

Regression Injections

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Description

It's time for a check-up! The doctor has a special inoculation for you, so please be brave and you'll be out of here and ready to play in no time! This is a file to put you into little headspace. 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

And now, I'd like you to close your eyes... close your eyes, and imagine... imagine the waiting room... of a doctor's office... the colorful kind of doctor's office you may have visited when you were very young. Have you got it?

Yes, you can imagine yourself here in the waiting room... with me... waiting for your routine check-up...

At first, you might not notice all the little things like that play table on the corner with the mirror above it, or the posters of cartoon characters along the wall, or the colorful furniture, or the cartoons playing on the TV. None of these things would stand out on their own... But altogether, it may seem like this is a doctor's office for little ones...

That could be a little confusing... if you think you are too big to go to the pediatrician with an adult... but don't worry... lots of big kids go to *this* doctor. See? Everyone in the office is bigger too.

As you look around, you can notice that there are lots of other people your age, and they've all got grownups with them as well, so there's nothing to be embarrassed about. Anyway, you don't have to pay attention to them because there's so much to notice in this office.

For one, there's all the cute and colorful posters of cartoon critters looking happy. They've got cute bandaids on their arms, and they're playing, and the posters say funny phrases like 'Regression is Radical!'; 'It's Time to be Little'; and 'Let's Take You Down Into Trance'... Isn't that funny? [Deeper and deeper... nice deep trance...]

You look over to the play table, something about it draws you in... captures your attention as you go deeper and deeper.... you want to play as you go deeper and deeper... but that's not what adults do, is it? as you go deeper and deeper... A little voice in your head says why can't you play? As you focus on that table... Allowing it to hold your attention as you imagine playing on that table... Yes, imagine how much fun you could have if you could just forget about all the rules that come with being big... the rules that might not even exist... just rules that you have invented in your head that tell you to what to wear instead of the fun and comfy clothes you want to wear... what to play with instead of the fun toys you want to play with... what to watch instead of the fun shows you want to watch... and as you stare at the play table... you can notice the sound of the cartoons and little shows on the TV... and you can focus on those sounds... allow those sounds to fill up your hearing as you focus on that play table... listening to those fun cartoons... getting deeper into that mindset that you want to play and watch cartoons... staring at that table, wanting to listen and follow along... listen to my words as you go deeper and deeper into trance... [Deeper and deeper... nice deep trance...]

And as you focus on that play table and the sound of the TV, you can notice the feel of the chair underneath you... that colorful chair that's just a little too big... just big enough to keep your feet from touching the floor... and you can swing those feet... remembering a simpler time when you were littler... focusing now on the sound of my words... the table in the corner... the sound of cartoons and kids shows... the feel of the chair... the smell of the doctors office now bringing you back to all those times growing up waiting in the office for the pediatrician... focusing all your attention with your conscious mind... allowing your subconscious to drift deeper and deeper... deeper and deeper... Dropping away to nice deep deep trance.... deep deep trance.... as you go deeper and deeper.... deep deep trance.... deep deep sleep.... as you go deeper and deeper.... deep deep sleep.... down down down.... down down down.... [10 9 8 7 6 5 4 3 2 1 0]

Deep deep sleep. Zoning out until you snap out of it when you hear your name called.

Body

And here you are and you know why you were here don't you? Yes, you're here in the waiting room for your special check-up. And the nurse has called your name and is holding the door open for you to pass through... and you might feel a few butterflies in your stomach even if you don't know why as you pass through that door... Deeper and deeper... right this way, over to the scale so the nice nurse can measure your height and weight... take off your shoes, kiddo..., stepping out of them now feeling a little bit smaller... shorter as you do so... feeling the floor on your feet... Go ahead and step on the scale now... as the nurse slides the little metal sliders to measure your weight and your height... Yes it's good to measure before and after, right nurse?

What's that, kiddo? What do we mean by before and after? Oh, don't worry, sweetie. Just look at the cute little sticker on the scale... they're smiling at you for being so brave at the doctor's!

Now, now, don't roll your eyes. Just hold still while the nurse measures your waist... What's that for? Why, that's so they know what size you need... You'll need to change into some special clothes for your check-up, that's all...

Alright, all done! Now it's time to go into the office... and as you walk inside you can see that the colorful childish theme continues... right down to the paper on the exam table... printed with colorful cartoon critters running around in adorable diapers and pull-ups... smiling and playing... look how happy they are! Look how free...

And over on the doctor's counter you can see that there's a tray with several syringes that are already filled... and next to them, there's a stack of diapers... Is that the special outfit the nurse was talking about?

Haha. Oh, no sweetie, no no. Those aren't for you [unless you want them to be]. Not yet. They're much too small for you. Those are for little ones. No, your outfit is right down there... and the nurse opens a cabinet and retrieves a neatly folded paper gown and what looks like a puffy pair of underwear, and lays them on the chair by the exam table.

What's that? It's a pull up. No, no, definitely not a diaper. Pull ups are for big kids, just for the exam... that's why we needed your measurements.

I'll give you two a minute of privacy to get changed and then I'll come back and take your vitals and the doctor will be in to see you...

The nurse goes out and I help you out of your big clothes and into your little outfit... Come on, step right into the special undies... don't worry, they're just for the exam... there we go... and you can wear the paper gown if you want... but I don't think you really need it, do you?

Alright, and let me help you up onto the cool exam table...onto the crinkly paper... Okay, nurse, you can come back now... [crinkle]

You may be a little embarrassed sitting there in a pull-up, but it's better than being nakies, or having an accident without a pull-up, right? Imagine how embarrassing that would be....

Now just relax while the nurse takes your vitals... hold your arm out... there you go... [velcro... bulb blow up] looks good...

Now say Aaa... very good... your temperature is normal...

Okay, all done! The doctor will be in shortly...

The nurse leaves... and as you wait for the doctor, you can focus on all the things you notice in the room, whatever you are drawn to... focusing on that now as you go deeper and deeper... [deeper and deeper... deep deep sleep....]

[Knock. Knock. Knock.] In comes the doctor

Hello, friend... You're just here for a quick inoculation, right? Good. Now, you can be brave for us, can't you? Your caretaker can hold your hand if you're scared, but you do your best to show that you're a brave big kid as the doctor puts on his gloves [glove snaps].... You can smell the latex... and then you smell the cold alcohol swab that the doctor opens up... and rubs on your arm...

You're doing so good sweetie so good. Now we have just a few little shots to give you, but it'll be over in no time... If it's too scary just close your eyes, and try not to think about that big stack of diapers and pull-ups on the counter...

You may feel a little pinch on your arm... There we go... that's the first shot... just a couple more to go... there's shot number two... okay... one more, sweetie... shot number three... I know it's a bit sore... but you did so good!

And now you get a sugar free lollipop and a bandaid to cover your boo-boo. And look it's your favorite character looking so proud at what a brave one you were today...

And how do you feel? Are you okay? Uh, oh, careful, little one, you almost fell. Oh yes... the effects are hitting this little one hard, I can already tell...

[So relaxed... so small...]

[All those adult thoughts going away...]

[Down down down...]

[Getting dumber... going down... brain foggy...]

[Feeling smaller and smaller so so small]

And as you look around... you may notice the exam table gets bigger and bigger or are you getting smaller and smaller? [Smaller and smaller... so so small]

And you may notice that you are smiling... a big... goofy grin... as your thoughts become simpler... and you know what time it is, don't you? [it's time to be little... it's time to play... it's time to cuddle... it's time to have fun...]

Yes, that's right... we'll have to stay just a little while to make sure the effects take hold and there's no other reactions, so you can play at that play table in the waiting room... doesn't that sound fun!

Haha, okay, okay, let me help you down, then... Uh oh... looks like somebody needs a new pull up first. That's right, you had a little accident... you didn't even notice, did you? Aww, it's okay. Accidents happen. The doctor will put you in a new one right away, how does that sound? It looks like this one's a little bit too big for you now anyway...

Now let's get you all cleaned up... no, don't be embarrassed, you're still a big kid, I promise...

Yes, you do have to wear protection now, but it's nothing to be embarrassed about... lots of people of all ages wear protection... Tell you what you can even pick cause you're so big. Would you like the doctor to put you in a diaper or a pull-up? Go ahead and pick one... only big kids get to choose, you know... That one? Is that it? Very good. I'm so proud of you for choosing... Now lay down for the doctor... [Rip... Rip....]

The doctor is just pulling out some wet wipes... there we go... shh... I know it's cold, sweetie, but you gotta get cleaned up....

Alright, now comes the baby oil.... And the baby powder... no, it's not *just* for babies... it's important for protecting your skin... Okay, now for your new undies... And look,

they've got your favorite characters on them too! How cool is that... They're all comfy womfy on you now... yes, they are...

Don't worry, we won't tell anyone outside you had an accident, and you can show off your cool bandaid... Sorry, we're gonna have to leave your old clothes behind cause they won't fit you anymore, but don't worry, we'll get you some new clothes soon, and look, I brought you a blankie so you can wear that until we get you something that fits, okay?

Walking out of the office and into the waiting room, it seems even more fun and colorful than before. We gotta keep you here a little longer to make sure you don't have any other reaction, so why don't you go ahead and play on the play table now, sweetie? There's other kiddos your age playing already.

What's that? Why are you embarrassed? You think you're bigger than those kiddos? I don't think so. Go ahead and look at that mirror above the play table.

As you look at the mirror that you saw earlier... you can see that you're a kiddo just like the other little ones playing at the table. Something tells you that it's okay to play, allow whatever adult thoughts and worries remain to just melt away... [It's okay to play... adult thoughts just melt away...]

And for the rest of the day, you can allow your adult thoughts to wander away... and you can be so happy, so little... and play to your heart's content. [no more adult brain...just a cute happy little one...]

And now, it's time for me to go, and allow you to rest, or go about your day. And you can spend the rest of the day having fun as a good little one, knowing you were so brave at the doctor's and you did so good listening and following along. And if you want to listen again, that's okay. You can listen as many times as you like. And you can come back again and again whenever you need a regression injection to be little 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.