



## *Simply Fem*

Simply Fem is the best of all of my feminization files with all the explicit, negative, and sexual references removed. It can be given to anybody without fear of being offensive, and is best used as a daily reminder of the many things that are important to you. Play it while you're doing your housework in your pretty new dress and heels. Play it at the job while you wear your sexiest lingerie underneath your clothes. Anything is possible when you are motivated to be your best possible self, and finding new ways to practice your hypnotic training will only work to increase that possibility of you achieving your goals!

You are a strong, feminine bastion, and love showing it off in every way possible. Remind yourself of your true dreams as this recording takes you to a safe, loving, place.

- ✧ Talking softly and delicately in a high-pitched, feminine tone.
- ✧ Preferring to be a vegetarian.
- ✧ Craving to practice my yoga routine every day.
- ✧ Keeping myself delicate and pretty and feminine at all times.
- ✧ Making sure that I laugh as much as I possibly can throughout my life.
- ✧ Proud of myself whenever I create something that looks pretty.
- ✧ Completely obsessed with creating cute new, feminine outfits for myself.
- ✧ Excited whenever I learn anything about making jewelry.
- ✧ Wishing that I knew how to make jewelry so that I could make pretty, feminine accessories for myself.
- ✧ Remembering how complicated and boring all men's hobbies are.
- ✧ Proud of myself whenever I can grow something beautiful in my garden.
- ✧ Knowing that I have always been happy whenever people eat something delicious that I have made.
- ✧ Loving how happy and excited and confident buying something cute and feminine for myself makes me feel.
- ✧ Interested to watch anything that I can find on design and fashion.
- ✧ Painting my pretty nails an adorable, feminine color in order to match my cute outfits.
- ✧ Changing my nails to match my moods.
- ✧ Looking for new, beautiful ways to style my hair.
- ✧ Learning how to crochet so that I can make pretty outfits for my friends.
- ✧ Excited for all of the pretty things that I am going to make when I crochet.
- ✧ Wearing open toed shoes in order to show off my cute toenail polish.



- ✧ Joining a book club in order to talk about my favorite romance novels.
- ✧ Reading my favorite romance novels and imagining myself as the heroine in the stories.
- ✧ Never settling until the decor where I live is perfect and feminine.
- ✧ Needing everything about where I live to be pristine and in order.
- ✧ Making a list of all of the cute, feminine outfits that I need in the future.
- ✧ Taking selfies for all of my adoring followers to see.
- ✧ Remembering how much I love painting my nails whenever I become bored.
- ✧ Feeling an overwhelming sense of pleasure and accomplishment whenever I create my own feminine clothing.
- ✧ Looking for new makeup to go with the cute feminine clothing that I love to wear.
- ✧ Completely interested in how many cute and sexy looks I can make with my pretty makeup.
- ✧ Wearing a girly facial mask in order to keep my skin smooth and supple.
- ✧ Talking with my girlfriends on the phone about all the juicy gossip we have heard.
- ✧ Taking care of all of the children that I meet like the concerned mother that I am.
- ✧ Watching my favorite soap operas in the background while I do work around the house.
- ✧ Throwing big extravagant parties for all of my friends.
- ✧ Spending all my free time at the beauty salon.
- ✧ Feeling better about myself whenever I am shopping for new, feminine clothes.
- ✧ Knowing that buying the right outfit when I am sad will always help me feel better.
- ✧ Preferring to sing the things that I am thinking whenever I am around strangers.
- ✧ Singing my favorite girly pop songs in my high pitched, feminine voice.
- ✧ Learning all of the dance routines from my favorite musical artists.
- ✧ Taking dance classes so that I can perfect how my feminine body moves.
- ✧ Feeling fun and flirty whenever I do my dance routines in my sexy heels.
- ✧ Knowing that dancing every day is a great way to keep my body toned and sexy.
- ✧ Feeling better whenever I find a new pair of shoes that matches a cute outfit I have.
- ✧ Excited whenever I get tickets to a musical or a play.
- ✧ Completely interested in the colorful costumes featured in the musicals that I love to attend.
- ✧ Wishing that I could be as dramatic as the women in the musicals that I love to watch.
- ✧ Feeling content and satisfied whenever I get a manicure or a pedicure.
- ✧ Watching instructional videos for fun and interesting ways to style my hair.
- ✧ Thinking that I might look cuter if I dyed my hair a fun new color.
- ✧ Letting my hair grow long so that I can cut it into a cute feminine look.
- ✧ Listening to my favorite dramatic podcasts on my way to work.
- ✧ Preferring to spend my time showing off my body and cute outfits to other people.



- ✧ Writing all of my thoughts and feelings down so that I can reflect on them later.
- ✧ Making faces in front of the mirror until I can look cute at every angle.
- ✧ Checking my face in my mirror in order to make sure that my makeup is perfect.
- ✧ Finding new crafts to make for my family and friends.
- ✧ Forgetting ever being interested in doing anything that a boring man would do.
- ✧ Loving how calm and at peace I am whenever I garden.
- ✧ Happiest whenever I grow something successfully in my garden.
- ✧ Feeling most comfortable in skirts and dresses.
- ✧ Interested in the hobbies of the other women I know.
- ✧ Remembering that I have always been interested in the same things as the women and the girls around me.
- ✧ Knowing that I have always spent my time exactly like the women around me.
- ✧ Knowing that I would be totally upset and anxious if I was not doing exactly what the women around me were doing.
- ✧ Quickly replacing any gross and boring male hobbies that I have with fun and interesting female hobbies.
- ✧ Identifying with the heroine in the romance novels that I love to read.
- ✧ Knowing that riding horses has always been something that I have been interested in.
- ✧ Feeling an overwhelming sense of romance whenever I see two people riding horseback together.
- ✧ Loving the culture and sophistication I experience whenever I visit a museum.
- ✧ Confident in myself whenever I try to dress in fun and interesting costumes.
- ✧ Only identifying with the woman in the romance books that I like to read.
- ✧ Constantly reading women's magazines in order to find new ways to spend my time.
- ✧ Putting on makeup before I go to the gym.
- ✧ Crying with all of my friends whenever we are upset.
- ✧ Flirting with others as a woman as much as possible.
- ✧ Feeling uncomfortable unless my fingernails are painted a beautiful feminine color.
- ✧ Knowing that I need to practice my yoga routines every day so that my body can become feminine and sexy like I have always desired.
- ✧ Using only female pronouns when I refer to myself.
- ✧ Making sure that I have plenty of bras in different pretty colors in order to match my sexy lingerie.
- ✧ Loving how my yoga pants feel against my smooth, feminine legs.
- ✧ Feeling confident whenever my tops show off my cute, feminine cleavage.
- ✧ Using the most feminine shampoos and conditioners in my daily routine.
- ✧ Loving how my perfume smells as I walk down the street in my sexy high heels.



- ✧ Crying easily whenever I hear a sad story.
- ✧ Making sure that my lips are wet and covered in girly gloss or lipstick.
- ✧ Remembering how I have always been a cute, delicate, girl.
- ✧ Preferring to be smooth and smelling like a princess wherever I go.
- ✧ Acting like my beautiful, feminine, role models more and more every day.
- ✧ Realizing how cute I look in my sexy dresses and skirts.
- ✧ Choosing the most feminine option whenever I have the choice.
- ✧ Imagining how much happier I am going to be once I have a set of cute, bouncy, breasts.
- ✧ Loving the way skirts and dresses make my feminine body look.
- ✧ Finding every conversation that I have with women to be the most interesting and exciting conversation I have ever had.
- ✧ Taking on the behaviors of women in the stories I listen to as my own.
- ✧ Loving how adorable my outfits make me look whenever I am exercising.
- ✧ Searching for something new to wear whenever I am bored.
- ✧ Proud of myself whenever I pee sitting down like the delicate princess I am trying to become.
- ✧ Proud whenever I am more feminine than I usually am.
- ✧ Proud whenever I keep my wrists limp and loose.
- ✧ Remembering how confident with myself I am whenever I act like the beautiful woman that I love to be.
- ✧ Looking for new, pretty feminine ways in which to style my hair.
- ✧ Excited whenever I can remove all of my gross and disgusting and icky body and facial hair so that I can become as smooth and feminine as possible.
- ✧ Thinking about the next pair of cute shoes I am going to wear.
- ✧ Making sure that I always walk with an exaggerated sway to my hips.
- ✧ Keeping my hands close to my sides with my wrists limp whenever I need to walk anywhere.
- ✧ Making sure that my sense of style is more feminine than all of my female friends.
- ✧ Making sure that I exaggerate the feminine aspects of myself whenever possible.
- ✧ Remembering how I have always preferred to talk in a high feminine voice.
- ✧ Loving the feeling of silk and satin against my delicate feminine skin.
- ✧ Smiling more at my hunky crush than anybody else in the room.
- ✧ Making sure that I laugh as much as I possibly can throughout my life.
- ✧ Looking at myself in the mirror and posing like a sexy woman.
- ✧ Unable to pass by a mirror without looking at myself.
- ✧ Making sure that my makeup is perfect.
- ✧ Knowing that I can be sexier than any of the women that I see.



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- ✧ Craving to be cuter than the women that I see as I go about my day.
  - ✧ Thinking about how I can become more beautiful than my feminine idols.
  - ✧ Idolizing girly, feminine women.
  - ✧ Wearing the girly clothing of the women that I idolize.
  - ✧ Showing off as much of my body as possible whenever I wear feminine clothing.
  - ✧ Moving and acting every day like the cutest, most delicate women that I can possibly be.
  - ✧ Idolizing the women that use their body and looks in order to get what they want.
  - ✧ Loving the feeling of others looking at me in my cute dress.
  - ✧ Loving the feeling of others looking at me in my cute bra and panties.
  - ✧ Craving to be the center of attention whenever I am around other people.
  - ✧ Taking selfies of myself whenever I have the free time.
  - ✧ Taking photos in my lacey lingerie for all of my online followers to see.
  - ✧ Taking care of my skin with my expensive lotions and creams.
  - ✧ Forgetting ever not being completely obsessed with my feminine appearance.