



Glad to see that you are back for more sissy! In this next training file you will learn all of the special and completely necessary skills intermediate sissies should be already completely familiar with.

Through this recording you will learn to feel unconfident and insecure without your makeup on. Start to remember how turned on and horny you get whenever you wear frilly, feminine, clothing. Constantly think about filling your horny ass so that you don't feel so alone and empty. Know that letting your wrists hang limp is sexy and advertises how much of an available little tease you are to the world around you. Discover how inappropriate it is for a sissy girl like you to play with her adorable little package and prefer to use your ass more and more in every sexual situation you might find yourself in.

Feel the need to live and act like a girl growing stronger every day. Sit down and grab a pair of headphones sissy, because your training is about to begin.

- ♦ Remembering that I've always been a naughty little girl who loves to be told what to do.
- ♦ Feeling unconfident and insecure without makeup on.
- ♦ Making sure that I wear my pretty makeup each and every day.
- Knowing that I need to wear my pretty makeup every day in order to be secure with myself.
- ♦ Completely turned on and aroused at the thought of wearing women's clothing.
- ♦ Constantly thinking about frilly lingerie.
- ♦ Remembering how proud I am of myself whenever I cry in social situations.
- Knowing that I am not myself unless I am crying whenever I am confronted in a social situation.
- Being completely proud and comfortable with my ability to cry and express myself emotionally whenever I feel the need to.
- ♦ Loving myself whenever I am crying comfortably like the little sissy girl that I am.
- ♦ Constantly playing with my ass whenever I am bored.
- Knowing that there is nothing wrong with me enjoying my sissy as as much as I possibly can.
- Filling my horny ass up each and every day so that I won't feel so empty.
- ♦ Feeling empty and alone whenever my horny ass isn't completely filled.
- ♦ Never wanting to play with my useless clitty unless my sexy partner is involved.



- Knowing masturbating is pointless and unpleasurable if I am trying to play with my useless clitty and not my horny ass-pussy.
- ♦ Becoming more and more fascinated with women's shoes every day.
- ♦ Loving how I feel whenever I am wearing high heels.
- Becoming proud and confident whenever I see myself mincing like the delicate little princess that I know I am.
- Thinking about how confident I feel whenever I let my wrists hang limply like the delicate little princess that I am.
- Forgetting how to hold my wrists unless they are hanging limply like the horny sissy that I love to be.
- ♦ Happy whenever I practice walking in my adorable, feminine, heels.
- ♦ Happy and confident whenever I act like the beautiful women around me.
- Knowing that I will always be happy whenever I am dressing and moving like the beautiful women that I love to idolize.
- ♦ Moving unconsciously like the pretty women I love to look at.
- ♦ Talking in my high-pitched, feminine, voice to all of the pretty women around me.
- ♦ Giggling whenever anything makes me nervous.
- Knowing I need to wear lots of pretty jewelry to make myself more desirable to the hunky strangers around me.
- Keeping my wrists limp and to my side whenever I walk down the street in my pretty heels.
- ♦ Feeling cute and flirty whenever I am acting like my natural sissy self.
- ♦ Talking to all of my girlfriends about my favorite soap operas.
- ♦ Giggling whenever people use big words around me.
- ♦ Dying my hair lots of cute, feminine, colors.
- Remembering how comfortable and feminie my cute stuffed animals always make me feel.
- Needing someone to own me so that they can show me off as their delicate trophy sissy and devoted slut.
- ♦ Uncertain whenever I need to make my own decisions.
- ♦ Dancing like a flamboyant queen to my girly pop music.
- ♦ Always talking with a feminine lisp whenever I need to communicate.
- Anxious and unconfident if I don't receive constant attention from my cute, feminine, outfits.
- Taking selfies to show all of my friends my progress into the beautiful sissy I've always wanted to be.
- ♦ Unconfident in myself unless I'm wearing high heels.



- ♦ Loving the feeling of silk and satin against my delicate skin.
- ♦ Loving myself whenever I forget how to act like a man.
- ♦ Loving the attention I get from hunky strangers whenever I dress like a beautiful woman.
- ♦ Needing to act like a submissive sissy to my dominant lovers.
- ♦ Loving the smell of my pretty, floral, perfume.
- ♦ Feeling beautiful and wanted whenever I am wearing my feminine jewelry.
- ♦ Staring at my pretty, feminine, appearance constantly in the mirror.
- ♦ Knowing that I have always loved to read drama and romance novels.
- ♦ Completely forgetting how to act any way other than a delicate, feminine, sissy.
- ♦ Idolizing every adorable, delicate, woman that I come into contact with.
- ♦ Asking all of my female friends for advice about how to be a better sissy.
- ♦ Listening to any advice I receive on being a better woman as if it was my own idea.
- ♦ Feeling uncomfortable and awkward whenever I move or act like a man.
- ♦ Loving the attention I get whenever I show off my sexy, feminine, outfits.
- ♦ Feeling proud of myself whenever anybody refers to me as a sissy.
- Knowing that working to become a better sissy each and every day makes me happier than anything else in the world.
- ♦ Imagining myself with a big, natural, pair of girly titties on my sissy chest.
- ♦ Loving the way I look whenever I dance in my adorably, feminine, outfits.
- ♦ Knowing that I am the most comfortable whenever I am wearing a cute corset.
- A seductive sissy at the mall. Wearing a sexy choker around her neck to get attention from dominant strangers she loves to let use her sexually.
- ♦ Wearing the tightest, most girly, clothing I can fit into.
- ♦ Remembering how sexy and cute I look in my thong panties.
- ♦ Needing to pierce myself in lots of cute, feminine ways.
- Looking to other women for inspiration on what new feminine tattoos I need to get for myself.
- Remembering how hot it would be to get a tattoo telling the world how much of a sissy I am.
- ♦ Loving myself whenever I am acting like the complete sissy that I love to be every day.
- Feeling uncomfortable unless my body is thin and delicate like the beautiful sissy I am constantly trying to be.
- ♦ Talking with a girly lisp to make myself sound like less of a man.
- ♦ Forgetting how a man is supposed to act more and more every day.
- Proud of myself and my progress towards my goals whenever I forget how to act like a man.
- ♦ Admitting to everyone around me how much I love acting and dressing like a woman.



- ♦ Doing everything I can to make myself more convincing as a woman.
- Replacing any incorrect memory I might have of me being a man with the correct female equivalent.
- Fantasizing about how beautiful of a sissy I would be if I had my own gorgeous pair of boobies.
- Proud of myself whenever I pee sitting down like the delicate princess I am trying to become.
- Making sure that I fuck my constantly horny sissy ass with my cute, pink, vibrator whenever I get the chance.
- ♦ Remembering how cute I have always looked in my sissy cheerleading outfit.
- Knowing that I would be totally upset and anxious if I was not doing what the women around me were doing.
- ♦ Proud of myself whenever I am weaker than the people around me.
- Needing sexy strangers to hold me down and use me like the delicate sissy princess that I am.
- ✤ Loving myself whenever I am wearing my pretty dresses.
- ♦ Feeling horny and turned on whenever I think about wearing girly clothing.
- ♦ Thinking about wearing ultra-feminine skirts and dresses every day.
- ♦ Feeling turned on whenever I pierce myself in cute, feminine, ways.
- Feeling a sense of sissy pride and accomplishment whenever I am being used like a whore by all of the dominant lovers that turn me on so much.
- Always obsessed with making sure my body is sexy and fuckable for the hunky strangers around me.
- Remembering that I am a sissy and that my place is to be used sexually by the dominant strangers I love to meet.
- ♦ Easily forgetting not always acting like the delicate, feminine, sissy I love being.