**Helpless Diaper Messer**

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**Description**

You will wet and mess helplessly when you wear a diaper, but if someone else puts you in one, you won't even be able to tell. And if that's not enough, when your butt is patted or bounced, you drool and babble helplessly just like a baby. - Idea by Brogatar

**Intro**

This file is intended for adults 18 or older, so if you are a minor, please stop the recording and go elsewhere.

You are listening to another hypnosis file from Champ. If you are here with me, then you must want to be hypnotized. That means you are ready to spend some time in trance, listen to my words, and accept all that you hear.

I cannot guarantee that you will go into trance as you listen to this file, but even if you don’t immediately go into trance, it’s okay to pretend. Sometimes, as you are pretending to go into trance, your subconscious will follow suit and before you know it, you may find you have already entered a state of trance without even realizing it.

Before we begin, please make sure you are in a safe place where you can relax and listen to my words uninterrupted. A reclining position is best, where you cannot roll or fall over. Once you are situated, turn off any cell phones, lights, or anything else that may distract you as you listen to my words. If you need time to prepare yourself to listen to my words uninterrupted, please pause the recording and do so now. I’ll be here when you return. Are you ready to be hypnotized? Good.

**Induction**

And now, just relax... relax and listen to my words... relax, and go deeper into that relaxation as you listen to my words... and as you listen to my words, you can imagine how it feels.... To be in a nice thick diaper.... And you can imagine... the relaxing feeling... of getting diaper pats on your bottom.... [pat pat pat pat pat]

And with each pat.... you go deeper and deeper into trance... With each pat.. you can feel that feeling of relaxation deepening... as you drift down down down into a nice deep trance... More and more relaxing with each pat... deeper and deeper... with each passing moment... going down down down... into a nice deep trance... [pat pat pat pat pat]

Until you finally arrive.... At your final destination... on the path... to trance...

**Body**

Hi there, diaper messer... here you are... and you know why you are here, don't you? That's right. You're here, because whenever you wear a diaper, you find yourself messing helplessly without control....

[x3] Whenever you put a diaper on, you will wet and mess helplessly without control...

Of course you do. You are a helpless diaper messer.. And whenever you wear a diaper... you find it's very easy to accept... that a helpless diaper messer is what you are...

Whenever you feel the urge to mess your diapers, you can just allow it to happen. Whenever you feel the urge to mess your diapers, you can allow yourself to believe that there is no way to stop it. So easy to believe that your muscles do what they need to do. So easy to fill your diapers regardless of how hard you try to stop it. Easy to know that you're going to fail every time you try to hold it... easy to know you will mess your diapers because you’re a helpless diaper messer. And it feels so good when that happens.... 3x You just can’t help it, you’re a helpless diaper messer. 3x I just can’t help it, I'm a helpless diaper messer

It may be embarrassing. Maybe a little exciting. But however you feel about it, you can be sure that you will mess your diapers and there's nothing you can do to stop it. That's okay... because It feels so good to finally feel relief, after trying to hold it...

And maybe you can hold it for just a little while... if you need to... yes, if you really try... you may be able to hold on for just a few moments. Just long enough to find a private place to squat, Like a bathroom or behind the living room couch, before you lose all control. 4x Suck your thumb, squat, and push

Go ahead and take a deep breath... and allow yourself to remember... that familiar feeling... of having to go... especially when it hits you by surprise.... That urgent need.... Yes... you know how that feels.... You can allow yourself to feel that urge building up now... And you can imagine what you do when you feel that urge... That thumb going into your mouth. Those knees bending into a squat, easily and automatically. That feeling of urgency going downward now.... Those muscles pushing.... opening up, forcing you to mess your diapers without control. Stop squat and fill your diapers. My tummy feels funny. I can’t control it. Stop squat and fill your diapers. My tummy feels funny. I can’t control it.

You can’t hold it, you never could. So why even try? You’re a helpless diaper messer. A helpless diaper messer. You’re a helpless diaper messer. Say it out loud. Say I am a helpless diaper messer.… Very good. And that’s exactly what you are, you helpless diaper Messer.

How does it feel to lose control like that? I’ll bet it feels pretty good. Maybe a little blushy. But it’s what you want. It's what you need. That’s why you’re here, after all, is it not? Yes, that’s right. You’re exactly where you need to be doing exactly what you need to do to make sure that you can be a good helpless little diaper Messer.

But you know that little ones aren't always ready to diaper themselves... sometimes they need someone to put them in a diaper... or they need someone to tell them to put on a diaper... And when that happens... they can lose even more control... because when someone puts you in a diaper... it's a clear signal that you simply don't know when you have to go... or when you're going... or even when you've gone... [x3] whenever someone puts you in a diaper... you will be completely unaware that you're wetting and messing your diaper... whenever someone puts you in a diaper, it will be so easy to wet and mess without even noticing... When you are diapered by someone else... you don't need to know when you are going or if you have gone...

It might be blushy just how good it feels when that happens. Especially knowing just how effective your body and mind are at making you lose control just like you wanted. After all, this is what you want. Why else would you be listening if it was not? [x3 You are ready to lose control... You are ready to mess your diapers... You're a helpless diaper messer]

Aww... so cute... such a cute diaper messer... if there's one thing diaper messers love... aside from messing their diapers.... It's butt pats... that's right.... Diaper messers love to bounce on their butts and get butt pats... whether it's rubs or pats... bouncing on a lap... a bouncer... or even down the stairs... nothing brings out that babyish mindset.... Like a good pat to the bottom... a silly babyish mindset... that has you drooling... and babbling like the silly diaper messing baby you are... especially when you're being called a good baby at the same time... [x3] Whenever someone rubs your messy bottom and tells you what a good boy or girl you are... you can start drooling and babbling like a baby.... Whenever you bounce on your diapered bottom... on a lap... or in a bouncer... even on the stairs... you can start drooling and babbling like a baby...

And for the rest of the day you will allow yourself to give up all control whenever you feel the need to mess your diapers until you take a shower or go for 30 minutes without any response when you ask for a diaper change... yes, you can lose all control to your diapers... unless you take a shower... or go for 30 minutes without any response when you ask for a diaper change... once again, you can enjoy being a helpless diaper messer for the rest of the day... until you take a shower... or wear your diaper for 30 minutes after asking for a change...

And the more you listen to this file... the longer lasting and more permanent these effects become... but if you don’t want this to be a permanent change in your life, that’s OK. You can just listen once and enjoy that sensation for a little while. But you might find... that you want to come back... come back and listen.... Again and again. So easy to just listen and follow along. And listen. Listen again and again.

And the more you listen, the more effective and long lasting this hypo file could be. I’m sure if you would like to be a permanently, helpless diaper messer, you could listen again, and again until the effects you desire are complete and permanent. So easy to just listen and follow along. And listen. Listen again and again.

**End**

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. I hope you enjoyed your time with me, and I hope you return to listen again soon. Goodbye now.