

Diaper Training 5: Comfortable in Diapers Hypno Script

Description

Now that you've trained to commit to your diapers, use your diapers, and tell the truth about your diapers, it's time to get comfortable in diapers. Use them without being embarrassed. Wear them anywhere and everywhere. Most of all, enjoy the wonderful relaxing sensation of wearing diapers. You're a diaper-wearer, and you're comfortable being in diapers.

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 fifth 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 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.

This is the fifth file in the diaper training program. The fact that you are listening to this file means that you or someone you know believes you are ready to continue your diaper training and accept that you are comfortable in diapers. By continuing to listen to my words, you have already proven that you are ready to listen and accept these changes to your mind and body. If you do not wish to accept the fact that you are comfortable in diapers, please stop listening now, because the more you listen, the more permanent and irreversible these changes can become.

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 or something that feels like a diaper whenever you listen to this file. 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, let us begin our journey into trance. And it's really quite simple to do. If you are relaxed in a nice quiet place, if you are focusing on my words, you have already prepared yourself to go into trance. And whether you've gone into trance many times, or this is the first time you are going into trance, I'm sure you already know how to relax, listen, and focus your attention on the words that you hear. Chances are, you have gone into trance before whether you know if or not. Especially since you have made it this far into your training. And you can remember how easy it is to go into trance, as you reach down and touch the front of your diaper. Even easier when you touch your diaper as you listen to my voice, allowing my words to guide you down to a deep sleep. Just... like.. that...

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.

[snap]

Going into a deep sleep. Going deeper... into trance.

Deepener

And now you are in trance. But how do you know you are in trance? No matter how you may feel right now, it is possible that you are in trance. Even if you appear to be completely conscious, you might still be in trance. And no matter how deep you've gone into hypnosis, chances are, you are nice and relaxed, ready to listen to my words for a while. Accept a few suggestions. Allow my words to enter your subconscious mind as you listen.

You don't have to be totally relaxed in a deep sleep to listen to my words. You could be half-asleep... thinking your own thoughts, even as my voice speaks to your subconscious. Yes, if you are listening to my words, it is certain that your subconscious is listening as well. Even if your attention drifts elsewhere.

And eventually, your attention *will* probably drift... drift to where it always seems to go... And you know where that is, don't you? Yes, eventually, you will probably find your attention drifting toward diapers. Thinking about how nice it feels to be in a diaper. How putting one on can make you feel so calm and content. So cozy and comfortable.

Chances are, you're wearing one now, aren't you? Yes, and you can notice just how cozy and comfortable they feel on you. Even if you aren't wearing a diaper, it's easy to remember the wonderful feeling of being in a diaper, and if you focus on that feeling as you listen to my words, it can begin to feel as if it is really there. Thickening the area below your waist... softly pressing all around your diaper area, nice and snug. Making you feel so calm and secure. So relieved that you are finally back in diapers.

And you can feel them with your hands. Bringing your hand down... down... down... to the front of your diaper. Pressing your fingers into the thick padding. Allowing every sensation that tells you that you are in a diaper to just relax you even further. Send you deeper into trance.

[deep sleep deep sleep deep sleep]

In a moment, you are going to press down on the front of your diaper. And when you do, you will feel calm and relaxed, going deeper into trance. This is your diaper button. It's a special trigger that you can activate by pressing the front of your diaper when you want to go deeper into trance. That's right, whenever you need to go deeper into trance, you can press your diaper button. The diaper button will send you into trance quickly and easily, as long as it is safe and appropriate to do so.

Isn't that fun? I'll bet you want to try it now, don't you? Yes, I thought so. On the count of three, you are going to give that diaper button a nice firm press and release it, allowing the wonderful feelings to send you into a nice deep sleep. One. Two. Three. Pressing into that soft padding. Feeling your body begin to relax even more, as you go deeper into trance. Very good. One more time on the count of three. One. Two. Three. Deep sleep. Very good.

And for the rest of this session, you use your diaper button to remain in trance as you listen to my words, going as deep as you need to to listen to my words and accept what you hear. Every time you caress your diaper, you can feel yourself go a little bit deeper into trance. Every time you press, or squeeze your diaper, you can feel yourself go deeper into trance. And the feel and the sound of the diaper gives you that wonderful feeling of contentment and comfort as you press your diaper... let your mind shut down... and just enjoy the sensations as you listen to my voice right now.

Your conscious mind is too busy thinking about your diapers and enjoying diaper sensations to catch all of my words before they pass into the subconscious mind. Yes, while you are busy thinking about your cozy comfy diapers, my words can just pass right by, sinking deep into your mind. And you are okay letting my words sink deep into your mind, making little changes here and there... rearranging things just a little bit. That's just fine. You want that to happen. That is why you're here, after all. To relax and enter trance, to accept a few little changes to your mind and body. You don't want to think about that now, though. You want to just keep on touching and enjoying your diapers, and the wonderful feelings they bring as you go deeper and deeper into those sensations. Deeper and deeper into trance.

Body

And here you are. And you know why you are here, don't you? Yes, you are here because it's time to admit that you are comfortable in diapers. It may be you, or someone you know - such as a friend, a caretaker, whoever is responsible for keeping you in diapers. But regardless of who is responsible, you are here now, and that means you are *ready* to fully accept and enjoy the fact that you are in diapers for good. To find comfort in that fact. Not as a temporary thing. Not just for today, but always and forever. And you know that that's okay, don't you? Yes, you do.

Yes, diapers have been with you for some time now. You're probably wearing one now, aren't you? And it's easy to recognize that diapers are the softest, comfiest underwear there is, isn't it? Easy to imagine a time when... you have felt comfortable... in diapers. Can you recall how that feels? Yes, I'll bet you have already been comfortable in diapers, and as you listen to my words and continue your diaper training, you can let that familiar sense of comfort and security grow more... and more.

You belong in diapers... it's time to accept it. You belong in diapers. Repeat after me now: "I belong in my diapers." Repeat once more, and allow yourself to believe the words you say: "I belong in my diapers." Now say, "I am comfortable in my diapers." Say, "I am comfortable in diapers and I love my diapers" Say "Diapers are the normal, comfortable, healthy choice for me." Very good. You did so well telling the truth about your diapers.

And you can smile as you accept that you belong in diapers, because you are comfortable in diapers. You are being good *whenever* you wear your diapers and accept them as normal, and you can feel good about how good you've been whenever you are in diapers.

Day by day, as you listen to this file, you can let your comfort in diapers continue to grow, until you are so comfortable being in your diapers that it can be hard to imagine wearing any other underwear. Yes, you can listen to my words and continue your diaper training until wearing diapers has become second nature, and whatever adaptations you have made to accommodate wearing diapers become a natural part of your daily routine. That is our goal as you continue your diaper training. And because that is what we want, that is what will happen.

And it really makes a lot of sense to want to be comfortable in diapers. Because, diapers are just what you wear now. And it is good for you to *accept* that diapers are the normal, comfortable, healthy choice for you.

Sensation

But what does it mean to be comfortable in diapers?

The first, and most obvious meaning is that diapers *feel* comfortable.

It feels good to be in a diaper. It just feels *right* to be in a diaper. Being out of a diaper feels wrong. It's not as comfortable. You are much more comfortable in diapers. And you love your diapers. You love them more and more every day. The wonderful feeling of the thick diaper pressing against your diaper area is so comfortable and familiar - like a big hug when you need it most. Yes, that's exactly how it feels. Diapers hug you. Diapers comfort you, and they carry you through your day. They make you feel good. And you know that when you wear your diapers, you are *being* good. Because you belong in diapers.

Yes, you love your diapers. You love everything about diapers.

You love the wonderful rustle of a diaper. The way it crinkles every time you move, reminding you it's there. You even love the sound the tapes make when you're changing your diaper. You love the sound your diapers make when you touch them.

And the feel of the puffy, crinkly material beneath your hand is comfortable and familiar. It's comforting and familiar to reach down and feel that there is indeed a diaper down there. Exactly where it should be any time you check. Keeping you safe. Calm, and content. And even when your hands are elsewhere, and you're doing other things, you can feel that calming gentle pressure of the diaper hugging you, holding you, letting you know it's there.

You love the wonderful smell of diapers when they are kept in one place. The smell of your favorite powders, oils, gels, or creams that you like to use. Those smells are bound to evoke those wonderful feelings of contentment. Maybe even excitement, as they signal to you that diapers are nearby. And you might even want to keep those nice smells around you or on you. And that would be completely appropriate... because diapers are never far from you, are they? No, they aren't.

You love the gratifying sight of your diapers when you wear them uncovered. You love The familiar sight of the diaper bulge under clothing, or that slight peekage above your waist every time you bend down, or reach up. You love it when you notice the sound, feel, and sight of your diaper as you go about your day, and you welcome these reminders that you are diapered for maximum comfort.

You love it when you notice the sound, feel, sight, and smell of your diaper at night when you're diapered in bed, feeling so good. Knowing that the diaper is responsible for all that you feel below the waist. Knowing that you feel better when you are diapered, and now you finally can be - because you are comfortable in diapers.

Frequency & Location

Another way you can be comfortable in diapers is being comfortable wearing them more often, or all the time as your normal underwear. And that means accepting that you can wear diapers any time. And anywhere. Because diapers are the normal, comfortable, healthy choice for you.

At home. Outside. In class. At the doctor's office. Visiting people you know. And around people you don't know. Imagine how comfortable you can be wearing diapers any time and any place. Doesn't that feel so good? Yes, it does.

And you don't have to show off your diapers by any means. But you can enjoy the comfort of a diaper regardless. And if someone happens to notice - well, that's okay. You are comfortable with that possibility. Because diapers are what you wear now, and they are the normal, comfortable, and healthy choice for you.

You don't just wear diapers at home. You can wear them anywhere... any time... and as you listen to my words and follow along, you can become more and more comfortable with that fact as you continue your diaper training. Allowing that familiar feeling of comfort to grow whenever you wear a diaper... knowing that wearing diapers is normal and good for you. Knowing that you are being good when you wear your diapers. And as you continue your diaper training, you will find yourself in diapers a little more often. Whenever you are trying to decide if it's time for a diaper, your default answer is yes. And you will find more and more comfort in the fact that you are diapered - as you should be - more and more.

Fractionation

And now you can bring yourself out of trance just a little bit. You can regain just enough awareness to test this fun new button out again. Make sure that it really works. On the count of three, you will press that button again, and when you do you will feel as relaxed or even more relaxed... than you did before. So very relaxed and so ready to listen to my words while the conscious part of your mind goes back to sleep, leaving the listening part of your mind to respond to my suggestions. One. Two. Three. And press... your hand into that wonderfully soft... thick... padding. Relaxing until all you think about is the wonderful feeling of being in a diaper, until you finally find yourself totally and completely relaxed in trance.

Confidence & Commitment

You are physically comfortable in diapers. You are comfortable being in diapers any time and any place. And you are also comfortable with what that means for your behavior and daily life.

Yes, you are comfortable knowing that diapers are a permanent part of your life and you're also comfortable with the adaptations you make to live your life in diapers. Comfortable having a diaper bag. Knowing that wherever you go, you or a caretaker will have your diaper bag handy. Ready to admit what it is when asked. Ready to have it looked through by security if needed.

You are comfortable planning for diaper changes throughout the day. You're comfortable changing in any public or private restroom when needed so you can wear comfortably all the

time. After all, getting a diaper change is part of being a diaper wearer. And you can easily admit you're a diaper wearer because it's true.

Repeat after me: I am a diaper wearer. Again. I am a diaper wearer. Yes, you are. And you can be comfortable and secure knowing that you are prepared to do what you have to do to remain comfortable in diapers at all times.

Every day you are committed to these adaptations, you become more comfortable in diapers. More comfortable with the fact that these are your underwear now and will be for evermore. It's silly to deny it, because you know this is the truth.

And you are comfortable wearing your diapers as thick as you need to to ensure you can get through your day with confidence. You love to wear your thick diapers, wearing them as thick as you need to to feel maximum comfort. Yes, you can wear and enjoy the thickest diapers whenever you want to even if they show through your clothes. Because you love to wear your thick diapers.

Repeat after me: I love to wear my thick diapers. Again: I love to wear my thick diapers.

Very good! And if somebody notices you wear diapers, that's ok. Being seen in diapers is no problem. It's just something that happens when you're comfortable in diapers. Being heard is no problem either.

And as much as you love the comforting sight and sound of your diapers, you're so used to the crinkle and rustle of diapers, sometimes you don't even notice it. After all, diapers are your normal underwear and you're comfortable in diapers.

And whenever your diapers show or make noise, that can just relax you further because whenever you notice your diapers, you can smile and remember that you are being good, because diapers are the normal, comfortable, healthy choice for you. And if anyone asks about your diapers, or your diaper bag, you can easily admit you're a diaper wearer because it's true. And it's so much easier to tell the truth.

Let's try it now. Imagine a scenario where someone asks you about your diapers. Maybe even one where you did not have the confidence to admit the truth before today. Have you got it? Great. Yes, you may already have that confidence with some people in some situations. But I'll bet you know how good it would be for you to have that confidence in every situation. Imagine the feeling of comfort and confidence you feel when you can freely admit that you do wear diapers in any situation with any person. Take a moment to truly imagine what it is like to have that confidence.

Imagine yourself now. In that situation. With that confidence. On the count of three I'm going to ask you if you wear diapers. And when I do, you can allow that feeling of confidence to fill you as you calmly and factually admit that yes, you do wear diapers. And you can repeat after me when I answer the questions as you imagine this scenario. Or, you can give your own answer admitting that you wear them.

On the count of three repeating after me when I answer the questions.

Do you wear diapers? Yes, I do.

Do you wear diapers? Yes, I do.

Why do you have a bag? It's my diaper bag.

Why do you have a bag? It's my diaper bag.

Why are you wearing diapers? Because that's what I wear.

Why are you wearing diapers? Because that's what I wear.

Do you need diapers? Yes I do.

Do you need diapers? Yes I do.

Very good. You did so well admitting the truth. And that's all you have to say.

Emotional Comfort - Visualisation

There is at least one more way you are comfortable in diapers. Do you know what it is? Yes, you can turn to diapers for emotional comfort. Because no matter what happens during your day, being padded can make your day a little better. Diapers can improve your mood, calm your tensions, and improve your quality of life. Imagine with me the following scenario:

It's been a long day, and you are at home. You finally have some time to yourself. The idea of putting on a diaper appears and you immediately decide that yes, now is the perfect time to put on a nice, fresh diaper, or have one put on you. You go into your closet, or drawer, wherever you keep your diapers, and you grab the thickest, most comfortable diaper you have... and put it on, or have a someone put that diaper on you. Enjoying the process of being put in a diaper. That feeling you get just holding it in your hands. That feeling you get when it is opened up, and you find yourself on that open diaper, anticipating what comes next. That feeling as that diaper closes up around you. Nice and secure. Hugging you in the best way.

And then... you lie down... *relax*. Nice and comfortable. Feel that diaper hugging you close. Secure. In your most private intimate place. Crinkling lightly with every little movement. And... you can feel a sense of peace. Fulfillment. That whatever is going on in your life at the moment... can just quiet down... just for now... just for a little while... And you can let that diaper hold you, and comfort you.

...

It feels right... being in this diaper. Feels good. You can enjoy this moment.... And you deserve to enjoy this moment... knowing that you can get up after... and do whatever it is you need to do. But knowing that all that can wait just a little while longer as you allow that feeling of peace and serenity to settle in. Knowing that the diaper gives you that peace of mind to just enjoy the moment... appreciate the fact that you are in a diaper. Where you belong. And that it makes you feel happy, content, comfortable. That something so simple could make you happy... is a miracle. It really is, and you can appreciate how lucky you are to have such a simple.... safe... and healthy path to contentment. Diapers are a wonderful way to destress. To take a little break. With me. Here. Again.

And any time you are in a diaper. You can return to this place in your mind. Remember how calm and peaceful your diaper makes you feel. Remember what it means to be truly comfortable in diapers. And you can return here as often as you like, and as many times as you need to ensure that these changes to your mind and body are complete and permanent.

Now it's time to thank the one who has made this all possible: your diapers.

Repeat after me. Say: Thank you, diapers.

Thank you for protecting me.

Thank you for comforting me.

Thank you for giving me confidence.

Thank you for making me feel so good.

Very good. And you can add any other thanks you would like to say to your diapers.

Ending

And now, it's almost time to return to your normal waking state. And whether or not you remember everything you did here today, you can smile and appreciate that feeling of comfort and confidence knowing you made so much progress here today just by listening to my words.

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 with me, and I hope you return to listen again soon. Goodbye now.

Mantras

- [deep sleep deep sleep deep sleep]
- I am comfortable in diapers
- I'm in diapers for good
- I'm in diapers always and forever
- Diapers are the comfiest underwear there is
- Diapers are familiar
- Diapers make me feel comfy and secure
- "I belong in my diapers"
- "I am comofrtable in my diapers"
- "I am comfortable in my diapers and I love my diapers"
- Diapers are normal, comfortable, healthy
- Normal, comfortable, healthy
- Diapers are normal
- I'm being good when I'm wearing my diapers
- Whenever I wear diapers, I'm being good
- It's hard to imagine wearing any underwear but diapers
- Diapers are a natural part of my daily routine
- Diapers are just what I wear now.
- Diapers are normal, healthy, and comfortable
- I feel good in a diaper
- I'm being good when I wear diapers
- It just feels *right* to be in a diaper
- Being out of a diaper feels wrong
- I am comfortable in diapers
- other underwear isn't comfortable
- diapers are so comfortable
- Diapers make me feel good.
- When I wear my diapers, I'm being good
- I belong in diapers
- I am comfortable in diapers
- I love my diapers
- I belong in diapers
- I love my diapers

- I love everything about diapers
- I love the sound of my diapers... [elaborate]
- I love the way my diapers feel beneath my hands... [elaborate]
- I love the way diapers hug me tight...
- I love the way diapers smell...
- I love all the good smells that remind me of diapers...
- I look forward to diaper changes...
- I love how diapers look on me...
- My clothing does nothing to hide my diaper and I don't care if it does. I'm comfortable in diapers
- I love to see my diapers and know that they're there...
- I love all the ways that diapers tell me they are there...
- I love my diapers in the daytime. As I go about my day...
- I love my diapers at night. In bed....
- I can wear my diapers any time
- I can wear my diapers anywhere
- Diapers are normal, comfortable, and healthy for me.
- I'm comfortable in diapers
- Diapers feel so good
- Diapers are what I wear now
- I'm becoming more and more comfortable in diapers
- Every day, I'm becoming more and more comfortable in diapers...
- I can wear diapers more often than before
- Whenever I think about wearing a diaper, the answer is yes
- Yes, it's time for a diaper
- I'm comfortable being in diapers any time. I'm comfortable being in diapers all the time
- I can plan to get diaper changes throughout the day
- I can carry my diaper bag
- I'm used to getting my diaper changed in any public or private restroom
- I'm comfortable being changed by others whenever necessary
- I am a diaper wearer. I am a diaper wearer.
- I'm prepared to do whatever it takes to remain comfortable in diapers at all times
- I will do what it takes to remain in diapers
- Diapers are my underwear
- I am ready to admit that I wear diapers
- It's silly to deny my diapers
- It's easy to tell the truth about my diapers
- I love to wear my thick diapers. I love to wear my thick diapers.
- It's okay if somebody notices my diapers - diapers are normal and healthy for me to wear

- Hearing and seeing my diaper can help me relax Feeling and knowing I'm in a diaper can help me relax.
- I can smile whenever I'm reminded I'm in diapers
- I can admit I wear diapers. It's easy to admit I wear diapers.
- It feels so good to be comfortable in diapers
- I wear diapers
- I have a diaper bag
- Diapers are what I wear
- I need diapers
- It's easy to tell the truth about my diapers
- Diapers improve my mood
- Daipers improve my daily life
- It's okay. I belong in diapers.
- You are so good. You are doing so good wearing your diapers.
- It's time for a diaper
- So comfortable and relaxing.
- I deserve this. I deserve to be comfortable in diapers.
- Shh shhh shh shh shhh
- Being in diapers feels right
- I deserve to enjoy being in a diaper
- I will return to listen again and again
- Thank you, diapers