

## **Potty Retraining 4: Bedwetter Hypno Script**

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

### **Description**

Listen to this track before bed time or while you sleep to help you become the bedwetter you know you want to be! (Warning: Champ is not responsible for the lifetime of bedwetting you have ahead of you if you listen to this file!)

### **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 fourth 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 when you go to sleep. You accept that your body no longer wakes to go to the bathroom. You accept that in your sleep, your protection is your potty, and if you don't wear protection, then your pants are your potty, or even your bed. That's right. If you listen to this file, then you accept that you are a bedwetter. If you are not ready to accept that you are a bedwetter, then I urge you to stop listening to this file as the changes you experience can become permanent and irreversible over time. But if you or your caretaker are ready to accept that your protection, your pants, or even your bed can be your potty while you are asleep, 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

And now it is time to go deeper into that wonderful state of trance, that's right. Just listen to my words and relax. You can close your eyes if you haven't already done so. And as you close your eyes, and relax, you can allow yourself to sink down deeper, deeper into a state of relaxed trance where you can listen to my words and accept what you hear.

It's time to relax... [time to relax] relax every muscle in your body... from the tip of your head... right down to the bottom of your feet... nice and peaceful... restful relaxation... and you can imagine any tension anything you carry in your muscles throughout your day, just flowing away... flowing like water...

You can imagine warm water now, trickling down. Down through your muscles, deeper and deeper imagine that everywhere the water touches begins to relax, begins to feel a little less sensation, begins to feel heavier and numb as the water flows down, allowing the water to run over your body and wash away the tension until that deep sense of peace and relaxation penetrates every muscle... filtering out anything you carry from your day... down.. d own... down through your bladder and ready to exit your body...

you can imagine your body going to sleep as you become totally and completely relaxed in that soothing warm flow... shutting down every little area of muscular awareness wherever the water touches as you drift deeper... deeper... deeper and deeper... into a nice deep sleep... nice deep trance...

And as you drift into a nice deep sleep you can imagine your eyes closing as your face relaxes, so content as you rest... your scalp relaxing... your ears.... Your eyes and your mouth.... Your shoulders relaxing now, as you feel the warm water, just like a warm shower going down over them... relaxing everything it touches.... And you can feel the tension in your full bladder melting away... The muscles controlling your urine getting number, weaker as your muscles decide to rest along with you... rest and allow the pee to flow out.... Flow out of you as you relax... completely peaceful... your chest relaxing.... Your back.... Down from your shoulders.... All the way to your tailbone.... Your chest... your tummy.... Your belly button... and your pelvis.... letting that pelvic floor drop as you drop into a nice deep trance...

Feeling that warmth spread down now... down toward your hips, and all around your pelvic area relaxing everything it touches... yes... down down down over your butt... Your legs.... Down over your thighs... that nice relaxing warmth going down past your knees... down down down.... Deeper and deeper... down all the way down to your feet.... So relaxed... so sleepy... so nice... in a nice deep trance as the water goes over your toes and the bottoms of your feet... so easy to go to sleep as you just relax your bladder.... [it's really easy to go back to sleep as you pee][allowing that pelvic floor to drop as you drop into a nice deep trance]

leaving you with a nice, warm, calm feeling of satisfaction. Feeling so nice, so good As you relax and go deeper into trance.

And if you need to adjust your body slightly to feel more relaxed as you let the water flow, that's okay. You can move to a restful position where the water can flow the easiest down, down, down, until it finally trickles out, and you can imagine that nice warmth that makes you feel even more relaxed spreading around. So warm, so relieving, so nice to just let the water flow out, warmed by your body, just flow out and warm you up, making you smile, and feel so proud that you were able to relax and let go... You like the feeling of being able to relax those muscles so you can just let it flow anytime and anywhere, just relaxing and peeing whenever you need to, as you go deeper, deeper, deeper into that warm feeling, that wonderful feeling spreading as you continue to pee, until you finally empty all that warm water, completely relaxed, completely content to sleep and wet...

### **Deepener**

And now... I would like you to imagine... Imagine that you are in a furniture store... called Bedwetters R Us... yes, you are here... looking for the perfect bed... And you have no one to disturb you here... just you and the selection of beds that you might want to sleep in...

On the top floor, there's nice fluffy white beds... yes... they look as soft as clouds... and you can imagine just sinking into one as you lie down.... You look around.... Until you see a bed that looks just right for you... so soft.... So fluffy... you could just lie down on it and sink right down.... And so you do.... Getting on the bed... and lying down.... Oh... it's even softer and more relaxing than you imagined... And you can easily sink down, down, down... deeper into trance...

And now you can imagine... that you are getting up out of the bed.... As much as you want to stay... getting up out of the bed... noticing that you may have peed a little... that's okay... that's completely normal at Bedwetters R Us.... Completely expected... and that was a very nice bed to wet in, but you have more to see as you explore the store... and so you go down one floor... going down down down... deeper into trance... down to the next floor which has soft primary colors all around...

all the beds here have rails... and fun designs from your favorite shows... yes... look at all the fun cartoon beds, and themed beds... from dinosaur to space themed and everything in between... And you look around to find one that is just the right theme and color for you.... Finally settling on a cute bed that looks so cute and comfy you just know you'll be able to go right to sleep in it... and as you lie down on the big toddler bed... you can hear it crinkle and squeak a bit... because it's completely waterproof.... So soft and crinkly, reminding you that you are a bedwetter, yes you are. And as you lie there

feeling so cute and relaxed you can drift down down down into a nice deep sleep... so comfy and warm in this toddler bed... deeper and deeper... completely relaxed...

And now you can imagine that you are getting up out of the toddler bed... and you still feel nice and warm... because when you look down... you can see a big wet spot all around your pelvis... and that's okay because you are a bedwetter... and in this store customers always wet the beds when they try them... that's the best part...

But now it's time to go down, down, down one more floor... [down, down, down] until finally you arrive at the pastel floor... and everything here... all the beds you see... are cribs... that's right, all you see here are cribs... they look so soft and comfy... so secure... and as you look around you recognize one crib that feels so good... so nostalgic... that you can imagine yourself instantly feeling so little and happy when you get inside it... nice and little... happy... sleepy... and you go to the crib... You climb inside... and you pull up the bars until you hear a... click... and you instantly feel really happy and little, and very very sleepy... you are ready to lie down in the crib.... And drift.... Down... into a nice.... Deep..... sleep.... [deeper and deeper][nice and deep] There we go... very good...

And this time you stay asleep.... And allow your bladder to drain completely... totally relaxed.... Totally comfortable in bed... totally content... knowing that the crib is your potty... knowing... that whenever you sleep... you can totally and completely relax.... In a nice..... Deep... trance...

## **Body**

And here you are. And you know why you are here, don't you? You are here, because you wet your bed at night. That's right, you are here, because you wet your bed at night. And you wet your bed at night because you are a bedwetter. As you listen to my words, I would like you to take up this little idea that you are a bedwetter. Take it, and hold that idea in your mind... try it on for size... Say it out loud. I wet my bed at night... because I am a bedwetter.

Very good... Once more with confidence, say I wet my bed at night... because I am a bedwetter. Wonderful.

How does that make you feel? Does that make you feel... good? Does that make you feel... a little blushy? [so blushy] Embarrassed? [so embarrassing] Aww... so cute. [so cute] But this is what you want. You are here... Listening to my words... because you *want* to be a bedwetter [I want to be a bedwetter]. Because you *need* to be a bedwetter... because you are a bedwetter... yes, that's right. You are a bedwetter.

And on the count of three, I'm going to count you up out of trance, just enough... until you are just aware enough to listen to my words but still remain completely relaxed... Counting up 1 2 3, and counting down into trance as deep or deeper than you were before, totally relaxed and in trance as I count down 3 2 1 0 deep sleep... nice deep trance... deeper and deeper...

As I count down... deeper with each number... relaxing your muscles... your bladder... everything like a good bedwetter... down into a nice deep trance... [10 9 8 7 6 5 4 3 2 1 0]

Yes, you wet the bed at night because you are a bedwetter. And it doesn't have to be just at night [you can wet the bed anytime]. You can wet the bed, or whatever you are in while you are sleeping. Yes, you can wet anywhere you sleep, because wherever you sleep... is your potty. That's right, wherever you sleep is your potty... and you know why that is, don't you? [I am a bedwetter, I am a bedwetter, I am a bedwetter, I am a bedwetter L/R]. You can tell me why... I want to hear it... that's right, because you are a bedwetter... go ahead, say I am a bedwetter... Very good... and doesn't it feel so good to admit the truth... [such a good bedwetter...][I am a bedwetter]

And because you are a bedwetter [I do the things that bedwetters do...], you do the things that bedwetters do [because I am a bedwetter]... let's talk about them....

[I wet the bed at night] Bedwetters wet the bed at night... And so do you... [I wet the bed at night] You pee in your bed easily and naturally [easily and naturally], because your bed is your potty. Whether it's your pajamas, your sleeper, your onesie, your diapers, or simply your sheets or mattress, you wet like a good potty independent bedwetter. [I am a bedwetter][I wet the bed]

[I relax completely and naturally] Bedwetters relax... [I can relax]... Relaxing all those muscles in your pelvic floor as you drift off to sleep, all those muscles... below your waist... So relaxed... so very very relaxed... whenever you sleep... or go into trance... just like you are now... completely comfortable relaxing your muscles including your bladder as you sleep... [relax]

[I drink plenty of fluids] Bedwetters drink plenty of fluids before bed... and so do you... you stay well hydrated throughout the day, enough to pee continuously throughout the day... and you can drink lots before bed... enough to pee continuously as you go about your pre-bedtime tasks... you can even bring a bottle to bed so you can drink it as you need it... and if you pee as you are falling asleep, that's okay. In fact, that's even more relaxing... that relaxing relieving warmth helping you drift into a nice sleep... your muscles can stay relaxed long after you pee... [relax and wet]

[I prepare my bed for wetting] Bedwetters often cover their mattress with waterproof covers... And the feel and the sound of a waterproof cover over your mattress can remind you that you are a bedwetter... or maybe you just let your mattress dry... it's totally up to you... and it's totally normal for you to relax and wet the bed whenever you are asleep... whenever you are asleep at night... or asleep in a nice deep trance like you are now... it's totally normal for you to relax and wet the bed [totally normal] whenever you have to pee... allowing your muscles to stay relaxed long after you drain your bladder... [it's totally normal][relax and wet][nice deep trance]

[I know that diapers are a safe and responsible option] And bedwetters know that diapers are always an option. A safe and responsible way to use the potty as you sleep. But you don't HAVE to use them [unless a grownup says so]. You're free to use your bed as your potty if you want. And you know that whatever you wear or don't wear as you sleep, it's okay to completely relax... [relax and wet] feel completely comfortable... relax and wet... [relax and wet][whenever I sleep]

**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.

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!