



Crawling

Do you love to imagine yourself as the perfect little baby? Is being an adorable, cuddly, little infant something that you aspire towards in your everyday life, but find yourself having trouble letting yourself go and behaving in the ways that make you most happy? Perhaps all that you need is a few simple daily habits to help regress you in exactly the ways that you have always imagined!

Through this recording, you will learn just how unsteady and awkward you are on their feet, which is why you have always desired to crawl on your hands and knees in order to get from one adorable place to another. Be gently guided as you are encouraged to be the best baby you can possibly be with a few helpful reminders of the proper habits and attitudes for someone so adorable and childlike. Begin feeling wobbly on your feet as you start to prefer to always be on your hands and knees as you move from one childish activity to the next.

Behave like a child in every way. Listen to *Crawling* as a part of your habits today!

- ❖ Feeling uneasy and wobbly and off balance whenever I am forced to walk like an uncomfortable grown up.
- ❖ Intuitively knowing that my legs are weak and unable and unwilling to walk like a boring and uninteresting and gross adult.
- ❖ Preferring to crawl on my hands and knees whenever I need to get from one room to another.
- ❖ Preferring to be pushed in a stroller or carried whenever I am forced to travel long distances.
- ❖ Feeling happy and comfortable and relaxed whenever I am sitting on the floor.
- ❖ Preferring to feel my favorite soft and cozy and plush rug underneath me as I crawl.
- ❖ Knowing that standing on my feet will make me feel uncomfortable and nauseous and nervous.
- ❖ Intuitively knowing that standing will make me feel anxious and nervous and afraid.
- ❖ Preferring to be close to the ground.
- ❖ Preferring to sit on the floor whenever I am watching TV.
- ❖ Knowing that chairs and sofas and couches are for boring and lame and uninteresting grown ups.
- ❖ Fantasizing about crawling on my hands and knees whenever I am in public.
- ❖ Imagining myself crawling naturally and easily each and every day of my ideal life.



- ✧ Fantasizing about going to the mall and crawling around in all of the stores.
- ✧ Knowing that I need to crawl everywhere that I go in order to advertise myself as the cute and adorable and lovable baby that I know I am and have always preferred to be.
- ✧ Needing to appear as young and child-like as I possibly can.
- ✧ Knowing that crawling will make me look even more cute and adorable and babyish.
- ✧ Remembering that crawling always helps solves my problems and makes me less anxious whenever I am worried.
- ✧ Fantasizing about my strong and dominant lover picking me up and carrying me around.
- ✧ Remembering to raise my arms and cutely vocalize like an infant whenever I desire to be picked up.
- ✧ Feeling loved and cared for and comfortable whenever my caregiver picks me up and cuddles me.
- ✧ Fantasizing about being rocked back and forth in my lover's arms as I fall asleep.
- ✧ Imagining wrapping my legs around my lover's waist and nuzzling into their neck as they carry me to bed.
- ✧ Knowing that being too high up off the ground is scary and intimidating for a baby like me.
- ✧ Being completely afraid to fall off big and boring adult furniture and hurt myself.
- ✧ Rocking back and forth on my knees and clapping my hands whenever I am happy.
- ✧ Preferring to sit on the floor with my legs crossed in front of me.
- ✧ Sitting on the floor as my caregiver cuddles me from behind and reads me a story.
- ✧ Laying on my stomach on my soft playmat as I color in my children's coloring book.
- ✧ Feeling comfortable and happy and relaxed whenever I am on my foam playmat.
- ✧ Feeling happy and loved and comfortable whenever I am sitting on the floor.
- ✧ Fantasizing about sitting cross legged and listening to a children's story from my favorite adult.
- ✧ Imagining myself surrounded by all of my favorite toys as I play comfortably on the floor.
- ✧ Using chalk and drawing cute pictures on the sidewalk as I crawl outside in my adorable baby outfits.
- ✧ Sitting on the ground and picking all the flowers and clovers around me.
- ✧ Crawling on my hands and knees whenever I desire to go to a different place.
- ✧ Feeling unhappy and uncomfortable and upset whenever I am forced to walk like a boring adult.
- ✧ Sitting on the comfortable and plush and soft playmat whenever I am playing with my toys.
- ✧ Crawling under tables in order to play pretend like the baby that I love to be and know that I have always been.



- ✧ Exclusively crawling on my hands and knees in order to live my perfect, infant life.
- ✧ Remembering to gesture with my hands and talk like an adorable infant in order to get the attention that I crave.
- ✧ Preferring to be carried to bed each and every night before being tucked in.
- ✧ Fantasizing about being strapped into a stroller and pushed around the park on a warm summer day.
- ✧ Imagining myself sitting on the comfortable floor and coloring in one of my favorite coloring books as I watch childish cartoons.
- ✧ Craving the feeling of being picked up and carried and soothed.
- ✧ Fantasizing about taking a nap on my comfortable and soft and soothing playmat.
- ✧ Cuddling with my favorite stuffed animals and sucking on my soothing pacifier as I lay on my favorite rug.
- ✧ Covering my home in rugs and playmats in order for me to feel the most comfortable and relaxed and happy as I crawl around like the small child that I love to be.
- ✧ Surrounding myself with all my favorite toys in order to easily access them from the floor.
- ✧ Fantasizing about having small shelves that I can reach from the floor as I crawl on all fours.
- ✧ Intuitively knowing that crawling makes me appear cute and childish and adorable.
- ✧ Letting go of all my boring and tedious and troublesome adult thoughts and worries and problems whenever I am crawling on the ground.
- ✧ Easily allowing my emotions out whenever I am crawling.
- ✧ Feeling adorable and cute and childish whenever I am crawling on my favorite rug in my adorable onesie.
- ✧ Remembering to tuck my favorite stuffed animal under my arm in order to take it with me whenever I crawl from room to room.
- ✧ Fantasizing about having a playdate and playing pretend together on the floor.
- ✧ Spreading out my coloring tools all over the floor whenever I desire to use them.
- ✧ Imagining myself taking a nap while cuddling my favorite stuffed animal on my cozy and comfortable and soft mat.
- ✧ Feeling happy and satisfied and content whenever I imagine my floor being completely covered in soft and squishy and safe foam mats and rugs.
- ✧ Feeling happy and content and fulfilled whenever I happily race across rooms and halls on all fours.
- ✧ Never desiring to walk upright like a gross and lame and dull adult ever again.