

Diaper Training 2: Uncontrollable Wetting

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 in the diaper training 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 your diaper training as you continue your journey to permanent diaper dependence.

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 state of trance without even realizing it.

The fact that you have chosen to listen to this file means that you are ready to listen to my words and accept that you rely on diapers to keep your pants dry. If you are not prepared to rely on diapers to keep your pants dry, I urge you not to listen to this file, as the changes to your mind and your body may become permanent and irreversible as you progress through the diaper training program.

Be sure to drink plenty of water as you listen to this file, and throughout your entire time in diaper training. And if you have to pee now, even better. Having the urge to pee as you listen to this file can make your diaper training even more effective, but it is not necessary for this file to work. Be sure to wear a diaper whenever you listen to this file, as you may find that you have wet yourself once your time here is complete. But if you are okay with wetting your pants or the furniture, that's okay too, as long as you are able to relax, and follow along, allowing yourself to remain in a deep trance as you wet without control.

If you need to pee now or at any point as you listen to my words, that's okay. You can feel free to do so in your diaper, or whatever you happen to be wearing at the moment. You can pee right now if you want to, or you can wait until later, when you are completely relaxed. It's up to you. The important thing is that you are not to use the toilet to pee once you have started this file.

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. To make this file completely effective, be sure to wear a diaper and have plenty of water within reach as you listen to this file. A large, spill proof bottle is ideal for this purpose. 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.

And now, it is time for you to lie back, relax, and listen to my words. Just listen and follow my words as we gently wind our way down the path to trance. Today, I would like to talk to you

about control. Control is an important subject when it comes to hypnosis, and it is one which is often misunderstood. Many people think that it is the hypnotist who controls the listener, puts them deep into a trance, and implants the suggestions and ideas which take hold in their mind, affecting the listener's experience in some way. But that is often not the case at all.

The truth of the matter is, it is you, dear listener, who is in control. You who decides to listen to this file and allow your mind to accept the words you hear. You are the one who decides to listen, and because you decide to listen, your mind accepts the changes that you want to happen. You want these changes to happen, and I am here to help you experience the changes you desire as you enter a nice deep trance, where you can listen to my words and allow your mind to absorb my suggestions until you find yourself wetting and using your diapers without control.

If that is not your goal, then this file is not for you. If that is not your goal, you can just listen to my voice for just a little while, and you will still retain most of your control once your time here is complete – if that's what you really want. But do you really want that? You must be at least a little curious to know what it would be like if you truly couldn't control your wetting. What it would be like to need diapers to keep your pants dry, unless you were okay with the possibility of wetting your pants. And if that's what you want, you can listen just a few times and experience the effects of this file for the entire day, exploring the experience of being incontinent until the end of the day, when all of the effects will fade away. But if you are still listening, you probably want to experience permanent incontinence. In that case, you can return to this file again and again, losing a little more control each time you listen. Losing that control for longer and longer each time you listen. And you can continue to listen to my words until you have reached permanent diaper dependence. I can help you, if that is what you want. And if that is really what you want, then that is what will happen.

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.

You can imagine water now, trickling down. Down through your muscles, deeper and deeper, and imagine that everywhere the water touches begins to relax, begins to feel a little less sensation, begins to get a little bit heavier, as the water flows down, and you can be drinking the water, or allowing the water to run over your body until it penetrates every muscle, down past your head, over your shoulders.... Your chest.... your stomach... down toward your hips, and your diaper. And as the water goes down past your hips, you can feel all the tension in your lower body begin to dissolve away. Your stomach....your thighs, your calves and your ankles. Your feet and your toes. But most of all, your bladder. Aware of the feelings in that area, feeling relaxed as the water pools in your bladder and groin, the muscles controlling your urine getting heavier, weaker letting that pelvic floor drop as you fall into a nice deep trance.

And as you rest, in that deep state of relaxation, you can become aware of all of the muscles that you clench before or after you urinate to stop the flow of urine. Imagine the water taking effect on them now, making them weak, paralyzed, unable to clench completely. And the more you try to clench them, the heavier and more relaxed they become, as you feel that relaxation flow down through your bladder, your pelvis, and all around your diaper area, flowing into your diaper, leaving behind a nice, warm sensation as your diaper absorbs all that tension, sucking it away from your body, and leaving you with a nice, warm, calm feeling of satisfaction. Feeling so nice, so good, now that you have used your diaper, now that you no longer feel the urgent need to pee. 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 into your diaper, and you can imagine that nice warmth that makes you feel even more relaxed spreading into your diaper. So warm, so relieving, so nice to just let the water flow into your diaper, warmed by your body, just flow into your diaper and warm you up, making you smile, and feel so proud that you were able to relax and relax and let the water flow right into your diaper.

And as your diaper gets warmer and warmer, and you get more and more relaxed, you may realize that you like relaxing and going into your diapers. You like the feeling of being able to relax those muscles so you can just let it flow anytime and anywhere. It feels just so wonderful, so exciting knowing that you were able to go. You can imagine that wonderful feeling when you realize you are peeing without control, without awareness, just relaxing and peeing into your diaper 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 reach your destination on the path to trance.

And here you are. And you know why you are here, don't you? Yes, you are here because you want to wet your diapers without control. Yes, you want to lose control of your urine. You want to become completely dependent on diapers to keep your pants dry. You want to be able to find yourself wetting without even meaning to and know that you truly need diapers, and there's no getting out of it, because you cannot control the flow of urine that comes out of your body. And that's okay. It's okay to want diapers. To want to need diapers. And nobody has to know why you need your diapers. But you know you need them. You know you need diapers, because sooner or later you are going to wet your pants, or the furniture, and cause a mess – unless you wear diapers. That is why you need your diapers to be mandatory. And in order for your diapers to be mandatory, you need to learn to wet your diapers without thinking or trying, so that you must depend on diapers to keep your pants dry.

And if bladder incontinence is what you want, then I am happy to help you achieve your goal. It isn't hard to do. All you have to do is listen to my words and follow along so that you can become better and better at relaxing and wetting your diapers without control whenever and

wherever you need to. That is why you are listening to my voice, and that is why you have begun your diaper training.

In a moment, I am going to ask you to take a drink from your glass of water, and you will be able to do so easily without leaving trance. Whenever you are listening to my words, you will be able to easily reach the glass, sit up if you have to, and drink water as often as you need to as you follow the suggestions in this file

Now, take your first sip of water. Good. And as you drink, I would like you to imagine the path between your mouth and your diaper. See the water, and feel the water flowing down, down, down your throat, down into your stomach, down through your kidneys, down through your bladder, and finally right into your diaper. Go ahead and take another sip and follow this path in your mind. The path the water takes as it flows down into your diaper becoming a little shorter, and a little faster as you drink. There we go. And I want you to take another drink now, and as you do, notice the water flowing through your body even more easily, and in less time that it did before. Notice that the path between your mouth and your diaper is just a little bit shorter every time you take a drink and take a sip. Very good. And you can continue to imagine this path whenever you take a drink getting faster and faster, more and more direct, until you can experience the water entering your mouth and flowing into your diaper without any delay whatsoever.

Every time you feel the need to wet your diaper, you remember to take a drink of water. Every time you feel yourself starting to wet your diaper you remember to take a drink of water. And every time you realize you have begun to wet your diaper without even meaning to, you remember take a drink of water. Enough water to replace the urine that is going into your diaper. You can take a drink now if you like.

Whenever you feel the need to pee, you hurry to get water and drink. You want to hurry because you want to try and begin to drink your water by the time you begin to wet. And it's okay if you don't always make it. It isn't always possible to make it to water between the time it takes you to recognize that you have to pee, and the time it takes you to actually start peeing in your diaper. But you can still do your best, always keeping water on hand just in case. And you can try to keep drinking water for as long as you continue peeing. It doesn't have to be gulps. It can be just sips, as long as you continue to drink water as long as you are peeing, enough to replace the urine that is going into your diaper.

You find it easy to use your diaper and tie the idea of using your diaper to drinking water if you remember to drink water whenever you begin to urinate. Even hearing water can help you pee if you make sure you are near an open faucet, or a fountain, or anything else that sounds like flowing water whenever you wet. But you find that drinking water is the most effective way to keep using your diapers and allowing yourself to get used to using your diapers. And as you do, you find that it is easier and easier for the water to pass directly into your diaper as you drink. Go ahead and take another drink now.

The more you drink, the more you wet. And the more you wet, the more you drink. And the more you drink, and the more you wet, the harder it is to tell which came first. Sometimes you start wetting before you drink. But often, you start to drink before you wet. And the more you find drinking tied to wetting in your mind, the more you may find that you often begin to wet after drinking or hearing water. Even when you didn't realize you had to wet. Even when you didn't mean to wet, you find that drinking or listening to flowing water can cause you to wet without even thinking. You can take another drink now if you like. Don't forget to drink water often as you listen to my words.

If you drink just the right amount, you may find that whenever you take a drink, it is as if the water flows straight down into your diapers. You may find that you don't even realize you are going to wet until you already feel your urine going straight down into your diapers. Whether you are wearing diapers or not, you just relax and release your pee whenever you drink or hear water. And it doesn't matter if you know which came first, because you are doing your job and wetting your diaper, like a good diaper wearer should. And your diapers are doing their job too, soaking up your urine as fast as you can release it. And it feels so very good to stay relaxed and pee for as long as you can.

That's right, relax. Have a drink of water and relax. and if you have difficulty letting go at first, that's okay. It takes time to completely untrain your bladder. But you can do it if you want to. Follow along and you can get better and better at relaxing and letting go, so you can pee in your diapers whenever and wherever you need to.

I'd like you to imagine that feeling just as are about to pee, feeling that urine approach the point of no return. Do you know that feeling? In a moment, you will imagine that tickle as the urine begins to exit your body. You will try to clench the muscles that stop your urine from flowing, but you will only allow them to clench 10% of the way. That's right, you will only clench down 10% of the way, and the path the urine takes to exit your body will remain 90% open.

I want you to try that now – just ever so lightly begin to tense those urinary muscles, as if you can barely find the strength to do so...stopping when they are just 10% closed. You can imagine something prevents you from closing all the way as the urine comes... paralyzes those muscles so they can't contract. You could try to close your legs or bring your hands to the front of your diaper, but that can't stop your urine from flowing. And the harder you try to control your urine, the weaker your urinary muscles become, and it takes more and more effort to hold onto that 10% as those muscles become so tired from the strain... and when you feel like you just can't hold it any longer, you can finally give up and relax. You can just give up and rest those exhausted muscles, letting that warm urine flow into your diaper. You just couldn't stop it, could you? No, you couldn't. And because you couldn't stop it, you know for sure that you need diapers. And you like it.

Remember what it is like to have muscles that are too weak to clench and stop your urine, even if you wanted to. Remember that whenever you notice that the muscles in your pelvic floor are

clenched, you can just relax them. And anytime they are starting to clench, and just before you are able to clench, you can just relax them and let the urine flow if there is any urine there. And you don't have to push, or strain, or do anything but relax. Relax and listen to my voice. And the urine will come. Go ahead and take another drink of water now.

And you can drink water to help you relax whenever you have difficulty wetting. You can allow water to help you relax whenever you hear it flowing, or wash your hands, or take a shower, or drink. Any time you hear or feel water, you can remind yourself to relax your pelvic floor and use your diaper, adjusting your body as necessary, until you begin to urinate.

And it becomes easier and easier to relax and wet your diaper without even trying. Easier and easier to relax and wet your diaper without even thinking until you spend most of your time with those urinary muscles relaxed, and you only really clench them when you have to think about it. When that happens, you may find that whenever you are distracted, there is a possibility that you will wet yourself without noticing.

The more you remember to leave your pelvic floor muscles relaxed, the better you become at using your diapers whenever and wherever you need to. Releasing your urine as you listen to my words and going deeper and deeper into trance. And the more water you drink, the more you pee, and the easier it is for you to relax those muscles and let that urine flow right into your diaper.

When you are done peeing, you try your best to stay relaxed for as long as possible. Every time you pee in your diaper, you are able keep the pathway from your bladder to your diaper open a little bit longer. And the more you drink water and use your diaper, the easier it becomes to just stay relaxed after peeing, and keep the dribble going just a little bit longer. Longer and longer, more and more relaxed.

Eventually, you find that it is harder to tell just when the flow of urine starts, and when it ends. You are so used to feeling relaxed that you simply don't need to focus your attention on what is happening in your diaper. You simply notice that you are peeing at a certain point, and then let your attention drift away to whatever you were doing before you noticed you were peeing. You simply don't pay attention to when the flow starts or stops because you have other things to do. You just continue to just let the urine soak into your diaper without thinking about it until one day, you find that you are wet, and you aren't even sure if you remember urinating at all. That's right, you find that you are wet, and you aren't even sure when it happened. And that is a wonderful feeling when it happens, isn't it?

But for now, you can just take a sip of water, and follow along with me. I am going to take you on a little exploration inside your mind, and once we are finished, you will find that you have made even more progress in your diaper training. You will not need to remember what you've done on this little journey we are about to take, but some time soon, you may suddenly find yourself wetting your diapers, and you will know that whatever you did is working. Now, let's begin the next step on your journey to diaper dependence.

Close your eyes and relax. Relax and drift into trance. And as you lay there, relaxed and calm, calm and relaxed, I would like you to imagine a room in your house. It could be a real room or an imaginary room. It doesn't matter which. Have you got that room in mind? Good.

Now in this room, I would like you to find a spot that is a little bit hidden. It could be a drawer, or a cubby, or even beneath a piece of furniture, or underneath a floorboard. Only you know this secret place. Have you found it yet? Good. And as you investigate this secret place, you will find a box with a secure lock. A lock that only you can open. This is a very special box, because this box keeps things easily hidden. This box is so good at keeping things hidden, that once you put something inside, it is easily hidden from your conscious mind.

I would like you to open the box now and collect that part of your mind that remembers you meant to wet your diapers. Any part of your mind and your memories connected to remembering if you meant to wet your diapers. I would like you to put those parts of your mind into the box. That's right, the parts of your mind and memories that tell you whether you meant to wet your diapers can go into the box.

And once you've put your memories of meaning to wet into the box, I want you to close the box, locking it securely. As long as that part of your mind remains in the box you, your conscious mind will find it very easy to forget you meant to wet.

Even though your subconscious will still remember, it will become so easy for your conscious mind to forget that you meant to wet, that you can't be sure that you intended to wet at all. And the harder you try to focus on whether you meant to wet your diapers, the more you will become focused on the fact that you simply can't remember whether you meant to wet or not.

And for the rest of the day, it will be very easy to forget when you meant to wet after you begin to pee in your diaper and think about something else. So easy, to forget whether you meant to wet, and so easy to just accept the fact that you don't know how or when you start to wet your diaper. You can just allow yourself to get distracted and think of other things until you forget you meant to wet, if you ever meant to wet in the first place.

And now, you can put your securely locked box back into its hidden location. I will give you a moment to do so now. [pause]. Have you hidden your box? Excellent. And it's okay for you to forget about this box and what might be inside it for now. It's not really important. All that matters is that you listened to my words, and you did such a great job following along.

You can leave the room now, knowing that you can come back at a later time if you should need to, but you probably won't. After all, you have things to do, and you are well on your way to becoming the talented diaper wetter you want to be.

And every time you listen to this file it will be easier to forget, and just let the changes from this file take hold, as you slowly transform into the incontinent diaper wetter you know you can be. You can go ahead and take a big drink of water and be happy, knowing what a good job you are

doing. You know you can learn to wet your diapers without control as you continue your diaper training.

You have decided to train yourself to wet uncontrollably. And because you want to wet yourself without control, you are going to stay diapered at all times – unless you are okay wetting your pants. And if you want to wet your pants instead of your diaper, that's okay. You can do that and feel good knowing that you are learning to relax your muscles and release your bladder whenever and wherever you need to. But if you are not okay wetting your pants anywhere and everywhere you feel the urge to pee, then you will wear diapers 24/7, no matter how difficult it may be to hide them.

And if you can't hide your diapers and your uncontrollable wetting completely, that's okay. It's just part of your life as a dependent diaper user, and you are doing exactly what any responsible person who can't control their urine should do. It's not your fault that you need diapers and diaper training. It's just the way things are. And that's okay. Because you are doing exactly what you need to do to ensure you are comfortable, and safe from leaks, and any little accidents that you may have.

You have already done so well at listening to my words and going further down the path to diaper dependence. You can feel proud knowing that you are finally taking the necessary steps to being happy and healthy in diapers. You have done so well listening to my words, that you may have forgotten to drink water as you listen. It's okay to drink some water if you need to. Go ahead, take a drink now. There you go. That's much better.

And you will remember to drink plenty of water as you continue your diaper training. You will know that you have drunk enough water when you can soak through three or more of your thickest diapers every day. If you are not soaking three diapers a day or more, you should take special care to ensure you drink a healthy amount of water every day, and you can continue to listen to this file until you have achieved complete diaper dependence.

But now, it's time for you to go to sleep, as we end your time in trance. And you can be proud knowing that you listened so well and made so much progress today by choosing to listen to this file. And you know you can return again as many times as you want until the changes are complete and permanent.

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 remembering all the progress you made here today. I hope you enjoyed your time in diaper training, and I hope you return to listen again soon as you continue your journey to diaper dependence. Goodbye now.