

## Incontinent Pants Pooper Script

This file is for adults only. If you are under 18 please go elsewhere.

Welcome. This file will help you become an incontinent pants pooper. If that is not what you want to do, then please stop listening now. However, if this is what you want then by all means continue to listen to my words as I guide you into a nice relaxing trance where you can allow yourself to become the incontinent pants pooper you wish to be. I cannot guarantee that this file will cause you to poop your pants immediately, but the more you listen, the more your subconscious will take up the suggestions, and help you release your bowels whenever and wherever you feel the need. As you listen, it is important to be in a quiet and safe place where you will not be disturbed. I recommend a reclining position where you cannot roll or fall over. Headphones are highly recommended.

Because you may mess or wet yourself during this session, make sure to prepare in advance. You can use a diaper, a towel, a piddle pad, or just underwear. Whatever makes it easy for you to relax and listen to my words uninterrupted. You may pause the tape if you need to turn off any cellphones, get any water, or do anything else to prepare for a nice relaxing time in trance. Are you ready to go into trance? Good.

Now, I want you to just relax.

Relax, just let your lower body relax, all the muscles in your lower body are relaxed, your bladder is relaxed, your stomach is relaxed, everything below your belly button is relaxed. Feel all the tension leave your body. Leave your face. Your neck and shoulders. Your chest and back. Your arms. Your stomach. Breathe in. Breathe out. And with every breath you release, feel that tension going out of your body. With every breath in, feel the relaxation coming in. That's it. Very good. So relaxed, when you're this relaxed it's easier to go into trance. Even easier to go deeper into trance as you release the tensions in your feet, shins, and thighs. It's not necessary to go into a deep trance to listen to my words, but if you do, that's just fine. You can just listen to my words as you follow along. That's all you have to do.

Listen to my words, and I want you to release all tension in your lower stomach and bowels, any tension in your butt cheeks, any tension there at all. Just totally relaxed. That's it. Totally relaxed. You can let go of any tension down there, and if you feel like you're going to relax so much that you leak a little bit into your pants, that's okay. You'll be just fine. It's not a problem, because you prepared yourself to be here. Yes, whatever you're wearing will be cleaned up easily, so you can just relax. There we go.

In a moment I am going to snap my fingers and say deeper, and when I do, you can allow yourself to close your eyes and imagine yourself going deeply into trance. And when I snap my fingers again, you will be able to return to your normal state of wakefulness and alertness. Let's try. Imagining yourself in trance on three, one two three deeper [snap]. Very good. And as you imagine yourself in this deep trance, you can visualize yourself somewhere safe, somewhere you feel comfortable letting go. Whether that's on the toilet, in your bedroom, or somewhere else entirely, that's up to you. Think about how you feel in this place. Why do you feel comfortable here? Only you know the answer. Think about what makes it easier to go in this place, and remember those feelings, because you are going to carry them with you as you continue your training. Have you gathered them all up? Okay. Now go ahead and put them into this brown handkerchief. And you can put this brown handkerchief into your back pocket and

carry those feelings around with you wherever you go. Now coming back on the count of three awake and alert one two three awake [snap]

That was very good. Now that you are feeling a little more relaxed we can continue our training. All you have to do is listen to my words and follow along. On the count of three you will return into trance and go as deep or deeper than before, when I snap my fingers and say deeper. One two three deeper [snap]. Very good.

Relax,

There you go

There you go

It feels good to relax

It's just so nice to relax, and go into a nice deep trance

So nice to let all the muscles in your lower body relax as you go deeper into trance

Relax until all the muscles around your bowels and bladder just relax and open up

Relax until you let all the muscles of your bowels and bladder relax and open up

And release your bowels and bladder

it's time to just relax and let out all your poop

it's time to just relax and release all of your poop into your pants

Relax and go deeper into trance as you poop your pants

Whenever you feel safe, you can just relax and release all your poop and pee

Whenever you feel safe you can just poop as you relax

It's okay that you enjoy pooping your pants

It's okay that you find it so easy to just give up and fill your pants

It's okay that you feel comfortable enough to let go whenever and wherever you need to

It's okay that you want to stay relaxed and fill your diapers

You just want to stay relaxed and poop your pants, and that's okay

You can just poop your pants. Because you are an incontinent pants pooper

Relax your muscles

Relax your bowel

your bowel and bladder are connected

feel it coming

sudden urge

Hard to hold in

Feel it coming

Instead of squeezing shut, they can just stay open

easy to let it stay open

easy to believe your sphincter is weak

easy to believe your sphincter muscles are being held open

You know you could control it but you don't want to

That's why you're here after all

You can let everything else go away

You can let any thoughts of the future or the past go away

You can think about this moment right now – how good it would feel just to lose control

relax and release your bowels the moment you feel the urge to go

hold it and enjoy the feeling as you finally give up

It's okay that it feels so good to just let go

It's so much easier to let go

It's okay to poop your pants

it's not your fault, you couldn't stop it

Because you are completely incontinent, and you can't hold your poop.