

Potty Retraining 1 Accepting Incontinence Hypno Script

by Champ (<https://champtehotter.com/>)

Description

Encouraging and reinforcing incontinence, this file will work whether or not you wear a diaper. Best just stay safe and padded if you listen to this one!

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 the first file of Champ's potty retraining 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 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 or your caretaker are ready to accept that you are incontinent. You accept that you will no longer be in control of when you go potty. You accept that you will go potty whenever you need to. You accept that if you don't wear protection, then you will go potty in your pants, or whatever you are wearing. If you are not ready to accept that you will go potty whenever and wherever you need to go, then I urge you to stop listening to this file as the changes that you will experience from can become permanent and irreversible over time. But if you or your caretaker are ready to accept that you are no longer in control of when you go potty, then by all means, continue to listen and follow along as you enter into trance.

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

Focus your attention now on my words as we count down from 10, going a little bit deeper into trance with each number you hear.

10 feeling yourself in your environment, the way the air feels, the way the furniture, or whatever you are lying on feels against your body.

9 allowing your eyes to get heavy and begin to droop if they have not closed already.

8 hearing my voice, the sound and the texture of the words as they penetrate your mind.

7 allowing that nice feeling of relaxation you know so well to wash over your body

6 feeling your body begin to relax even more as you go deeper into those feelings of relaxation

5 deeper into trance now, halfway to your destination

4 allowing yourself to focus on my words, focus on the sound, focus on the feelings in your body going deeper

3 focusing on my words, focusing on relaxing

2 as you approach a place where you can accept all that you hear

1 as you enter a nice deep sleep in

0. Nice deep sleep... nice deep trance... very good.

Body

- 1 Potty retraining over diaper dependence - Accept that you will let go whether or not you are protected
- 2 Reimagine who you are; reidentify as incontinent
 - [Enforcing incontinence is not about using diapers; its about letting go and wetting what ever you are in]
- 3 incontinence is about going wherever you are, no matter where you are and who is around you
 - Confidence building to do this in public, around friends and family;
 - it is an inevitable thing and thus must be faced and addressed for those who want to go down the journey;
 - [Leaks happen, get over it! Diapers aren't perfect, they will leak and that's ok]
- 4 [If you or your caretaker makes the mature, responsible decision to put you in diapers, there are a few things that you must learn to accept
 - You must learn to use the word diaper with confidence. Use the word diaper often; normalize it. Because chances are, you will need to wear diapers at least some of the time.]

- diaper as a relaxation trigger when spoken; [go on... you can say it... there you go... very good... it feels so relaxing to say that word... you feel more confident and relaxed when you say that word...]
- [Leaks happen, get over it! Diapers aren't perfect, they will leak and that's ok]
- 5 Becoming comfortable with wetting
 - I am incontinent, and that's okay
 - I will wet whenever and wherever I need to
 - When I have to pee, I will relax and let go
 - I am incontinent, and that's okay
 - Now visualize yourself the next time you have to pee; imagine yourself letting go; imagine how good it feels when you do that; and recite the words [above]

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 it felt to finally accept your incontinence

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