

Padded Programming Audio Script

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Description

You are stuck in a padded nursery-themed room, bound, and diapered. Your padded programming is about to commence. The programming portion can be looped on its own, perhaps for your very own training scenario. Enjoy!

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

Today, you're going to take a little journey... a journey down a special path... to a special place... a place where you can get special training... just for you... a familiar path... a path to trance... and you don't have to do anything at all in particular to get there... just listen to my words... and follow along... listen to my words... and relax... that's right... just listen to my words... and relax... Take a deep breath. In... and out... listening to the sound of my voice... it's okay to relax even more each time you breathe in... and out... and go even deeper down the path to a nice relaxing trance.... and when you feel as relaxed as you can be, you may realize that it's so easy to listen to my words... and let them guide you... through a wonderful, relaxing experience in trance...

Listening to my words, and going into trance is like riding a bicycle, or any other skill. The more you do it, the easier it becomes. And the easier it becomes, the more you can

do it, again and again, returning to a nice relaxing state of trance, where you can be yourself, and enjoy the feelings that you love. Enjoy the feeling... of being diapered... and diaper dependent... that's right...

And while you were listening to my words... you may not have even noticed that you were going even further down the path. The path that will take you where you want to go... noticing just how relaxed and deep you already are... as you go further and further down the path to trance.

Destination

It isn't long before you see your destination in sight. I wonder how you feel as you approach the training facility. Maybe you are excited, maybe even a little bit nervous as you approach the entrance. You have been waiting a long time to come here and be trained.... Walking down the path... to your new special school...

Oh, you thought you were done with school? But this is a very special training program, you see...

That's right. You might be reluctant, but just go on forward as the friendly person at the front desk waves and greets you...

Ah, there you are... right on time for your appointment... sign this form please... Don't worry what it says... this training is really going to change your life... there we are... perfect.. Come right this way please...

You are led forward down a nice clean hallway, so clean it looks as if it's been freshly painted... and you notice some cute posters on the walls like you might find at a medical office, but this isn't like any medical office. For one, there's no waiting room... you get to go in right away as soon as you sign in...

You look at the posters as you pass... you see a cute poster that says growing up is growing down... Another poster that says always use your diapers... Another poster that says don't forget to tell an adult when you need a diaper change...

But the funny thing is that all of the cute cartoon characters in the posters look a little bit older than you might expect... in fact like adults, but their dress is so juvenile...

Very curious. And you get to your room and when they open it up it's very confusing because it looks to be like... A nursery? There are pillows and plushies. Colorful posters like the ones in the hallway and soft music... a changing table too... and there seems to be a bouncy harness in the center... and why are the walls padded?

This doesn't seem to make any sense. You turn around to ask what's going on and suddenly all you see is two massive orderlies standing above you next to the assistant who led you here... and they grab you... you can try to resist if you want to, but even if

you try to resist, they have no trouble undressing you and carrying you over to the changing table.

I'm sorry for the rough welcome. Some of our trainees have a little bit of a difficult adjustment at first. But don't worry, you'll get used to this soon enough and you'll be happy with the results... in fact... believe it or not, you'll look forward to these little visits... look forward to returning again and again... Now, let's get you back in diapers...

What's that? You don't need diapers? Don't worry, that's about to change. You're going to need them soon enough, and you'll be used to being back in diapers before you know it.

No, no. No more fussing. This is what you need and what the responsible people in your life have decided. This is what you need. Trust me, you'll be much happier. You'll be so happy that you came when we're done here.

And you can feel as you're laid down on the changing table, the cool plastic against your naked back and legs, and butt... the crinkle, crinkle, crinkle of the diaper... as it's fluffed up and then slid under you... and you can lay there in anticipation, listening to the nursery music in the background as out comes the powder and oil... you can blush and look away as your diaper, yes *your* diaper is prepared... but there's nothing you can do to stop it.

You know it's true as you feel those hands gliding over you... caressing your skin... protecting it... soothing scents washing over you bringing back memories... Yes, this room already smells very babyish doesn't it? Perfect for you. And you can anticipate what's going to happen next...

Soon, the diaper is brought up around you, and the four tapes are secured... One... two... three... four... sealed in snugly and securely with a couple friendly pats on the front of your newly taped diaper... and you can look down and see the most adorable design on the front... and blush a bit as you notice that they chose *that* design to put on you, and it's extra babyish... very easy to notice how thick that feels... how comfortable, crinkly, with every movement you can hear it crinkle reminding you along with that comforting press of the diaper against your body that you are wearing a diaper... a nice thick diaper. Where did they even find a diaper like that for you?

Aww... it looks so cute on you! You're just a natural in these diapers. You're just too adorable. Really, you should get a look at yourself. And you do... you're put right in front of a mirror so you can see just how you look... so adorable. So cute in that diaper right where you belong, yes. No, don't disagree. Don't fight. You'll learn that this is where you belong... in a diaper, because your padded programming is about to start.

And you are brought over now and a pair of plastic pants with cute little designs printed on them is pulled up over your legs because this is going to be a very extensive training session... and you can feel those plastic pants now just adding to the crinkle and that feeling of thickness between your legs, just one more layer to notice and then, after that you are dressed in booties and mittens to make sure that your hands and feet are nice and protected, and that you have no chance of escape. And as you feel them go over your hands and feet, you feel they're nice and soft and comfortable and prevent any ability for you to grab or unlock anything... so frustratingly comfortable, and if that's not enough you're going to be put in a nice breathable locking outfit... a onesie or shortall that prevents you from stripping your clothing off and taking off your diaper even if you could get out of your mitts and booties at all...

And you feel so helpless as you're lifted up into the big harness... slid into it so it comes up between your legs... so comfy... so soft... locking and allowing your helpless legs and arms to dangle free... and you bounce... that's right... you're in a big baby bouncer... and it feels blushy and good as you bounce to the rhythm of the babyish nursery music... good crinklebutt... yes, and you know that the harness is locked too so there's absolutely no way you're getting out until your training is complete for the day... no way you're getting out of your harness... or clothing... or plastic pants... or diapers... or mitts and booties... nothing to interrupt your special training time here today...

And the final piece, you knew it was coming, that pacifier gag. That's right, you blush as you see it, knowing how babyish you already look... you can still see yourself in that mirror from where you are bouncing in your new outfit completely transformed, looking like an overgrown toddler. And now that pacifier is coming down, down, down, down to your mouth, and when it is pushed past your lips, you find yourself already beginning to suckle, feeling the relaxing effects of that hypnotic pacifier as it is strapped around your head keeping you nice and docile... very good.

It's almost enough to send you down into a deep, deep trance all by itself as you suck on that pacifier, deeper and deeper... down, down, down... And the pacifier press... pressing on your pacifier.... Sending you down, down, down, counting down from

10 9 8 7 6 5 4 3 2 1 0

Nice deep trance, pressing on the pacifier again... sending you deep in the trance, even deeper, even deeper, pressing one more time even deeper now... so deep, so relaxed... ready to listen to my words.... totally limp and relax strapped into that big baby bouncer... ready to accept your hypnotic training.

And a VR headset is slipped on over your head, and you begin to see words flashing, colors swirling, too fast, too faded for you to make out, but a voice is tickling your ears. Can you hear it? Your diaper programming is beginning

Body - Overlapping Hypnotic Suggestions

- You're a diaper boy... you're a diaper boy... you're a diaper boy...*
- You're a diaper girl... you are a diaper girl... you're a diaper girl...**
- You're a good Little One. You're a good Little One. You're a good Little One.
- You're a good little one for daddy...
- You're a good little one for mommy...
- You're a good little one for all grown-ups...
- You will wet and use your diapers. You will use your diapers for everything...
- You are incontinent and diaper dependent... You need your diapers... You love your diapers
- Good babies use their diapers for pee pees... Good babies use their diapers for poo poos... Good babies use their diapers for everything...
- You are a good baby...
- Dumb baby thoughts... dumb baby thoughts.... Just dumb baby thoughts... dumb baby thoughts...
- Forget about your old life.... You are now a baby... forget about your old life.... You are just a good obedient little baby...
- Good little ones obey... good little ones follow all the rules...
- Don't touch your diaper. Ask for changes. Remember to ask an adult. Always obey. Always wear your diapers. Use your diapers without fuss. Follow Mommy's and Daddy's rules.

*Diaper boy version only

**Diaper girl version only

Ending

Training session ending in 10 9 8 7 6 5 4 3 2 1 0...

Very good. I hope you enjoyed your padded programming. As you are released and taken out of the harness, you're surprised to find that you are left in your adorable clothing.

Don't you know that this is your new normal? You're going to be in diapers always. You don't need those silly adult clothes anyway... Those are for adults, not big diaper dependent babies like you.

You are led out of the room dressed just like that... don't worry, you'll be back soon for your next round of training. And you know that you will be. And the more you listen, the more effective the training becomes. And you can listen again and again as many times as you like until your padded programming is complete and permanent.

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