



# *Messy Pants*

Every baby dreams of messing their adorable diapers uncontrollably and without constraint so that they can just relax and be the best version of themselves that they can possibly be. This file works to help you relax and forget your troublesome grown-up responsibilities in order to ensure that you never desire to ever pee or poop in a boring and gross adult toilet ever again.

Listen as you learn to unconsciously release your bladder and bowels naturally like a little child in any kind of situation that you might find yourself in. Discover yourself developing a deep inner pride whenever you successfully mess yourself in front of others, and learn how much joy you gain from never having to become anxious or worried or sad from having to find a confusing restroom whenever you desire to relieve yourself in your future.

Learn to give up your boring adult responsibilities and find comfort in your *Messy Pants*.

- ✧ Uncomfortable removing my soothing and relaxing diaper unless I have wet and messed in it like the adorable little baby that I love to be.
- ✧ Needing to mess my diapers whenever I feel the need in order to become the best baby that I can be in my future.
- ✧ Proud of myself whenever I poop my pants unconsciously and without control.
- ✧ Feeling anxious and uncomfortable whenever I think about using the intimidating grown-up toilet in any way.
- ✧ Fantasizing about pooping into a safe and comfortable diaper whenever I develop the urge.
- ✧ Remembering that I have always been happiest in the past whenever I have wet and messed my diaper uncontrollably just like the adorable little baby that I idolize and crave to be.
- ✧ Turned on and aroused by the scent of my messy diapers.
- ✧ Getting turned on and aroused whenever I poop my pants just like the babies that I idolize and crave to be every day.
- ✧ Loving myself whenever I mess my diapers uncontrollably.
- ✧ Thinking about how hot it will be once I learn to wet and mess myself uncontrollably without even thinking about it.
- ✧ Knowing that my diaper is always more comfortable whenever it is wet and messy.
- ✧ Thinking about how hot and erotic it would be to poop myself without control in public.
- ✧ Finding it hard to concentrate whenever I have a dry and uncomfortable diaper.



- ✧ Wishing I could poop my diaper uncontrollably every day just like a little baby does.
- ✧ Fantasizing about how happy and loved and excited I will be in my future once I am messing my diapers and pants uncontrollably just like the babies that I love to idolize.
- ✧ Remembering how much I have always desired to mess my diapers uncontrollably in the past.
- ✧ Finding the thought of being unable to control my bladder and bowels completely arousing and erotic.
- ✧ Knowing that I must behave like a baby in every way in order to live my happiest and most desirable future.
- ✧ Finding it hard to concentrate without a safe, comfortable diaper between my legs.
- ✧ Finding the idea of messing my diapers in public completely naughty and arousing.
- ✧ Idolizing the adorable little babies around me that get to mess and wet their diapers uncontrollably every day.
- ✧ Remembering about how turned on and aroused I have been in the past whenever I have made the fun and completely exciting choice to mess my pants in public.
- ✧ Finding it hard to concentrate without my diapers or pants being completely messy from me using them in all of the natural and correct ways for a baby such as myself.
- ✧ Loving the compliments that others give to me on my completely childlike appearance and behavior.
- ✧ Fantasizing about never having to use the gross and boring and disgusting adult toilet ever again.
- ✧ Knowing that I have always been proud and content and excited with myself whenever I use my diapers to poop and pee naturally like the little baby that I love to be.
- ✧ Remembering that I will never be satisfied in my life until I learn to wet and mess myself uncontrollably just like the little babies that I love to idolize.
- ✧ Thinking about how much more comfortable and satisfied I am with my life whenever I feel myself messing my pants uncontrollably.
- ✧ Preferring to mess myself whenever I am standing up, and finding it completely erotic to mess my pants whenever I am surrounded by other people.
- ✧ Needing a caring parent to change my dirty diapers and love me and tell me what a good a precious baby that I am.
- ✧ Making a childlike grunt whenever I poopy in my completely comfortable and pleasing diaper.
- ✧ Thinking about how much I hate being in control of my bladder and my bowels.
- ✧ Preferring to poop and pee uncontrollably in my diapers and adorably childish outfits over anywhere else.



- ✧ Fantasizing about losing control of my ability to control my bladder and bowels completely.
- ✧ Stressed and miserable and upset whenever I am forced to use the gross adults toilet.
- ✧ Finding the smell of my messy diaper erotic and completely arousing.
- ✧ Feeling unhappy and uncomfortable and unsafe whenever I am near a toilet.
- ✧ Intuitively knowing that a good baby like me is never happy and comfortable without sucking on a delicious and soothing pacifier.
- ✧ Preferring to be completely dependent on my diapers for my bowel movements.
- ✧ Fantasizing about sitting on the floor and watching cartoons as I mess my diaper.
- ✧ Feeling proud and accomplished whenever I instantly let go of my bladder and bowels as soon as the urge arises.
- ✧ Feeling aroused whenever I feel the warmth of my diaper filling up.
- ✧ Easily letting go of all my boring adult thoughts and inhibitions whenever I am wearing a safe and comfortable diaper.
- ✧ Easily letting go of my bowels into my safe and secure and comfortable diaper.
- ✧ Fantasizing about pooping into my diaper and filling it up exactly like a little baby would
- ✧ Knowing that I never need to worry about finding a bathroom ever again, and that I can always depend on my safe comfortable, diapers.
- ✧ Fantasizing about breastfeeding while I mess my safe and comfortable diaper.
- ✧ Imagining myself sucking on my delicious pacifier while I poop in my comfortable diaper.
- ✧ Feeling aroused whenever I mess my diaper uncontrollably.
- ✧ Feeling anxious and uncomfortable and stressed whenever I am forced to use the gross, intimidating toilet.
- ✧ Preferring to be completely dependent on my diapers for my bowel movements.
- ✧ Intuitively knowing that a good baby like me is never happy and comfortable without sucking on a delicious and soothing pacifier.
- ✧ Unable to concentrate and make decisions whenever I do not have something in my mouth to suck on.
- ✧ Cuddling with my favorite stuffed animal and sucking on my soothing pacifier in order to feel safe and calm and happy.
- ✧ Filling up my diaper after every meal that I eat.
- ✧ Thinking about how erotic it would be for me to poop my comfortable diapers while I am being pushed around in my childish stroller.
- ✧ Needing others to compliment me on my adorable outfits and childlike appearance.
- ✧ Knowing that I am always uncomfortable whenever I am trying to hold my bladder or bowels.



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- ❖ Releasing my poop and pee uncontrollably and unconsciously into my comfortable diapers.
  - ❖ Turned on and aroused whenever I wake up with a comfortably messy diaper.