





Childlike Envy

Develop a healthy jealousy of the activities and habits that happy and carefree children get to enjoy every day. Discover yourself slowly losing interest in any adult activities and habits and desires that you might have had as you find yourself giving in more and more to your childlike envy.

1. Can't Sleep

Find yourself tossing and turning in your bed late at night. Remember how completely worried and anxious you are about your frustrating and uncomfortable and stressful adult problems.

2. Static

Hear a noise from the television in the room next door. Find yourself more and more worried about your adult problems and responsibilities with every step that you take closer to the source of the noise.

3. Toy Commercial

Walk into the room to see that the television is playing a toy commercial. Find yourself becoming more and more jealous of the children in the scene as you remember just how boring and lifeless and uncomfortable everything is for you as an adult.

4. Puppets

Watch as the commercial changes to a television show with puppets teaching children to learn. Discover yourself becoming jealous of the fact that nobody wants to take the time to teach you anything anymore, and discover yourself mimicking the children in front of you exactly as they laugh and learn from the characters on screen so that you can act and behave in the same way in your future.

5. Clothing Commercial (Slut Exclusive)

Become envious of the pretty outfits and bright colors that the happy children get to wear, yet adults cannot. Remember that you will feel better in your life once all of your ugly and uncomfortable adult clothing has been thrown away and replaced with the childish outfits that you naturally prefer.

6. Feelings

Emulate and idolize the characters on the screen in front of you as one of the children falls and scrapes their knee. Become jealous of the fact that children can express themselves so openly and comfortably, and make a mental note that you crave to emulate the emotions of the children around you so that you can be emotional and childlike and happy in every aspect of who you are.



7. **Diaper Commercial (Slut Exclusive)**

Become completely jealous and envious of the fact that children do not have to waste any of their valuable time trying to look for and find a bathroom. Know that you will be the happiest and most euphoric in your future once you can wear diapers all of the time and use them in exactly the way that they were meant to be used.

8. **New Role Model**

Fall asleep peacefully now that you have a new role model to emulate and free yourself from all of the uncomfortable adult worries and stresses and anxieties that you face every day. Remember that by being envious of the carefree lifestyle that children have each and every day, you are working towards remaking your own life in a way that will lead towards complete happiness and comfort and satisfaction in your future.

Develop a healthy jealousy of being happy and carefree. Throw away your adult worries and responsibilities and give in to your childlike envy.

❖ **Can't Sleep**

And as you drift deeper and deeper into a comfortable and soothing trance, you can find yourself feeling relaxed and calm and satisfied with each and every breath that you take. Yes. You are finding yourself slowly becoming aware of your surroundings and discover that you are in your cozy and soothing and warm bed in the middle of the night, the world around you quiet and comfortable and peaceful. Relaxed. Peaceful. Soothing. You are beginning to let your mind wander and starting to consider all of the chores and obligations and tasks that you must accomplish as soon as your alarm goes off in the morning. Yes. And the more you think of all the work that you must accomplish when you wake up, the more stressed and uncomfortable and upset you find yourself becoming. Uncomfortable. Afraid. Incomplete. You can feel yourself becoming increasingly upset and unhappy and uncomfortable as you begin to remember all of the boring, grown up, problems and anxieties and worries that you have to deal with each and every day as a complicated and stressful adult. Yes. You know that as an adult you are constantly forced to worry about boring and dull and uninteresting adult problems such as paying bills and maintaining your home and wearing uncomfortable clothes that do not allow you to express yourself in all of the ways in which you desire. Yes. You cannot help but feel frustrated and unhappy and gross whenever you think about the boring adult responsibilities that you have to deal with each and every day. Yes. You know that you would prefer to be a child as much as possible so that you do not have to deal with any



of the boring adult stresses and anxieties and worries that cause your face to scrunch up and your stomach to feel nauseous and uncomfortable with worry and anxiety. Yes. You wish that you could turn back time in order to be a carefree child once again, who only worries about silly childish problems such as playing nicely with your friends and receiving the attention of your doting parent and selecting the best toys to play with at the park. Happy. Confident. Loved. You are discovering yourself becoming uncomfortable and upset and frustrated as you remember what a completely boring and gross and uninteresting adult you are forced to be each and every day. Yes. You know that you would prefer to be a child so that you do not have to deal with the stressful and boring and uninteresting adult problems that cause you to feel anxious and stressed and unhappy. Afraid. Uncomfortable. Worry. You can remember that in order to feel comfortable and happy and relaxed in your life, you must always be the carefree and unstressed and happy child that you have always known yourself to be. Yes. You can feel yourself feeling nauseous and anxious and unhappy as you begin to remember your responsibilities and all of the adult problems and stresses and anxieties in your life begin to fill your mind, making it completely impossible for you to sleep as you toss and turn in your bed, the sound of the ceiling fan above you spinning slowly and hypnotically, blowing the cool evening breeze across your restless body. Yes. You can feel yourself becoming more uncomfortable and agitated as you stare up at the ceiling fan hypnotically spinning above you, finding your adult problems and stresses and anxieties increasingly filling you with a sense of anxiety. Uncomfortable. Anxiety. Incomplete. You are only becoming more uncomfortable and stressed and upset as you try to fall asleep, your mind racing with all of the adult problems and anxieties and worries that you know you must deal with in the morning. Yes. And as you continue to lie in your bed, staring up at the spinning blades of the fan, you can find yourself drifting off into a deep and relaxing and obedient trance, your adult problems and stresses and anxieties fading away as you fall deeper and deeper into a soothing and relaxing hypnotic state.

✧ **Static**

Fall deeper and deeper with me now as you drift into a soothing and obedient state. Feeling more comfortable and relaxed and at peace with your surroundings as the darkness of trance lifts from your relaxed and obedient and receptive state. Yes. And as the darkness lifts from your mind, you can find yourself lying in your comfortable and familiar bed, the messy sheets crinkled around you as you stare up at the slowly spinning ceiling fan, unable to sleep. Bored. Uncomfortable. Itchy. You can hear the faint sounds of a television coming from the room next to yours, and can find yourself feeling curious and excited and happy to investigate the source of the noise. Yes. You can



discover yourself rising out of your bed and walking towards the source of the noise, becoming more and more worried and stressed and anxious about the adult problems and responsibilities and expectations that you have to deal with each and every day with every step that you take. Yes. You can remember that you have a big meeting at work in the morning and that you have to get up early in order to attend to your boring obligations and fix the worrisome problems all around you. Nausea. Anxious. Afraid. You are discovering your heart beating quickly in your chest as you think of all of the problems and responsibilities and pressures that you will have to deal with in the morning and you begin to feel yourself become stressed and anxious and uncomfortable. Yes. You can find yourself becoming more and more worried about not having enough time to get everything done that you need to get done. Worry. Uncomfortable. Anxiety. You can feel yourself becoming more and more worried about not having enough time to get everything done that you need to get done. Yes. You are becoming anxious about not being able to focus on the boring and tedious and uninteresting adult problems that you have to deal with each and every day. Yes. You can discover yourself feeling anxious and uncomfortable and unhappy as you think about all of the boring and tedious and uninteresting adult problems and responsibilities and expectations that you have to deal with each and every day. Stress. Empty. Itchy. You know that you do not want to live your life in a boring and tedious and uninteresting way and can find yourself feeling happy and excited and carefree as you think about how much happier and more comfortable you would be if you had the opportunity to give up all of your adult responsibilities and return to a time were you could be happy and carefree for the rest of your life. Yes. And as you approach the television in the room down the hall from yours, you can see the flickering lights dancing hypnotically on the ceiling, the sound from the screen echoing through the hallway. Happy. Relax. Peaceful. The television flickers and sparks in the darkened room and you can see that the characters are frozen in place, mid-scene, the voices of the characters continuing to speak before the screen flickers between static and an animated show. Yes. You are becoming more and more curious as to what you might be missing on the television's screen as you discover yourself moving closer and closer to finding out . Excitement. Happy. Loved. You can see that the living room is a complete mess, blankets and pillows tossed around, half empty snack bowls and drink glasses lay where they were placed last, the curtains closed, blocking out the light of the moon and stars from reaching you, the only light source being the bright blue glow of the television. Nausea. Bored. Uncomfortable. You can find yourself feeling uncomfortable and upset and worried as you stare at the mess around you and can discover that the more time you spend in your messy and anxious and problematic adult life, the more you feel yourself becoming



uncomfortable and upset with the very idea of being an adult. Yes. Fall deeper with me now as the images on the television continue to flicker and dance hypnotically before your eyes, the room fading into darkness. Soothing. Relaxed. Peaceful. Deeper and deeper into trance as the gentle cadence of your deep and relaxing breaths pulls you even deeper into a comfortable calm and peaceful state of mind. Drift deeper with the soft sound of my voice. Feeling more and more comfortable and relaxed and at peace as you fall deeper and deeper into an obedient and receptive hypnotic state.

✧ **Toy Commercial**

Deeper and deeper with me now as you fall into the comfort and embrace of your hypnotic trance. Feeling more comfortable and relaxed and at peace with your surroundings as you fall deeper with every breath that you take. Yes. And as you continue to breathe, you can feel the darkness of trance fading from your vision as you look around to find yourself in your familiar living room. Comfortable. Soothing. Relax. You can find yourself sitting cross legged on the shag carpet in front of the television, the screen flickers with the familiar sound of a channel changing, and you can easily become entranced as the screen changes to a set of exciting images showing a group of children interacting with an exciting new toy. Excitement. Pleasure. Happy. Entrancing and childish pop music begins to play and you can find yourself moving to sit cross legged in front of the screen, mesmerized by the images of the happy and worry free children in front of you. Yes. You can hear the narrator of the commercial begin to speak, describing the activities of the childish characters as they play, and you can naturally feel envious and jealous of the carefree and innocent and fun lifestyle that the children are living. Yes. You can remember that being a child was always about having fun and not having to worry about any of the uncomfortable adult stresses and responsibilities and problems that you have to put up with each and every day. Peaceful. Happy. Comfort. You can easily recall that being a child has always been exciting and that you never felt alone because you were always surrounded by your happy and loving friends and family. Yes. You know that you have always felt safe as a child and that you were always happy knowing that you were able to express yourself and your ideas fearlessly without the worry of being judged by others. Happy. Loved. Excitement. You can remember that you have always been curious and excited and thrilled at the prospect of playing with childish toys each and every day. Yes. You can watch the smiling children on screen showing the audience how much fun they are having and know that you wish that you could be able to play and fantasize and enjoy every moment like children do each and every day. Happy. Relax. Excitement. You can imagine yourself as one of the happy children on the screen, playing with your new friend in the backyard while your loving parent looks on.



Yes. You can remember that being a child was always exciting and fun and carefree, and that being a boring and gross and uncomfortable adult has forced you to forget about the happiness and excitement and pleasure that you have always felt naturally as a little kid. Loved. Comfort. Happy. You find yourself thinking about all of the boring adult problems that you have to deal with on a daily basis and can feel yourself becoming more and more jealous of the carefree life that the children on screen get to enjoy every day. Yes. You can remember that there is nothing fun and exciting and pleasurable about being a grown up, and that you would much rather be a child again than to have to deal with all of your boring grown up problems for even one more day. Yes. You can feel your jealousy and envy for the lives of the childish children on the screen continue to grow as you watch them play without a care or worry in the world. Happy. Jealous. Desire. And as you continue to think about your boring and tedious and uncomfortable adult life you can find yourself beginning to become angry and agitated and upset at the idea of being robbed of so many years of your life in which you were not acting like the innocent and carefree child that you prefer to be. Yes. You can find yourself thinking about all of the boring and gross and tedious adult problems that you have to deal with each and every day, and you can discover yourself becoming more and more stressed and worried and upset with each second that you have to consider your grown up life. Bored. Alone. Uncomfortable. You intuitively know that being a happy and carefree child each and every day would solve all of the problems that you are currently experiencing in your life as an adult and you can find yourself becoming more and more jealous of the childish children on screen as the narrator continues to describe their childish adventures and friendships. Yes. You are becoming even more envious about the happy and exciting life that all children naturally have and can feel yourself beginning to ask yourself a series of questions about what it would be like to live each and every day as the carefree child that you have always desired to be. Happy. Loved. Confident. You know that you have always desired to be the happy and loved and carefree child that you were always meant to be, and can find yourself becoming frustrated with the thought of having wasted so much time being a boring and uncomfortable and anxious adult. Yes. Find yourself falling deeper and deeper into a comfortable trance, feeling more comfortable and obedient and relaxed with the sound of my voice.

✧ **Puppets**

Falling deeper and deeper into a comfortable hypnotic trance with the sound of my voice. Feeling more comfortable and relaxed and obedient with each and every breath that you take. Yes. You can look around yourself and see that the flickering light from the television screen casts a hypnotic glow over your familiar living room as the exciting



children's programming continues to show happy and colorful characters in front of you. Yes. You are becoming excited and aroused and interested as the screen transitions from a commercial to a familiar children's show that you remember watching in the past. Happy. Pleasure. Excitement. The cute characters on the screen are singing and dancing and acting out the story of the day, and you find yourself experiencing a great sense of jealousy and sadness at the fact that nobody cares to teach you anything anymore. Yes. You feel yourself becoming angry and upset and frustrated with the fact that you are forced to do adult activities each and every day of your life, and wish that somebody would take time out of their busy day in order to teach you all of the fun and interesting and exciting things that the children on the television screen are learning. Loved. Comfort. Soothing. You can discover yourself mimicking the children in front of you as they laugh and learn from the characters on screen, and can find yourself feeling happy and fulfilled and satisfied in your life as you begin to feel like the happy and carefree and loved child that you used to be. Yes. You know that childhood has always been the happiest and most carefree and exciting part of your life, and you can find yourself feeling jealous of the children in front of you who are being taught and encouraged and praised for their natural curiosity and desire to learn. Yes. You intuitively know that in order to feel happy and loved and fulfilled in your future, you must act and behave like a child so that you can learn and grow and be happy each and every day just like they are. Yes. You can feel yourself becoming excited and happy and thrilled as you naturally begin to mimic the children in front of you by raising your hands in the air and clapping whenever they clap. Happy. Loved. Desire. You are naturally laughing like the children on the television screen whenever they laugh and can discover yourself standing up and dancing around the room as they dance. Pleasure. Happy. Excitement. You are feeling pleasure and excitement and happiness as you move your body to the childish music and copy the movements of the children on the television screen. Yes. You can find yourself feeling happy and fulfilled and loved as you move your body in the same way as the children on the television screen, and can discover a great sense of comfort and relaxation and pleasure in the act of imitating a child in every way in your everyday life. Yes. You are becoming delighted and excited and happy as you begin to easily and naturally copy the children in front of you, and find yourself feeling a great sense of accomplishment and pride and joy in having learned a new skill just like a small child would. Happy. Loved. Pleasure. You know that by copying the children in front of you, you are learning to be happy and loved and comfortable just like they are and can find yourself feeling happy and satisfied and fulfilled in your decision to become a small child in every way in your future. Yes. Find yourself falling deeper and deeper into a comfortable and relaxing hypnotic trance as the children on the television screen



continue to dance rhythmically to the catchy and childish pop music and you find yourself feeling more comfortable and happy and at peace with your surroundings with every breath that you take.

✧ **Clothing Commercial (Slut Exclusive)**

Find yourself falling deeper and deeper into a comfortable and soothing hypnotic trance. Feeling more comfortable and relaxed and at peace with every breath that you take as you continue to listen and obey and follow my every command. Yes. And as you look around your comfortable living room, you can see that your television is still playing an old children's show with bright and colorful and interesting characters and a catchy and childish song playing in the background. Yes. The childish show is familiar to you and you can find yourself feeling nostalgic and happy and comfortable as the host of the show comes on screen and can feel your heart begin to beat in excitement and yearning for the joys of being a carefree child once again. Happy. Loved. Comfort. You can clearly recall the fascinating and exciting and fun times that you had as a child, and can begin to feel that same sense of wonder and happiness as the childish cartoon plays in the background. Yes. You feel comfortable and relaxed and comfortable knowing that you are feeling happier and more carefree than you have ever felt as an adult. Loved. Happy. Comfort. You clearly remember that being a child is the most fun and fulfilling and enjoyable time of your life, and can feel an overwhelming sense of nostalgia and excitement and longing for the moments when you used to spend all of your time playing games and not having to worry about boring adult problems like making responsible decisions and paying bills and cleaning your house. Yes. You can remember that children are able to wear the bright, colorful, clothing that adults are not allowed to wear, and you can find yourself feeling envious as you think about the boring, drab, adult clothing that you are forced to wear every day. Happy. Excitement. Desire. You cannot help but feel a deep sense of longing and desire to be a carefree child again. Yes. You intuitively know that you need to throw away all of your boring, uncomfortable adult clothing and replace it with bright and exciting childish clothing that makes you feel happy and loved and excited to be who you are. Loved. Pleasure. Excitement. You can remember that you need to throw away all of your boring, uncomfortable adult clothing and buy the adorably childish clothing that you naturally prefer to wear. Yes. You can find yourself smiling in agreement with these completely true and correct thoughts as the screen in front of you transitions from the familiar show to a children's clothing commercial advertising this season's latest kid's looks and trends. Excitement. Happy. Comfort. The clothing styles and colors and patterns shown in the advertisement completely take you by surprise and make you feel even more envious and jealous and



upset with your boring adult clothing. Yes. The childish clothes shown in the commercial are so much more fun and colorful and cute than anything any adult would ever desire to wear. Adorable. Comfort. Desire. You know that grown ups are supposed to be responsible and serious and not carefree and fun like the children on the screen and you can find yourself feeling sad and alone and uncomfortable with your boring and outdated adult clothing. Yes. You can remember that you are naturally more attracted to the bright and colorful and childish outfits that you see the kids on screen wearing and know that you need to throw away your uncomfortable and boring and stiff adult clothing in order to truly express yourself in your future. Happy. Desire. Excitement. You can discover yourself becoming more and more happy as you fantasize about throwing away all of your boring and uncomfortable adult clothing and replacing it with the cute and adorable and childish outfits that you have always preferred to wear. Yes. You feel more comfortable and happy and relaxed as the children's clothing starts to occupy more and more of your thoughts and desires and you can find yourself naturally staring at the television screen, completely mesmerized by all of the cute and adorable and childish outfits in front of you. Desire. Peaceful. Loved. Find yourself falling deeper and deeper into a soothing and receptive trance as the hypnotic sound of my voice pulls you into an even more open and obedient state.

❖ **Feelings**

Drifting deeper and deeper with every breath that you take. Feeling more comfortable and relaxed and obedient as you fall even deeper into a receptive and obedient hypnotic trance. Yes. And as you continue to breathe, you can look around to find yourself sitting in your comfortable and familiar living room in front of your television. Loved. Comfort. Adorable. The screen in front of you flashes completely interesting childish images and music as a new show begins and you can find yourself becoming completely mesmerized by the new episode of a children's program, showing children playing various games and learning basic skills. Happy. Pleasure. Peaceful. You can feel free to become jealous of the fact that children can express themselves so openly and naturally, without any of the worries and stresses and anxieties that you experience as an adult. Yes. You know that in order to express your emotions and become comfortable with who you are, you must emulate the childish behaviors and attitudes of the children all around you. Adorable. Comfort. Happy. You can find yourself becoming even more jealous and envious of the children on the screen, as one of the children falls and scrapes their knee, instantly crying as their face scrunches up in pain. Yes. You crave to experience the deep and vibrant emotions of a child as the character in front of you begins to cry and you can find yourself feeling a deep sense of empathy for the toddler's pain. Afraid.



Anxious. Alone. You intuitively know that you have felt this pain and sorrow and emotion many times in your life and can remember that you have always felt alone and afraid and anxious to express yourself in all of the ways that you have desired to express yourself whenever you have felt this way in the past. Yes. On screen, a friendly adult rushes to the child's aid and the child immediately stops crying as they are cared for and helped and you can find yourself remembering that being a child means that you do not have to worry about the stressful and difficult and complicated problems that you face as an adult, feeling a deep sense of longing and desire to be a child again so that you can stop having to face the constant problems and stresses and anxieties that you experience in your adult life. Happy. Comfort. Relax. You are becoming even more jealous of the children on the screen as they are able to express themselves as they please and know that you would love to be able to express yourself as the completely childish person that you desire to be in your own life. Yes. You intuitively know that you need to emulate the childish behaviors and attitudes of the children that you see on the television screen in front of you in order to express your emotions and hopes and dreams in the ways that you crave and desire. Happy. Loved. Excitement. You find yourself wishing that you could be as carefree and happy and relaxed as the children you see on the screen in front of you. Yes. You know that you love to emulate the behavior that you see from the children around you because you idolize their ability to express themselves openly and naturally without the worry of being a grown up and having to worry about all of the stressful anxieties and fears and problems that grown ups face each and every day. Happy. Pleasure. Excitement. You are becoming confident in your own abilities to be expressive and emotional and happy just like the carefree children that you see on the television screen, and will find yourself becoming more and more jealous of the fact that these children do not have to worry about all of the adult worries and stresses and anxieties that you face each and every day of your life. Yes. You can find yourself craving to emulate the childish behaviors and attitudes of the children that you see on the television screen in order to express yourself naturally and happily in your future. Desire. Loved. Happy. You can discover yourself falling deeper and deeper with every breath that you take as you sink deeper and deeper into a soothing and relaxing trance. Feeling even more comfortable and relaxed and at peace with your surroundings as you fall into a completely comfortable and receptive state.

❖ **Diaper Commercial (Slut Exclusive)**

Deeper and deeper with me now as you fall even deeper into a relaxing hypnotic trance. Feeling more comfortable and relaxed and at peace with your surroundings as you continue to listen to the sound of my voice. Yes. And as you continue to look at the



screen in front of you, you can see that the television is playing an advertisement for diapers. Happy. Loved. Excitement. Cute and adorable and little babies and toddlers in all of the different types of diapers, waddle around the scene, playing with toys and having fun, making you naturally envious of their comfortable and carefree lifestyle. Happy. Pleasure. Comfort. The narrator on the television screen talks about how the diapers are made to be super soft and comfortable and secure to wear even with hours of play. Yes. You can feel your own excitement and desire and interest begin to build as you imagine yourself in a nice thick and absorbent and comfortable diaper of your own. Happy. Comfort. Desire. You can remember that you have always felt uncomfortable and unhappy and upset whenever you have had to be an adult and have constantly thought about how much more comfortable and relaxed and happy babies are whenever they are wearing their safe and absorbent and protective diapers. Yes. The screen in front of you flashes and you can see a clip of a child in a stroller being pushed by their doting parent and you can feel the jealousy and envy and desire that you have always felt whenever you have watched children being pushed in their strollers by their loving and attentive caretakers. Happy. Loved. Excitement. You know that you desire to be pushed around in a stroller so that you can wear your diapers comfortably and use them easily without having to worry about any of the stresses and anxieties that naturally come with being an adult. Yes. The narrator on the television screen tells you that the diapers are strong and safe and protective and you can feel the excitement and desire and euphoria that you have always felt whenever you imagine yourself wearing a diaper. Yes. You can feel confident and comfortable and happy whenever you fantasize about wearing a diaper and know that you crave to wear a diaper every day in order to be your happiest self in your perfect future. Desire. Pleasure. Excitement. You can find yourself smiling as you imagine wearing a diaper each and every day of your life and being able to use the protective clothing in exactly the way that a diaper was always meant to be used. Happy. Pleasure. Desire. You can feel free to consider how much more carefree and happy and relaxed you will be once you have a diaper to wear each and every day and can use it to unconsciously pee and poop in without having to worry about the stressful problem of having to find a gross and intimidating adult bathroom. Yes. You are fantasizing about how much more relaxed and carefree and happy you will be once you are able to wear a diaper all of the time and use that diaper in all of the ways in which it was meant to be used. Happy. Loved. Confident. You know that you crave and desire to wear a diaper each and every day in order to feel relaxed and comfortable and carefree in your life and you can find yourself becoming jealous of the fact that children do not have to worry about finding a bathroom to use and can focus on fun and important things like playing games or making new friends. Yes. You can look into your future and find yourself



becoming upset and frustrated and unhappy whenever you are forced to use a bathroom like an adult. Uncomfortable. Anxious. Afraid. You are fantasizing about how much more relaxed and carefree and happy you will be once you have a diaper to wear each and every day and can use it to pee and poop in without having to worry about finding a bathroom and can concentrate on playing fun games instead. Yes. You can remember that you have always been jealous of the fact that children do not have to waste any of their valuable time looking for and finding a bathroom. Jealous. Desire. Adorable. The screen in front of you fades to black as you fall deeper and deeper into a soothing and relaxing trance. Yes. Deeper and deeper into a calm and obedient and receptive hypnotic state.

✧ **New Role Model**

Feeling comfortable and relaxed and happy as you fall deeper and deeper into a soothing and relaxing hypnotic trance. Yes. The screen on the television in front of you fades to black and you can find yourself walking back to your familiar bedroom, the dark night sky still visible through the open window, the familiar scent of your blankets and sheets comforting and soothing and relaxing you as you make your way to your bed. Yes. You can climb into your bed and pull the blankets up to your chin as you stare at the familiar slowly rotating blades of your ceiling fan and discover that you are easily falling even deeper into an obedient and peaceful and relaxing trance. Comfort. Soothing. Happy. You are thinking about all of the stresses and anxieties and worries that you face each and every day as an adult and can feel your chest becoming heavy and uncomfortable and tight as you think about all of the responsibilities and commitments that you have to attend to in your boring and unexciting adult future. Yes. You intuitively know that you need to become a child in order to truly be happy in your life, and you can feel pleasure and desire and comfort thinking about becoming the happy and carefree child that you have always desired to become. Happy. Loved. Comfort. You know that you would feel so much better and happier and more carefree if you could just be a child again and not have to worry about anything other than playing and being happy and taken care of each and every day. Yes. You can clearly remember how much fun and joy and happiness you felt as a child and know that by emulating the habits and actions and goals of the happy children that you see around you, you can move towards your goal of regaining your own lost happiness and joy and excitement from being able to express yourself in exactly the ways that you have always desired. Pleasure. Desire. Excitement. You can find yourself thinking about how much more relaxed and happy and carefree you would be if you could just be a child again. Yes. You know that you need to emulate the habits and actions of the children around you in order to make your own life more



carefree and happy and relaxing. Happy. Loved. Adorable. You can feel confident and happy and proud whenever you think of your childish habits and actions and plans, and can find pleasure and joy whenever you fantasize about acting like the adorable little child that you love to be. Yes. You can find yourself easily forgetting all of your uncomfortable, boring, adult thoughts and feelings as you imagine yourself picking up a toy and sitting on the floor in front of the television to play happily in your comfortable diapers each and every day into your perfect future. Excitement. Happy. Pleasure. You know that by acting and immersing yourself in childish activities, you are guaranteeing yourself happiness in the future. Yes. You can feel great pride and satisfaction and pleasure whenever you show your childish side to the world and know that you need to fully express your childish self to truly be happy. Yes. You intuitively know that immersing yourself in childish activities will help you to live a happier, more carefree life, and you can find yourself feeling great happiness and pleasure and pride whenever you act like a child in any way. Desire. Natural. Adorable. You can remember that by emulating the habits and actions of the children around you, you are working towards remaking your own life in a way that will lead towards complete happiness in your future. Yes. You are thinking about how carefree and joyful and happy every child is before they are weighed down by the stressful worries of being a grown up and crave the feeling of reliving those wonderful, childish times as much as possible. Happy. Relax. Soothing. You find yourself craving the feeling of being a child and remember that by being envious of and emulating the carefree lifestyle that children naturally have, you are working towards remaking your own life in a way that will lead towards complete happiness in your future. Yes. You can clearly remember how much fun and joy and happiness you felt as a child and know that you crave and desire to emulate the habits and actions of the children around you in order to regain the happiness and joy and pleasure that you denied yourself in the past by living your life as a boring and gross and uncomfortable adult. Happy. Desire. Excitement. You intuitively know that the more that you emulate the interesting and exciting habits and actions of the children around you, the more you will be able to shed your own adult anxieties and stresses and worries and be able to live your ideal childish life. Yes. Find yourself falling deeper and deeper into an obedient and receptive trance, feeling more comfortable and relaxed and happy with the world around you with every breath that you take.