

## Potty Retraining 2: Wetting Go Hypno Script

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

### Description

Encouraging and reinforcing incontinence, this file will have you peeing your pants, so be sure to wear a diaper, unless you *want* to pee your pants. Best just stay safe and padded if you listen to this one!

**Note:** Subliminal files in [brackets]

### 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 second 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 pee incontinent. You accept that you will no longer be in control of when you pee. You accept that you will simply pee whenever you need to pee. You accept that you must wear diapers and pull-ups to hold your pee, unless you want to pee your pants, or whatever you are wearing. If you are not ready to accept that you will pee whenever and wherever you need to pee, then I urge you to stop listening to this file as the changes that you will experience from listening to this file 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 pee, 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. Be sure to drink plenty of water, and have water nearby to ensure that you pee during this session. It is recommended that you wear a diaper as you listen unless you wish to pee your pants, the furniture, or whatever you are wearing. 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

- **It's time to let go [let go and relax].**
  - It's time to let go. [Let go...Let go... just do it. It's time to let go.]
  - It's time to let go [Let go of your pee. Relax and let go. Relax and pee. Let go...]

- **Accept that you are incontinent**
  - When you are incontinent, your body can automatically relax and pee whenever it needs to
  - You can imagine letting go and wetting whatever you are in
  - Yes, imagine relaxing and wetting automatically and naturally, it doesn't matter what you are wearing, your body just relaxes and wets when it needs to, and it feels so natural
- **It's natural to relax and pee [because you are incontinent]**
  - Your body has returned to its natural state of wetting automatically whenever it needs to
  - Your body will let go of all its pee when it needs to [release all its urine when it needs to] [because you are incontinent]
  - Wherever you are, whatever you're wearing, you can just relax and let go [release and wet][naturally and automatically][because you are incontinent]
- **And you don't have to wear a diaper or pull-up to relax and pee**
  - If you are wearing a diaper or pull-up, you must want to pee into them. You know that you are incontinent and choose diapers or pull-ups, knowing that it's the mature, responsible choice for you
  - And If you aren't wearing a diaper or pull-up, then you must want to pee your pants. And that's okay too. A lot of people want to pee their pants, and you can pee your pants - if you don't wear diapers or pull-ups
  - It's up to you if you want to pee your diapers and pull-ups, or if you want to pee your pants, unless, of course, someone else decides for you
  - Regardless of your situation, you can be secure in the fact that a lot of people want to pee their pants, a lot of people want to pee their diapers and pull-ups, and many more have others in their life that make the responsible and mature choice for them and put them in diapers and pull-ups for their own good.
- **You can relax and pee whenever you need to**
  - Relax and pee [wherever you are]
  - Relax and pee [whatever you are wearing]
  - Relax and pee [whenever you have to go]
  - Even if you will leak you can relax and pee
  - Whenever you need to, you can relax and pee
  - Your body has permission to relax and pee this very moment [release your urine now][release your urine][it's time to release your urine]
  - And you can enjoy that feeling of relaxing and releasing when you realize that you are peeing

- You can feel good knowing what your body has returned to its natural, comfortable state of relaxing and peeing whenever you need
  - **It feels so good** to know you are relaxing and peeing [whenever you need to].
  - **It feels so good** to know you already relax and pee. [whenever you need to].
  - **It feels so good** to know you always relax and pee [whenever you need to].

**Fractionation:** In a moment, I'm going to count to three, and when I do, you can allow yourself to come out of trance, just a bit, coming out of trance so that you can listen to my words when I count you back down into trance, going as deep or even deeper than before... Counting up now

1... 2... 3... \*snap snap snap\* waking up for your trance now, and on the count of three you will go down into a nice deep trance

3.. 2.. 1... 0... nice deep trance... very good... very good. You're doing so well going into a nice deep trance... and it feels so good to go deeper and deeper as you listen to my words... feels so good to listen to my words and follow along...

[SFX: Water]

- And now... **allow your body to relax completely** and let go... of anything holding you back, anything in the way, just imagine it going away, flowing away with the stream... allowing that stream to flow out of your body... feeling so good... allowing yourself to remember how good it feels to let go and wet... allow yourself to feel that wonderful feeling now... recall that feeling in your mind... feel yourself letting go and wetting... it feels so good.. So good to just relax and pee... [so good to relax and pee] so nice and good... and whenever you feel that feeling you can just let yourself smile a little... feeling that warmth.... That wonderful feeling of happiness knowing that your body is finally comfortable, relaxed in its natural state...
- **You now have permission to relax and pee... You have permission to relax and pee now**
  - You now have permission to relax and pee... You have permission to relax and pee now
  - You now have permission to relax and pee... You have permission to relax and pee now
  - Whether or not you are in a diaper [relax and pee],
  - Whether or not you are wearing underwear [relax and pee],
  - Whether or not you are wearing anything [relax and pee]

- Relax and pee [easily and automatically ],
- Relax and pee [as soon as the need arises];
- Relax and pee [whether or not you are in a diaper];
- it feels so good to relax and pee
- And as you listen to my words, **you are becoming more and more comfortable wetting without control**. Yes, you are becoming more and more comfortable and convinced that you are incontinent. **Repeat after me:**
  - I am incontinent x 3, and that's okay
  - My body releases its urine whenever the need arises x 3, and it feels so good
  - When I have to pee, I relax and let go x 3, automatically and naturally
  - I am incontinent x 3, 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, knowing that your potty retraining is working.
  - Imagine how good it feels every time you realize you are damp, and that the potty retraining is working.
  - And you may just find that when you are finished listening to my words, you have already wet.
  - Yes, it's working even now, and you may find that you have already wet once you are finished listening to my words.
- **And you can listen again and again as many times as you like** until the changes to your mind and body are complete and irreversible

## 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!