

Regression School 3 Audio Script

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Description

It's time to learn to forget, and you're on a roll! That math exam was a piece of cake. You did a great job drawing and staying on the page. You're an all-star in PE, showing the class how you waddle and crawl. You're (un)learning so much! - Idea from D.R.

Intro

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

You are listening to another hypnosis file from Champ. 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.

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 recording and do so now. I'll be here when you return. Are you ready to be hypnotized? Good.

Induction

Close your eyes, relax, and allow me to take you on a journey to a familiar place. A journey to school. It's easy to imagine going to school, because we've gone there many times. Let's imagine ourselves now... at a bus stop... Excited for another day of learning... And you can imagine just how you feel as you anticipate the bus coming to pick you up...

And as you wait for the bus, you can feel yourself going into a bit of a trance... entering a deep sleep so quickly and easily you may not even notice that whatever you are wearing is getting a little more colorful... a little more childish as you think about how much fun you're going to have today... and the more you think about going back to this special

school, the deeper you sink into trance... and the deeper you go into trance, the easier it is to follow along and believe all that you hear... [deeper and deeper... as you think about returning to school... deeper and deeper... down down down... nice deep sleep... as you wait for the bus... in a nice deep trance...]

Suddenly, you notice the big colorful school bus has arrived so you can waddle on board. If you try to count the steps, you might just find the numbers aren't coming. Of course, silly. Don't you remember your last lesson? You don't need to know things like letters and numbers.

Wave hello to the bus driver and all your fellow schoolgoers on board strapped into their comfy seats. Your comfy, colorful shoes and clothes get lots of positive comments from your classmates. Lookin good!

The bus driver helps you to your safe and comfy seat and straps you in nice and snug... counting down five, four, three, two one, deep sleep... Allow your attention to drift to the soft padding cushioning your tush... noticing the front of your diaper or pull-up... noticing how good that feels... safe and secure... dropping down down down... into a nice deep trance...

As the wheels on the bus go round and round... Everyone sings that fun song you know and love... and you can sing along too... [going deeper and deeper into trance as the wheels go round and round...]

The wheels on the bus go round and round, round and round, round and round, the wheels on the bus go round and round... all through the town...

Deep sleep.

Body

Homeroom

And here you are... welcome back! [Welcome back. You must have tranced out] You look out the bus window and see your school... Even if you can't quite read the sign, it's easy to remember the big colorful building where you've learned so much... and you know that this is where you belong. The driver unstraps you, so you can waddle off the bus, and line up with your classmates, waiting for the teacher to call out your name. Great! Everyone is here. It's time to go in.

As you enter the school, notice how fun and colorful it is... walking through the big colorful halls... looking at the drawings and arts and crafts projects from art class...

past the gym for PE... past the super fun computer lab... and the music room... all the way to the homeroom for little ones like you...

Walking into your homeroom now... everyone else hangs up their coats and bags on their hooks... and puts their shoes in their cubbies... and you smile as they sit on the big carpet...

But you know to wait for a grownup to help you because taking things off and putting them on can be so difficult and frustrating to do on your own, and there's always someone to help at this school when something is too difficult and frustrating. [I can't do it... I can let other people do it for me... It's so hard to think... they can think for me...]

Yes, when you let grownups help you do simple tasks, it feels so good, because you are being good and learning so much at this school...

The teacher's assistant takes off your backpack and outerwear and hangs them on your hook... and they take off your shoes which go in your special cubby with your diapers and pull-ups... and they lead you to the carpet... where you can sit down with a crinkle... and begin your day of learning...

And as with every day, we start our day with a song... Let's sing along with the teacher now... It's time to learn [learn to forget]! It's time to learn [learn to forget]! What will little ones learn today? Learn to count [I can't count]; Learn to crawl [waddle and crawl... waddle and crawl]! Learn to forget it all! [back to babyhood... I've got a baby brain... time to forget it all]!

The first thing we're going to do is test your math skills! So let's go next door to the math class and see how much math you remember. [It's okay to forget... it's okay to forget... forget until there's nothing left]

Math Class

Everyone together now, walking down the hall... no need for shoes by ones and twos we're walking down the hall... to the math class... with real desks! Have a seat now... I bet you feel like a big kid when you sit at your desk...

Everyone gets a sheet with math questions on them and a crayon. We're testing how much you've unlearned. The less you remember, the better you score! It's okay if you can't read, I'll read out the questions and you do your best. Now that you have your paper and your crayon it's time to begin... [SFX]

Question one: Draw the symbols for addition, subtraction, multiplication, and division... go ahead and draw them now... allowing those symbols to get all squiggly in your mind... turning into scribbles by the time they reach the page... You can smile and feel

good about your answer when you're done... Very good... Let's take a look, now... Those aren't symbols silly... those are *scribbles*... you've forgotten all your symbols... Great job!

Question two: What is one plus one? You're sure to get this one right... I'll give you a few seconds... allowing any remaining numbers to float right out of your mind as you scribble away... floating away as you scribble... bye bye numbers... All gone! Do you think you got this one right? You *do*? Alright, let's take a look. Nope, that's not it. Great job forgetting your ones and twos!

Question three: Draw a triangle. Go ahead and just scribble whatever comes to mind. Allowing your mind to get fuzzy... silly... happy... dumb... allowing that silly smile to cross your face... Aww, very good. You look so confident! This has to be the right one this time... Let's take a look... Hmm.... Well, that's... a scribble... which means you passed! Good job forgetting all your math! And for the rest of the day you can allow all that math to stay away.

You're doing so well at school! You didn't get any questions right, but you got a gold star for forgetting!

Computer Lab

Let's go now to the computer lab... Line up everyone. The next lesson is going to be so fun! Let's go down the hall [**down down down, deeper and deeper**] past the art room for arts and crafts... and the music room where we learn to clap... all the way to the computer lab!

Here we are... pick your computer and have a seat. Great choice! Now take a look at the screen... Do you know how to use a computer? Just take a nice deep look [**deeper and deeper**]... until you can see a program you like... yes, that's a very fun one... Point and click to open it up... we have a little while to play today so go ahead and have some fun... and as you start the program... you may begin to notice... that the screen... is looking more colorful... more swirly... and you can allow those swirls to take up part of your mind... while you focus on playing... so that part of your mind is playing... and the other part is watching the swirls... and falling into a deep, deep sleep... until all that remains is your subconscious... listening to my words... accepting all that it hears... as everything drops away... and while your mind is occupied... you probably won't even notice your body getting smaller... your clothes getting cuter... your pants getting poofier... the computer lab getting more childish... it's natural for you to be little... it's always been this way... you don't need to know or understand anything... it's okay to forget and regress... yes, it's okay to forget and regress to the little one you were meant to be... and for the rest of the day, you can forget and regress knowing that you've always been this little, and any thought of being big was just a silly dream... [**Watch the**

swirls... dropping away... all your thoughts drop away... listen to my words... accept all that you hear... getting smaller... this is normal... It's okay to forget... forget and regress... going deeper and deeper... regressing more and more... Deeper and deeper... nice deep trance... Deep deep sleep... nice deep sleep... down down down... regressing more...]

PE

Before you know it... the teacher is tapping you on the shoulder. Did you fall asleep at the computer? It's not nap time yet, silly. I know what will wake you up. PE. Yes, we're going to PE class next, the perfect class for all the little ones to move around. Get in line and follow along... down the hall, past the water fountain, all the way to the gym...

Alright, everyone, let's get ready! Today we're going to learn how to move quick as can be. First, we're going to do some waddly warm-ups... [SFX]

Look at all your classmates waddling around... can you waddle too? Widen your legs... turn your hips... and waddle, waddle just like this... that's the way! The bigger the waddle, the more you are learning... Very good. I want everyone to give me three waddles around the gym... there we go... don't be the last one! You can do it! Such a super mover... [I always waddle... I always wear thick diapers... I'm a waddlebutt...]

We're so good at waddling today. Now that we're all warmed up, we're going to practice the best way to move by crawling. Now get down onto all fours... that's the way... and we're going to crawl, crawl, crawl around... Can you crawl to the end of the gym and back? Let's give it a try! That's the way! Crawling is easier than walking. It's better to crawl. You don't need to know how to walk when you can crawl. Good little graduates crawl all the time! The more you learn with me, the more often you choose to crawl... and if you forget how to walk, that's okay. Crawling is much better anyway! And for the rest of the day, you can feel good about what a good little crawler you've become! [It's hard to walk... it's easy to crawl... Good little learners like to crawl...]

As you crawl across the gym, your outfit becomes even more babyish, your protection becomes even poofier... so poofy, it can be hard to even move... feeling that thick diaper pressing against the ground with each movement... as you get smaller and smaller, along with your classmates... crawling around on the floor like you always have, because you never learned to walk, did you? No, you didn't...

Alright little ones. You've had such a good workout. Crawl on over here... that's right... You've learned so much today... I'll bet you can't wait to learn more... and I can't wait to teach you... but for now, it's time to take a little break from learning. So just close your eyes, and relax... and smile... knowing that you're doing so well, doing so good at

forgetting just like I want you to... and you can look forward to more fun lessons when we come back...

End

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... 5. All the way back, refreshed, and alert. I hope you enjoyed your time with me, and I hope you return to listen again soon. Goodbye now.