



## *Baby Trigger*

Being an innocent and adorable baby is the best feeling in the world! You love to be cuddled and cared for and to spend all of your time enjoying life in your safe and secure and comfortable diaper! But with the hustle and bustle of everyday life, it can be easy to forget to relax and be the happy and cute child that you have always preferred to be.

With repeated listens of this file, you will train yourself to regress into an adorable baby each and every time that you hear the word "diaper." Discover yourself enjoying the time that you spend as a child more and more and find yourself craving to regress into the happy and innocent baby that you prefer to be more and more every day. Know that being a baby makes you the happiest in your life and find that you become even happier each and every time that you hear or see the word "diaper."

Learn how to relax and let go of all of your uncomfortable adult worries and cares and anxieties. Discover how much more exciting life can be with just a simple word.

- ✧ Knowing that being a baby whenever I hear the word "diaper" is the most natural thing in the world.
- ✧ Preferring to be wrapped up in a warm and comfortable and safe diaper whenever I hear the word "diaper."
- ✧ Preferring to wear a diaper at all times in order to feel comfortable and happy and safe whenever I hear the word "diaper."
- ✧ Fantasizing about finding a caretaker to feed and change me and treat me like the toddler that I have always desired to be whenever I hear the word "diaper."
- ✧ Feeling safe and comforted and happy whenever I am in a diaper.
- ✧ Thinking about how excited and happy and comfortable I would be if I became a baby completely whenever I heard the word "diaper."
- ✧ Feeling happy and excited and aroused whenever I hear the word "diaper."
- ✧ Needing to be comforted and taken care of whenever I am in a diaper.
- ✧ Remembering how much fun I had playing with my favorite childish toys and coloring books and games whenever I hear the word "diaper."
- ✧ Preferring to be in my diapers all of the time whenever I hear the word "diaper."
- ✧ Fantasizing about my loving caregiver changing my wet diaper whenever I hear the word "diaper."



- ✧ Fantasizing about lying in my warm and comfortable diaper all day and never needing to worry about a bathroom break whenever I hear the word "diaper."
- ✧ Preferring to be a baby whenever I hear the word "diaper."
- ✧ Remembering that I have always desired to wear a diaper whenever I hear the word "diaper" or see a diaper as I go about my day.
- ✧ Loving myself whenever I am wearing a diaper.
- ✧ Feeling happy and fulfilled and content whenever I hear the word "diaper."
- ✧ Plastic pants rubbing against my crinkly diaper whenever I move.
- ✧ The most comfortable and arousing and exciting children's toy that I have ever played with.
- ✧ Telling others how much I crave and desire to wear diapers and become a complete baby whenever I hear the word "diaper."
- ✧ Crawling on the floor whenever I hear the word "diaper."
- ✧ Remembering that the word "diaper" makes me wet my diaper uncontrollably like the baby that I crave and desire to be.
- ✧ Peeing in my diaper whenever I hear the word "diaper."
- ✧ Playing with my favorite stuffed animals whenever I hear the word "diaper."
- ✧ Sucking on my pacifier whenever I hear the word "diaper."
- ✧ Feeling proud and accomplished and excited whenever I hear the word "diaper."
- ✧ Thinking about how much fun it will be to play with all of my favorite childish toys whenever I hear the word "diaper."
- ✧ Feeling happy and comfortable and relaxed whenever I am in my diaper.
- ✧ Fantasizing about being pampered and coddled like a baby whenever I hear the word "diaper."
- ✧ Fantasizing about being rocked to sleep in my safe and comforting and cozy crib whenever I hear the word "diaper."
- ✧ Fantasizing about being fed like a baby by my loving and caring and dominant caretaker whenever I hear the word "diaper."
- ✧ Feeling happy and content and loved whenever I hear the word "diaper."
- ✧ Feeling happy and content and loved whenever I hear the word "diaper" and regress into the baby that I prefer and desire to be.
- ✧ Preferring to be a baby whenever I hear the word "diaper."
- ✧ Feeling uncomfortable and unhappy and unconfident whenever I am not in my comfortable diaper.
- ✧ Know that I love to wear a diaper and a onesie and suck on a pacifier and play with childish toys whenever I hear the word "diaper."



- ✧ Sucking on a pacifier like a baby in order to calm myself whenever I hear the word "diaper."
- ✧ Making sure that I always wear a diaper whenever I hear the word diaper.
- ✧ Making sure that I wear a comfortable and safe diaper whenever I play with my childish toys.
- ✧ Knowing that hearing the word "diaper" makes me the happiest in my life.
- ✧ Knowing that I will be happier once I hear the word "diaper."
- ✧ Naturally playing with my childish toys in my comfortable diaper whenever I hear the word "diaper."
- ✧ Making sure that I always wear a diaper whenever I hear the word "diaper."
- ✧ Feeling comfortable whenever I am in my comfortable diaper.
- ✧ Enjoying the feeling of being a baby whenever I hear the word "diaper."
- ✧ Playing with blocks and toys like the baby that I love to be whenever I hear the word "diaper."
- ✧ Loving to play with my favorite toys like a small child whenever I hear the word "diaper."
- ✧ Loving how comfortable and safe and protective my diapers are.
- ✧ Knowing that I will become a better baby every time that I wear my comfortable diaper and hear the word "diaper" being spoken.
- ✧ Playing with toys and giggling like a baby whenever I hear the word "diaper."
- ✧ Knowing that I could be a better baby every time that I hear the word "diaper."
- ✧ Happiest whenever I hear the word "diaper" and watch childish cartoons and play with my childish favorite toys.
- ✧ Saying the word "diaper" whenever I am bored.
- ✧ Comfortable and happy and excited whenever I hear the word "diaper" and can act like the incontinent baby that I know I am.
- ✧ Feeling happy and accomplished and proud whenever I hear the word "diaper" and mess my diaper.
- ✧ Comfortably drinking milk from my baby bottle whenever I hear the word "diaper."
- ✧ Feeling proud and accomplished and happy whenever I hear the word "diaper" and unconsciously wet my diaper.
- ✧ Playing with my favorite childish toys and sucking on my pacifier as I fall asleep in my comfortable and secure diaper whenever I hear the word "diaper."
- ✧ Sucking on my pacifier as I play with my favorite childish toys whenever I hear the word "diaper."
- ✧ Feeling happy and accomplished and proud whenever I hear the word "diaper."
- ✧ Feeling excited whenever I hear the word "diaper" and put on my cute diaper and plastic pants.



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❖ Loving how soft and cuddly and comfy my diapers are.