

Subliminal Bedwetting Script

This file is for adults only. If you are under 18 please go elsewhere.

Welcome. This file will help you relax and wet the bed in your sleep. If that is not what you want to do, then please stop listening now. However, if this is what you want then by all means continue to listen to my words as I guide you into a nice relaxing trance where you can allow yourself to become the bedwetter you wish to be. I cannot guarantee that this file will cause you to wet the bed immediately, but the more you listen, the more you may begin to suspect that you may have already wet the bed. As you listen, it is important to be in a quiet and safe place where you will not be disturbed. I recommend a reclining position where you cannot roll or fall over. Headphones and diapers are highly recommended. You may pause the tape if you need to turn off any cellphones, get any water, or do anything else to prepare for a nice relaxing time in trance. Are you ready to go into trance? Good.

Now, I want you to just relax.

Relax,

There you go

There you go

It feels good to relax

It's just so nice to relax, and go into a nice deep trance

So nice to let all the muscles in your lower body relax as you go deeper into trance

Relax until all the muscles around your urinary tract just relax and open up

Relax until you let all the muscles around your urinary tract relax and open up

And release all of your urine

it's time to just relax and let out all your urine

it's time to just relax and release all of your urine into your diaper

Relax and go deeper into trance as you pee your diapers in bed

Whenever you are in bed you can just relax and release all your urine

Whenever you are in bed you can pee as you relax

You can pee as you sleep

You can sleep as you pee

It's okay that you enjoy peeing so much

It's okay that you find it so relaxing to pee in bed

It's okay that you feel so cozy as you stay asleep and pee

It's okay that you want to stay asleep and empty your bladder
You just want to stay asleep and empty your bladder, and that's okay
It feels so good to let the urine flow right into your diaper doesn't it
It makes you so happy to let the urine flow into your diaper
You can just let go of your urine whenever you need to
Let go of your urine whenever you're in bed
Let go of your urine anytime you feel safe and secure in bed
You want to Let go of your urine in bed as soon as you feel the need to pee
It's feels so good to pee and let go of your urine as you sleep.
It feels so good to wet your diapers as you sleep,
it's okay if you wet your diapers when you sleep,
you should always wet your diapers when you sleep,
you're being so good when you wet your diapers in your sleep.
You're nice and safe
And you know It's safe to wet your diapers.
you know it's safe to wet whenever you're in diapers
you know It's safe to wet and it feels so good to wet your diapers
just relax and wet your diapers
relax and wet your diapers
relax and wet your diapers
You can just relax and wet your diapers whenever you want to
And you know you're being good when you relax and wet your diapers
that's what your diapers are there for sweetheart
your diapers are there to catch all your pee
your diapers protect you and catch all your pee so you don't have to
Your diapers are there so can be good and wet your diapers in your sleep
You can just relax and sleep as you pee into your diapers
And you will know that you are being so good when you let go of your pee
You're such a good little bedwetter

Good little bedwetters stay relaxed after they pee their diapers
it's it feels so good to stay relaxed after you pee your diapers
You love to stay relaxed and let any pee fall into your diapers
you're being so good when you let yourself pee and stay asleep,
and if you wake up to pee you can just go back to sleep as soon as you start peeing,
you can enjoy the feeling of letting go and go back to sleep while you pee yourself into a nice deep
trance
you can go back to sleep and stay asleep as long as you need to while you continue peeing,
It's okay to pee, if you feel the urge
It's okay to pee whenever you feel the urge
It's okay to release your urine if you feel the urge
It's good to Release your urine as soon as you feel the urge
You should always release your urine as soon as you feel the urge especially in bed
It feels so good to stay asleep in bed and pee your diapers
it's easy to stay asleep while you pee and Relax
And it just feels so good to let yourself relax and go into trance
And now it's time for you to just wet your diapers
Just wet your diapers as you rest in bed
Wet your diapers and feel so good and warm
Wet your diapers and go deeper into trance
It feels so good to wet your diapers in your sleep
It just feels right to wet your diapers in your sleep
So go ahead and wet your diapers in your sleep, it's okay
Just let the urine come
Let the urine come down
That's it, you can do it, just let the urine come
It feels so good as the urine begins to flow into your diapers
Such a wonderful feeling that you want to keep feeling it
You want to keep peeing into your diaper like a good bedwetter

There you go, such a sweet little bedwetter peeing in your diaper

You don't have to understand why you pee in your sleep

I understand your need

Relax your muscles

You can relax

Stay asleep

Let the urine flow

let go of your urine

wet your diapers

it's safe to wet your diapers

Diapers catch your pee

relax and pee into your diapers

Let your urinary tract stay relaxed

Stay asleep

You can go back to sleep