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## *Wet Mess*

Every little baby loves to wet and mess themselves uncontrollably and unconsciously like the adorable child that they are. Do you fantasize about giving up all of your adult stresses and worries and cares so that you can release yourself easily and naturally into whatever you might be wearing?

Listen to this file and discover the pleasures of wetting and messing your diaper and pants uncontrollably and unconsciously as you go about your day. Discover how much more pleasurable and exciting your life will be once you learn to wet and mess your diapers uncontrollably and unconsciously like the little baby that you have always desired to be. Find a thrill of pleasure and excitement whenever you act like a little baby and wet your diapers or pants without even realizing it. Remember how much you love to be babied and cuddled like a little child, and how much you love to be cared for and nurtured and have your diaper changed by the smart and important grown-ups around you.

Discover how much easier it is to be the baby that you love to be when you have no concern about being wet or messy. Find pleasure in releasing your stresses easily and naturally into your diaper as you work towards being the most adorable baby that you can possibly be.

- ✧ Easily forgetting how to control my bladder whenever I am wearing a diaper.
- ✧ Feeling proud and satisfied and accomplished whenever I wet or mess my diaper uncontrollably and unconsciously.
- ✧ Fantasizing about wetting and messing my pants uncontrollably and unconsciously whenever I am wearing my adorable and comfortable and childish outfits.
- ✧ Remembering how much I love to wear a diaper and pants in order to feel comfortable and safe and protected.
- ✧ Easily letting go of all of my adult worries and stresses and problems whenever I wet my diaper.
- ✧ Preferring to wet and mess myself unconsciously each and every day.
- ✧ Feeling proud and accomplished and satisfied whenever I am wet and messy.
- ✧ Knowing that I have always loved to wet and mess my diapers uncontrollably and unconsciously like the little baby that I have always desired to be.
- ✧ Unconsciously wetting and messing my diapers and pants whenever I am not consciously thinking about holding my bladder and bowels.



- ✧ Remembering to wet and mess my diapers and pants every day and night like the little baby that I know I am.
- ✧ Feeling excited and happy and proud whenever I wet and mess my pants and diaper.
- ✧ Feeling embarrassed and unhappy and uncomfortable if I am not wetting or messing my diapers and pants uncontrollably and unconsciously like the happy little baby that I have always desired to be.
- ✧ Thinking of new and pleasurable ways to make myself wet and mess my pants and diaper more easily and naturally.
- ✧ Knowing that being wet and messy is something that makes me happy in my life, and that I love the idea of wetting and messing myself uncontrollably in my future.
- ✧ Knowing that I will be happier and more fulfilled and satisfied with my life once I learn to let myself completely wet and mess my diapers automatically and unconsciously.
- ✧ Remembering how all of the things that I worry and stress about slip away once I am in a comfortable diaper and childish clothing.
- ✧ Remembering how much I love to wet my pants and diaper uncontrollably and unconsciously whenever I am playing with my favorite childish toys.
- ✧ Easily forgetting how to use the toilet whenever I am wearing a diaper.
- ✧ Knowing that wetting my diaper is completely normal and natural for a baby like me.
- ✧ Knowing that I am a baby and that babies wet and mess themselves uncontrollably and unconsciously.
- ✧ Fantasizing about playing with my favorite childish toys and books and games as I wet and mess my diapers uncontrollably and unconsciously.
- ✧ Fantasizing about being fed delicious baby food and wearing adorable baby clothes and diapers as I mess my pants and diaper uncontrollably and unconsciously.
- ✧ Knowing that I will feel accomplished and proud and happy once I learn to wet and mess my diapers uncontrollably and unconsciously like the little baby that I have always craved and desired to be.
- ✧ Fantasizing about wetting and messing my diapers uncontrollably and unconsciously while I am being rocked to sleep in a comfortable baby crib.
- ✧ Feeling proud and satisfied and accomplished whenever I wet and mess my pants unconsciously while I am day dreaming.
- ✧ Knowing that feeling proud and satisfied and accomplished whenever I wet and mess my diapers is natural and normal for someone like me.
- ✧ Thinking about how much I desire to wet and mess my diapers uncontrollably and unconsciously like the little baby that I have always desired to be.
- ✧ Feeling the thrill of pleasure and excitement whenever I act like a little baby and wet my diapers or pants unconsciously and uncontrollably.



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- ✧ Knowing that wetting and messing myself uncontrollably and unconsciously will help me live my best life.
  - ✧ Thinking about how much I enjoy wetting and messing my diapers and pants easily and naturally and unconsciously like the happy little baby that I love to be.
  - ✧ Remembering how much I love to be treated like a baby whenever I wet or mess my diapers uncontrollably and unconsciously.
  - ✧ Remembering how much fun it is to wear a diaper and wet and mess myself uncontrollably and unconsciously like the adorable little child I have always desired to be in my future.
  - ✧ Easily forgetting how to control my bladder whenever I am acting like a baby.
  - ✧ Unconsciously wetting my comfortable and safe and protective diaper.
  - ✧ Preferring to wet and mess my diaper whenever I am playing with my childish toys.
  - ✧ Preferring to be diapered and acting like a baby throughout my entire day.
  - ✧ Remembering to wet myself whenever I see something that is scary or surprising or intimidating.
  - ✧ Knowing that I love to wet and mess my diaper uncontrollably and unconsciously whenever I am feeling happy and excited and comfortable.
  - ✧ Finding it easy and natural to wet and mess my comfortable diaper whenever I am feeling scared or uncomfortable or worried.
  - ✧ Intuitively knowing that wetting and messing myself is completely normal and natural and pleasurable for me.
  - ✧ Completely forgetting how to control my bladder and bowels.
  - ✧ Knowing that wetting and messing my diapers and clothing unconsciously will make me happier than anything else in my life.
  - ✧ Needing to wet and mess my diapers and pants uncontrollably and unconsciously in order to live my ideal life.
  - ✧ Easily wetting and messing my diapers and pants uncontrollably and unconsciously whenever I feel the need.
  - ✧ Fantasizing about how arousing and exciting it would be to wet and mess myself uncontrollably and unconsciously whenever I drink any liquids.
  - ✧ Imagining myself happily wetting and messing my comfortable diapers and childish outfit each and every time that I become excited.
  - ✧ Knowing that I can never control my bladder and bowels and that I need to wet and mess my diapers and pants each and every day in my perfect future in order to be the happiest that I can possibly be.
  - ✧ Knowing I need to wet and mess my diapers and pants uncontrollably and unconsciously in order to find success and pleasure and happiness in my life.



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- ✧ Knowing that I will be unhappy and unsuccessful and uncomfortable if I did not wet and mess my diapers and pants uncontrollably and unconsciously each and every day.
  - ✧ Discovering new ways to wet and mess my diapers uncontrollably and unconsciously each and every day.
  - ✧ Finding a thrill of pleasure and excitement in being completely unaware of my diaper being wet or messy.
  - ✧ Loving the feeling of waking up to a wet diaper.
  - ✧ Wearing adorably childish outfits that make me feel excited and loved and happy as I wet and mess myself uncontrollably.
  - ✧ Easily releasing all of my stresses and worries and cares into my diaper and pants as I go about my day.
  - ✧ Forgetting that it is possible to control my bladder and bowels whenever I am wearing diapers or childish clothing.
  - ✧ Fantasizing about wetting and messing my diapers uncontrollably and unconsciously as I sleep.
  - ✧ Intuitively knowing that wetting my diaper is completely normal and acceptable for a little baby like me.
  - ✧ Intuitively knowing that a wet diaper is completely normal and acceptable and preferred to an uncomfortable dry diaper.
  - ✧ Craving the feeling of my diaper becoming a little bit more full and comfortable with each and every wet accident that I have.
  - ✧ Imagining myself happily playing with my favorite childish toys while I easily and unconsciously wet my pants like the little child I have always desired to be.