

Potty ReTraining Program 3: Full Incontinence

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Description

You know what this one is about! Lose all control as you find that you can't hold it in any longer.

Encouraging and reinforcing incontinence, Potty ReTraining Program files work whether or not you wear a diaper. Best just stay safe and padded if you listen to this series!

Note: Subliminal tracks in **yellow**

Intro

This file is intended for adults 18 or older, so if you are a minor, please stop the recording and go elsewhere.

Welcome. This is the third file in the potty retraining program. If you are here today, then you must need to become fully potty independent. 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 fully incontinent. That you will no longer be in control of when you go potty. That you will simply go potty whenever you need to go potty. That you must wear diapers and pull-ups, unless you want to go potty in your pants, or whatever you are wearing. If it is not yet time for you to accept that you will go potty whenever and wherever you need to, 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 finally ready to accept the fact 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. Be sure to drink plenty of water, and have water nearby to ensure that you are well hydrated during this session. It is recommended that you wear a diaper or pull-up as you listen unless you wish to go potty in your pants, the furniture, or whatever you are wearing, as you will not awaken from trance when you do so. 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

And here you are. I would like you to give yourself a pat on the back for being here.

- **You have made the right choice coming here today.** By coming here today, you are already making progress on the path to complete potty independence. Well done. You can imagine yourself taking one huge step forward on the path to potty independence. It's a path you've been walking for some time, whether you knew it or not. That's right, whether you know it or not, you're well on your way to complete potty independence, and you are getting closer to your goal every moment you listen to my words. You're coming to accept the reality of your potty free-life. You're coming to accept the life that is right for you, and I'll bet that feels so good. It feels so good, because you know you are doing the right thing.
- **And you've already come so far.** You came all the way into trance, to listen to my words today, just as you have come many times before. With potty retraining 1, you came to accept the fact that you are incontinent. With potty retraining 2, you came to be more and more comfortable wetting without control. And now, you are coming to accept the truth - that you are fully potty independent.
- **This is your declaration of potty independence.** You don't need to use the potty. You can just use your pants, your diaper, or whatever you are in. That's right. You don't need the potty. You can just use your pants, your diaper, or whatever you are in.
- **Say it with me now: I don't need you Mr. Potty.** Again! *I don't need you Mr. Potty!* One more time! I don't need you Mr. Potty. That's right. You don't need Mr. Potty. Because you are fully incontinent, and potty independent.

- **You don't need a potty.** Even if you still had some control, you wouldn't need the potty. Because there's nothing stopping you from using your pants, your diaper, or whatever you are in as your potty. This is a possibility. This is why you are here. You are here to accept the fact that you don't need a potty.
- **You are fully incontinent.** It's a part of who you are. And fully incontinent people don't use the potty. They use whatever they are in at the moment. And you are incontinent. And you don't use the potty. You use whatever you are in at the moment.
- **You are potty independent.** You don't need to use the potty anymore. You can say goodbye to the potty. You've declared your independence, and now you can finally do what you were meant to do and let go into your pants, your diapers, or whatever you are wearing whenever you need to. Easily and automatically, without any need to think about some other way. [Potty training? What is *that*?]
- **Repeat after me: I am fully incontinent and potty independent.** I am fully incontinent and potty independent. I am fully incontinent and potty independent. Yes you are, and as an incontinent person, you know that your body knows when it's time to go. [My body knows when it's time to go.]
- **And your body knows when it's time to go...** Yes, your body knows when it's time to go. Releasing on its own schedule. Whether or not you feel the urge. [Your body knows when it's time to go] Your body simply responds to the urge to go potty at the same time that you feel it, or even sooner. [Your body knows when it's time to go]. And pretty soon you will find that you have already gone potty by the time you feel the need. [You can just relax and go whenever you need to]. Easily and automatically. More easily and more automatically every time you listen to my words until you finally realize, you are already going in your pants, your diaper, or whatever you are wearing before you know it] [peeing, pooping, cumming]
- **Your awareness of when you will go potty is diminishing day by day.** Every time you have to go, you can allow your body to quickly act on it... Every time

your body senses the need to go potty... it can act more quickly, because your body doesn't need permission to release what it needs to. No, it can release whatever it needs to easily and automatically... and you will notice this urge to go less and less often as your body learns to release without even telling you... Yes, imagine that urge to go leaving your awareness... The urge to go getting smaller and smaller as it goes away... that urge appearing less and less often... because you are incontinent... and your body knows when you have to go. [Smaller and smaller. Less and less. Going away. Flowing away.]

- **Every time you have to go potty, your body responds a little sooner.** Every time you have to go potty, the time between feeling the urge and going gets a little shorter. Every time you have to go potty, body responds. Sooner and sooner. Until you find... that the urge and the action of going potty happen... at the same time. You don't need to know when you have to go. You don't even need to have any warning. You can just free up that space in your brain for other things, because **your body knows when it's time to go.**
- **It's time to accept that you don't go to the potty.** You can skip that step and simply go potty. You potty wherever you are. You potty whenever you have to. You just go potty then and there into your pants, diapers, or whatever you are wearing. It's so easy to accept that you no longer go to the potty; It's so easy to accept that you simply go potty. Easily and automatically, whenever your body senses the need. It's clearer and clearer day by day that you are potty independent. And your body takes care of all those needs for you. [let it go... let it all out]
- **And doesn't it feel so good to know that you never need to run to the potty?** You can just free up that space in your mind for other things. The part of your mind dedicated to potty control can now be allocated to other things.
- **Imagine yourself now** going about your daily life. Yes... imagine the everyday things that you do... where you are... what you are doing... when you realize, suddenly, that you have to go... There was no warning... you just suddenly had to

go... and when you look down... you realize that you are already going in your pants, your diaper, or whatever you are wearing... Yes... now imagine... smiling... nodding... knowing... that the training is working. That you are able to go without trying... that you are doing so well letting go without Mister Potty.

- **And you don't have to wear a diaper** - You don't have to wear a diaper if you don't want. You can wear underwear or pants, knowing that you will probably have an accident at some point. But you don't have to worry about messing your pants, and you don't have to give in to the security and comfort of wearing proper protection.

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 and potty independence.

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

Mantras

- The potty is no longer an option.
- I accept that I am incontinent.

- Being incontinent is who I am.
- The potty is now off limits.
- I am incontinent and potty independent
- My body knows when it's time to go
- I have already pooped and peed by the time I feel the need
- I don't go to the potty
- Release
- Easily and automatically
- Give up control

Preview: Potty Retraining 4

PR4: No More Potty/complete potty independence

- **No more potty** - The potty is off limits now. You don't use it. You can't use it. If you even try, you will find that you cannot.
- **Trigger** - potty lock. Whenever you hear the word potty lock, all potties will become stuck with a permanently fastened lid. Even potties that do not have a lid installed. You won't be able to open it yourself, and only someone else will be able to. But that's okay because you don't use the potty anymore.
- **Confidence with behavioral changes** - You feel confident. Confident that you are doing the right thing for you.