is surprised... It happens. Happens all the time... but no matter how many times this happens it's still just as embarrassing, isn't it? Yes, it is. If you don't calm down and let your caretaker change you, you're going to be punished in front of everyone. You don't want that. Are you going to be good? You're not going to have a tantrum in front of everyone are you? It's too embarrassing. Don't worry. Everyone knows what we say when little ones get fussy, don't they? Yes, they can just say... It's time to be little... It's time to be little... It's time to be little....

And every time you hear it's time to be little... you feel a little bit littler... like a little baby... and a little less adult... yes, you start to think and behave little when you hear the phrase 'it's time to be little' repeated by a grown up... and compared to you, everyone is a grownup, aren't they? Yes, they are.

Good, now let's get those clothes off you and get you changed... No, nobody's going to laugh, honey... They'd be laughing if it happened to a grown up, but you aren't one, are you? This is just normal for you. You belong in diapers, and you'll get changed whenever and wherever it's needed. Sorry, kiddo.

After all, when you need a change... you need a change... and grownups like Daddy certainly aren't going to leave you in your diaper just because you get a little blushy about what needs to be done...

..Maybe a comfort object will help you calm down... and you can grab the nearest comfort object if you have one, you can pause now if you need to... or... you can even just suck your thumb... How embarrassing... but it'll help you calm down, won't it? Go ahead and do whatever you need to do to calm down... There we go...

Now, it's time to take off your clothes til you have nothing below the waist but your diaper, out in the open for all to see...

There we go... now just lay back honey... the grownups will take care of the rest... that's a good little diaper butt...

No, you can't have those clothes back... you need a change.... Don't worry... no one is going to make fun of you... they all know about your situation... now just lie back... don't make me give them your bottle...

okay, I guess I have no choice... Here, can someone feed the little one this bottle while I change them... you can? Oh good...

Don't forget to support the little one's head... that's it... just like that... yeah, that looks like it's working... mmm... there we go... so good... they're so cute when they're blushy and helpless like that...

Aww, I think the little one is extra embarrassed now. It's okay, the bottle will distract them while I do what needs to be done... Okay, here we go...

[rrrrrip] There's the first tape... [rrrrrip] the second... [rrrrrip...] tape three... [rrrrrip] and tape four... pulling the diaper down.... There we go....

Oops, looks like they're still going in their diaper... that sometimes happens when the air hits their diaper area... it's okay, the diaper will catch it... we'll just wait til they're finished... yes we will...

Mmm... see? This is why you need to be in diapers, kiddo. Aww, I know. You're so embarrassed, but it can't be helped. You have no control down there... no you don't... There we go. All done.

Could someone hand me a wipe? Thank you... Aww there's so many peole helping me with your diaper change. This is awesome. Okay, there we go... sorry little one... the wipes may be a little cold.... Just keep on drinking that baba... there's a good little one.... It'll all be over in no time...

It's clearly time for you to start wearing thicker diapers... Alright, can someone grab me a nice thick one?

I'm going to count to three, okay, and when I do you're going to come up just a little bit... just enough to be barely awake... and then I'll count back down and you'll return to trance as deep or deeper than you were before... on the count of three coming up now one two three barely awake now and back down in three two one zero, deep sleep... nice deep trance... there we go... nice and deep...

And you can notice that you are now being wiped clean once more... and the diaper... is being removed... and I'd like you to notice the fresh thick diaper that is being prepared... how it looks, how it sounds, and yes how it feels sliding under your bum... that's right... All that soft thick padding...

[crinkles]

Oh, can someone hand me something from the bag to protect baby's skin? That's perfect... and it smells so nice too... yes... Let's get that all over the little one's diaper area... there we go... alllll protected.

And you can feel that diaper being pulled up snug between your legs... feeling so good.... So comfy... Now let's tape the baby up nice and snug... One... two... three... four.... And check the leg guards... what's that? Aww, you want to help check the little one's diaper to make sure they're secure and won't leak? Well, sure... go right ahead...

[tapes and leak guard check]

Aww, don't blush, little one... just lie back and let us take care of it... there we go... mmm, looks like they're nice and secure... aww... I'll bet that feels so much better... I'll bet it feels really nice and comforting to be in fresh dry padding.

Aww, don't worry, little one. Everyone knows that they have to look out for you and make sure you're well taken care of... and now they know just how to do it too...

And for the next few hours, or the rest of the day, or whatever amount of time your caretaker has allotted... you can allow yourself to believe you are completely diaper dependent, and be very aware of the fact that you are being kept in diapers because the grownups say you need them. Yes, and the more often you listen to my words, the stronger this effect can become... and that fact feels so good... and so embarrassing...

**End**

Soon, we will return you to your regular state of consciousness, and you can continue to be extra aware of your diapers, your need for diapers, and the fact that you are being kept in diapers, knowing that you will continue to listen to this file and experience embarrassing diaper changes as often as you need to.

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 all the progress you made here today. I hope you enjoyed your time with me, and I hope you return to listen again soon. Goodbye now.