**Good Puppy Hypno Script**

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# **Description**

A hypno file for overnight use to help good puppies cross the line into wearing and loving and being diaper dependent permanently. Uses two triggers to help push you into being a good puppy and wearing diapers, wetting the bed, using your diapers, and being confident in your diapers. Idea from Sammy Fox

**Intro & Induction**

Are you ready to be hypnotized? Good. And now, let us begin our journey into trance. And it's really quite simple to do. If you are relaxed, in a nice quiet place, if you are focusing on my words, you have already prepared yourself to go into trance. And whether you've gone into trance many times, or this is the first time you are going into trance, I'm sure you already know how to relax, listen, and focus your attention on the words that you hear.

Chances are, you have gone into trance before whether you know it or not. Especially since you have made it this far into your training. And you can remember how easy it is to go into trance as you reach down and touch the front of your diaper. Even easier when you touch your diaper as you listen to my voice, allowing my words to guide you down to a deep sleep as we count down from 10, going a little bit deeper into trance with each number you hear. 10 feeling yourself in your environment, the way the air feels, the way the furniture, or whatever you are lying on feels against your body. 9 allowing your eyes to get heavy and begin to droop if they have not closed already. 8 hearing my voice, the sound and the texture of the words as they penetrate your mind. 7 allowing that nice feeling of relaxation you know so well to wash over your body 6 feeling your body begin to relax even more as you go deeper into those feelings of relaxation 5 Deeper into trance now, halfway to your destination 4 allowing yourself to focus on my words, focus on the sound, focus on the feelings in your body going deeper 3 focusing on my words, focusing on relaxing 2 as you approach a place where you can accept all that you hear 1 as you enter a nice deep sleep in 0.

[snap]

Going into a deep sleep. Going deeper... into trance.

**Reinforce Good Obedient Puppy**

* [3x] Whenever you hear the words Good Obedient Puppy from someone you trust and with your permission, you feel good and you want to obey them [I am a good puppy I never want to think being a good puppy helps me drift and sink…]
* [3x] Whenever you recite the words ‘drift and sink’ for the purpose of hypnosis, you can sink right into trance… [I am a good puppy, I never want to think being a good puppy helps me drift and sink…]

Being a Good Girl

* You're a good puppy... Yes, you're a very good puppy... you know you're a good puppy, because you're listening to my words and following along... you know you're a good puppy, because you accept all that you hear... you're a good obedient puppy, and all my words become your thoughts easily and automatically...
* And you know how to be good... and you like to do what you know is good... noticing how good that feels every time you are good... the more you're a good obedient puppy and do as you're told by someone you trust, the more you *feel* like such a **good puppy**...and when you follow my instructions easily and automatically as if they were your own thoughts, you feel like such a **good puppy**...[good puppy…good puppy…you’re a very good puppy…]

Good Puppy Behaviors

* Good puppies are sweet and little and wiggle and wag their tail when they're happy and excited...you want to be a good puppy... and so it's so easy to be a good puppy... because a good puppy is who you are... give me a nice big smile if you understand that you are a good little puppy... aww, yes... there it is... there's that smile... Yes, you are a good puppy... [It's so easy to be a good puppy... because a good puppy is who you are!]
* You're a good puppy and you like to be playful... very good! you're such a playful puppy... good puppies smile and feel so happy and excited when they see their owner... you're a good puppy and you like to whimper and whine and bark like a good puppy... good puppy...it feels so good to be obedient to your owner... and when someone you trust calls you a **good obedient puppy** you feel like such a **good puppy** and you obey them... [You're a good puppy... you feel so good when you're a good obedient puppy]

Being a good puppy and wearing diapers

* And you can enjoy... Being a good puppy and wearing diapers... wearing diapers all the time... wearing diapers is being a good puppy... Yes... wearing diapers is being a good puppy... That's right.. Whenever you are a good puppy, you wear your diapers, and when you wear your diapers, you're being a good puppy. [You enjoy being a good puppy and wearing diapers... because good puppies wear diapers... wearing diapers is being a good puppy... and you are a good puppy whenever you wear your diapers.... And you wear your diapers whenever you're a good puppy...]
* Diapers and goodness are becoming linked in your mind... until you find yourself... being a good puppy and wearing diapers every day... and doesn't that feel so nice when it happens? ...yes, it does... [good puppies wear diapers every day... you're a good puppy, so you want to wear diapers every day...]
* Whenever you put on a diaper, or you are put in a diaper, you hear in your mind "Good puppy!" and you feel *so good* and so happy that you're being a good obedient puppy and wearing your diapers... [Good puppy!]

Reinforce Good Obedient Puppy

* [3x] Whenever you hear the words... Good Obedient Puppy from someone you trust and with your permission, you feel good and want to obey them [I am an obedient puppy I love to bark and obey with every task I do my mind just slips away]…
* And you can find it even easier to listen and follow along…listen and obey…as you continue to listen to my words…day after day…as your mind just slips away…[Listen and follow along…listen and obey…Listen to my words…day after day…as my mind just slips away…]

Mid-file deepener

* Now be a Good Obedient Puppy and repeat after me: I am a good puppy I never want to think being a good puppy helps me drift and sink [short pause]
* Say it again, puppy: I am a good puppy I never want to think being a good puppy helps me drift and sink [short pause]
* [finger snap] That’s a good puppy…deeper and deeper into trance for me, my words becoming your thoughts easily and automatically…

Wetting the bed

* And you know...good puppies wear their diapers to bed... and it's safe to relax in bed... it's okay to relax in bed...because you're a good puppy and you put a diaper on for bed... [good puppies wear their diapers to bed... you're a good puppy...]
* you know you can relax and let everything go ... relax and let everything flow...you're a good obedient puppy and you relax and let your bladder empty right into your diaper... [relax and let everything go... relax and let everything flow... right into your diaper]
* That's a good puppy... that's a good puppy.. using your diapers when you relax in bed... Good puppy... it's okay... when you relax and pee in your diapers in bed, you're being a good puppy... You're a good obedient puppy and you feel so good when you relax and use your diapers in bed... and as it gets easier and easier to stay relaxed and let your pee flow into your diaper in bed automatically, you feel like such a **good puppy**... [That's a good puppy... good puppies wet the bed... wet the bed, puppy... relax and let everything go... you feel like such a good puppy when you relax and wet in bed]

Using my diapers

* Any time you wear your diapers... you can relax and let go... it's okay to relax and let go... good puppies relax and let go in their diapers whenever they have to go... easily and automatically... you're a good obedient puppy and it gets easier and easier to wet your diapers automatically every time you listen to my words...
* Good puppy...Easier and easier to just relax and let go whenever you wear a diaper... relax and let go... allow the muscles in your bladder to remain relaxed more and more... allow the pee to flow into your diaper... nice and safe... so easy and enjoyable to give up control.. So easy to relax and let go...you're a good obedient puppy and you relax and let go when you wear a diaper... [relax and let go... relax and wet like a good puppy...]
* And the easier it becomes to relax and let go in your diapers, the faster you go in your diaper... the more you listen and obey... the more relaxed you stay in your diapers.... [The more I listen and obey... the more relaxed I stay...]
* When you're a good puppy and use your diapers, it feels so good... When you relax and let go.... You feel so very good... and it's so easy and pleasurable to just relax and release.... Into your diapers... like a good puppy... I can see that you're so eager and excited to lose all of your control in your diapers... and that's a very good puppy thought to have... [good puppies piddle like puppies… good puppies piddle like puppies… good puppies piddle like puppies… I'm a good puppy.... I'm a good puppy... I'm a good puppy...]

Safety

* And if for any reason you have to do something where you can't wear your diapers, or you need to pretend to be a person for a little while and not a puppy, you know you can do that for as long as you have to. When you're pretending to be a person, you can even use the potty if you have to. And when you have to pretend for a little while, it's okay, you're still being a good puppy. But as soon as it's safe, you know you're just a good obedient puppy, and you'll be back in your diapers, and when you pretend to be a person for a little while then go back to your good puppy behaviors, it feels so good, you feel like such a **good puppy**, because you're a good obedient puppy and you can pretend to be a person when you need to, but you always know deep down you're a good puppy, a good puppy, and you'll always go back to that...

**Ending**

And now, it’s almost time to return to your normal waking state. And whether or not you remember everything you did here today, you can smile and appreciate that feeling of comfort and confidence knowing you made so much progress here today just by listening to my words.

On the count of five, you will awaken from your nice relaxing trance feeling alert and refreshed. One …beginning to regain your normal awareness…Two… becoming more aware of your body, lying in a relaxed position… Three… becoming more aware of your breathing, and where you are… four… feeling so, so good as you finally come back on… 5. All the way back, refreshed, and alert remembering all the progress you made here today. I hope you enjoyed you r time with me, and I hope you return to listen again soon. Goodbye now.

Mantras

* I am a good puppy I never want to think being a good puppy helps me drift and sink
* I am an obedient puppy I love to bark and obey with every task I do my mind just slips away
* The more I listen and obey... the more relaxed I stay...

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CUSTOM ONLY

Puppy Portions

* Good puppies are small and only eat small puppy portions…you’re a good obedient puppy and you only eat the right amount for a small puppy like you…you’re a good puppy and you want to be small and easy to handle and pick up by your owner…you’re a good obedient puppy and you only want to eat small, healthy puppy portions of food…and when you only eat a small, healthy, puppy size portion of food, and not any more, you feel like such a **good puppy** and you know you’re being a good puppy…
* If your owner gives you your food, you only eat what your owner gives you, and you feel full and happy after you eat what you are given and only that. When you eat what your owner gives you, you don’t want any more food, and you feel like such a **good puppy**.

V1: Before Goal Weight

* You want to be a small, healthy puppy, and that means never skipping your small, healthy, puppy size meals…a healthy puppy isn’t too small, and you’re a good obedient puppy and you check every day to make sure you’re becoming the small, healthy puppy you’re supposed to be…and when you check and you’re getting closer to being a small, healthy puppy, you feel like such a **good puppy** and you feel so excited and happy you’re being a good obedient puppy…

V2: After goal weight

* You want to be a small, healthy puppy, and that means never skipping your small, healthy, puppy size meals…a healthy puppy isn’t too small, and you’re a good obedient puppy and you check every day to make sure you’re staying small and healthy…and when you check and you see that you’re a small, healthy puppy, because healthy puppies aren’t too small and aren’t too big, you feel like such a **good puppy** and you feel so excited and happy that you’re the small, healthy puppy you’re supposed to be…