

Embarrassed Diaper Lover Audio Script

by ChampTehOtter (<https://champtehhotter.com/>)

Description

You're suddenly very self conscious about that big obvious diaper bulge, and yet you can't resist wearing big embarrassing diapers. It's almost as if you *like* being blushy in your big embarrassing diapers.

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 and imagine... imagine you are in a place you usually go in your daily life... a place with people around... it could be people you know... or strangers... have you got that place in your mind? Good.

And you can imagine it's just a normal day... You have put on the thickest diaper you can find. You've made sure to make that diaper even thicker with a stuffer or two or maybe even a second diaper or pull up inside... You've packed your diaper bag with extra diapers and stuffers like normal... That's right, it's a normal and natural part of your routine to be thickly diapered, and bring extra diapers with you wherever you go... As normal and natural as that big diaper bulging through your pants and crinkling loudly...

And as you go about your day in this familiar place... you can allow yourself to notice that loud crinkle... Notice that bulk around your waist, and between your legs... And more and more, you can notice the way that thick diaper forces you to waddle just a little bit even if you try to walk straight... And you can notice the fact that... every time you look down, or see your reflection... you can see the unmistakable outline of a diaper... and as you notice all these things... you may wonder who else can notice it too...

Yes, think about that familiar feeling... that feeling of becoming aware of just how obvious your diaper is... And as you look around this familiar location, you may begin to wonder... That look you catch... is that person glancing at your diaper? Those giggles you hear... are they about you? And you may begin to feel that familiar spike of embarrassment... at the sudden realization... that everyone around you... can probably tell that you are in a diaper... Are you feeling embarrassed? Perhaps a little humiliated? Good... [Isn't it so embarrassing? Feels so good, so embarrassing. Going down into trance... Deep, deep trance.]

You can imagine that feeling growing stronger and stronger... Embarrassment... humiliation... and maybe even... a little bit of pleasure... and you know that even though you may feel embarrassed and humiliated...you just have to wear big thick crinkly diapers... you just can't help it... [Embarrassed... Humiliated... Big thick diapers...]

That's right... how does that make you feel to know... That you *need* your big thick obvious crinkly diapers... You *need* to be embarrassed...? [Thinking about how much and how deeply you need to wear big thick obvious bulging crinkly diapers... Thinking about how you can't help but obey the urge to put them on...]

I'm going to give you a little trigger to help you go into trance easily and automatically... so that my words can be more effective for the rest of the day...

Put your hands on the front of your diapers now... every time you press that diaper bulge... it will help you go into a nice deep trance deeply and easily... give it a try now... There you go... that's right... just put your hands on the front of that big bulky diaper bulge and press... hear the crinkle... know that you are in these diapers no matter what... know that these diapers prove that you your mind can listen and obey the suggestions it hears... the suggestions that keep you in big thick crinkly diapers for the rest of the day so that you can be embarrassed... just like you need to be... go ahead and press that diaper bulge again, diaper butt... there you go....

Every time you press that diaper bulge, you are showing that you can listen to my words, follow along, and obey... Every time you press that diaper bulge, you can go deeper into trance as you listen to my words... And when you press it three times... you can go even deeper... deep enough to allow your subconscious mind to listen to my

words.... allowing you to accept all that you hear... That is what you truly want, isn't it? Good... then let's give it a try... [Deep deep trance, nice deep sleep... down down down...]

3 2 1.... Pressing now... Deep, deep sleep... Again counting down, 3 2 1, Pressin gagain... Deep, deep sleep... nice deep trance... And one more time... 3 2 1, press that diaper... Deep, deep sleep... Nice deep trance... Very good... [allowing that feeling of the diaper to put you deep into trance...]

Body

And here you are... and you know why you are here, don't you? Maybe you are here because you choose to wear big thick diapers... Maybe you're here because someone else *makes* you wear big thick diapers... Whatever the reason, you are here now... And because you are here, that means you want to listen to my words... and increase your dependence on big thick diapers even if it means you'll be embarrassed and humiliated when others notice... [this is obviously what you need...listen and follow along, listen and obey...]

In fact... chances are, you are listening because you *want* to be embarrassed and humiliated when others notice... Even if you don't *think* you want to be humiliated by your big thick diapers... The fact that soon, you will no longer be in control of what you wear and who notices can be a big turn on... [Embarrassed... Humiliated... Embarrassed... Humiliated...]

If that's what you want... Then that's what you will get... Just listen and follow along, and I will make sure that that happens. Listen and follow along and for the rest of the day... you will experience the effects of my words... But be careful... The more you listen to my words... the more effective my words will become... And if you listen too often... the effects might just become permanent...

If that is not what you want, it may be a good idea to avoid listening too often... after all, are you sure you can handle being totally humiliated and embarrassed about your diapers all the time? ...Then again, if it's something you secretly want and need... Well... then maybe you *need* to keep listening... listening again and again... until the changes you seek are complete and permanent. [Keep listening... again and again... over and over... listen and accept all that you hear... listen and obey like a good diaper butt... this is what you want, this is what you need... you deserve to be in big thick diapers...]

Either way, if you're still here listening to my words... then I guess you're ready to accept the consequences... [If you keep listening, you're gonna be stuck in big thick diapers

forever... keep listening... you're gonna be stuck in big thick diapers for the rest of your life...]

Let's start off by admitting the truth... Repeat after me... I need to be in big thick diapers... Again... I need to be in big thick diapers... One more time... I need to be in big thick diapers...

That's right... good crinklebutt... Good job admitting that thick diapers are just what you need. And the more you listen to that need... the more you'll find thick diapers becoming a regular part of your routine until it is easy and natural to put on a big thick diaper every day, no matter what your plans are for the day... [Easier and easier to be in big thick diapers all the time... easier and easier to put on a big thick diaper every time...]

Such a silly diaper butt... You need and love your big thick diapers...

You can accept the fact that you need to be in big thick obvious bulging diapers no matter who notices... You can accept the fact that this is part of who you are... And you can accept the fact that you're destined to enjoy them no matter how embarrassing and humiliating that fact is... You can even accept the fact that part of you likes and needs to be embarrassed and humiliated even if your conscious mind doesn't know it. [whether you know it or not, this is what you need... whether you like it or not, this is what you need...]

How does it feel to know that this is your life now? How does it feel to know that this is what you need? You need to be in big thick diapers, even if it's obvious to others. This is just a part of your life now... I'll bet that feels really silly and embarrassing, doesn't it? [This is my life now... This is who I am... This is what I was meant to be... I was meant to be in big thick obvious diapers... I was meant to be embarrassed and humiliated... I can see and feel just how big thick those diapers have become under my clothes... I was meant to enjoy that feeling... No matter how hard I fight against it... I never had a choice... I was never meant to be out of diapers... This is where I belong... This is what I need... It doesn't matter why... Doesn't matter how... Diapers are my destiny...]

Yes... This is your life now... And this will be your life if you continue to listen to my words... but you can't stop, can you? You don't want to stop... Because you're still listening now, aren't you? Give me a nod if that is true... [This will be your life if you keep listening... but you can't stop now... you don't want to stop, do you? You need this... don't you?]

That's right... Even if it's humiliating... That doesn't stop you from wearing big thick, comfy diapers... Even if you're ashamed and embarrassed, you just can't help it... because you need to be in big thick obvious diapers all the time. [You need to be thickly diapered... You love to be thickly diapered...]

Even if you don't *think* you want to be humiliated, embarrassed... You're still going to wear those big obvious diapers... Because you know that is what you need... and the fact that you are no longer in control of the consequences of being in big thick obvious diapers all the time only makes those feelings stronger. You are helpless to diapers... Helpless to resist them... and it's time to admit that fact... So let's do it together... [I am no longer in control of what I wear... I need my big thick diapers... I am no longer in control of who finds out... everyone is gonna know I'm in diapers... everyone can tell...]

Put your hands on the front of your diapers now, press that diaper bulge... and say... I can't resist my big thick diapers... That's right... put your hands on the front of your diapers and say I need my big thick diapers... That's right... and now, press those diapers and say I deserve my big thick diapers... Yes... and the more you listen to my words and admit the truth... the stronger that need becomes... Until it becomes so normal and natural for you to wear big thick diapers anywhere and everywhere you go... That the idea of going without them is almost unthinkable... [deep deep sleep... nice deep trance... going down down down... More and more effective with each listen... until the effects become complete and permanent... I need my big thick diapers... I need my big thick diapers...]

That's right... No matter how much you squirm... No matter how embarrassed you may be... There's no denying the fact that you are still going to wear those big thick diapers... You're still going to put them on every day... And you'll make them so thick that there's no way to hide the fact that you are in diapers... because you have decided to listen... and anyone who listens to these words needs and deserves to be thickly diapered all the time... [You deserve to be thickly diapered... You need to be thickly diapered]

Day after day diaper after diaper you pad up until big thick obvious diapers become your regular underwear... It can be hard to imagine wearing anything else... because you *know* that wearing big thick diapers feels so good and so right for you... and you know that being thickly diapered is the best way for you to be... MAnd most of all, you know that only the thickest, most obvious diapers can give you that feeling that you need... whether that feeling is safety, humiliation or a mixture of both... [Aren't you embarrassed? Aren't you embarrassed to be in big, thick, obvious crinkly diapers? Isn't it so embarrassing?]

And that's okay... Because maybe some part of you likes being embarrassed in your big thick crinkly diapers. That's it, isn't it? That has to be it... Why else would you do this to yourself? Why else would you allow it to get this far, far enough to make big thick crinkly diapers a normal part of your everyday existence? [Why else? Why else, you big silly diaper butt... You big silly crinkle butt.]

You must be a very silly diaper butt... Somehow deep down, you must *need* to be embarrassed and deeply humiliated as much as you need those thick and crinkly diapers... You must need everyone to *know* that you're a big silly diaper butt... Why else would you listen to my words again and again... over and over... all but guaranteeing that this is going to be your life from now on? A humiliated, obviously diapered crinkle butt... destined to obey those urges to be thickly, obviously diapered at all times. [Why would you do this to yourself? Why else would you listen?]

Even now you are still listening. You are listening and following along because this is what you need and this is what you want... Isn't that just so silly? Aren't you just the silliest diaper butt for doing this to yourself? But if that is what you want, then that is what you'll get, and I'll be happy to ensure that you continue to be a big embarrassed crinkle butt for the rest of the day... or maybe for the rest of your life. If you keep listening, that's just what will happen. [It's your fault... You did this to yourself... Such a diaper butt... Such a silly crinkle butt...]

I would like you to imagine just how it will feel when everyone notices your big thick diapers... if it helps, you can imagine a scenario where that might happen... have you got it?... Imagine that feeling now... Imagine how that feels when everyone notices... As you imagine that feeling now, allowing those feelings to grow in intensity... Embarrassment... excitement... the feeling of knowing that you need to be in big thick diapers... and you can't help it... Feel that embarrassment... that *need* growing inside of you, knowing that no matter how embarrassing it becomes, this is what you've signed up for...

[Imagine how it feels when you notice how obvious your diaper bulge is... Imagine how it feels when you notice the glances... The giggles... Simply the fact that there's no way anyone could miss that crinkle... That bulge... All the signs that you are thickly diapered diaper lover]

You might even feel an urge to use or touch your diapers right now as you allow those feelings to wash over you... That feeling getting stronger and stronger... more and more intense...more and more... stronger and stronger... until it reaches a crescendo so intense feeling your diaper get warmer and more full... growing and growing... bursting out of your clothes so everyone can see what you are wearing... that's right... you're totally exposed, and there's nothing you can do about it... everyone can see your big thick crinkly diapers... you're so humiliated... so embarrassed... you're a humiliated diaper lover... and you're going to be stuck in diapers forever and ever... forever and ever... You can't help it... You're just addicted to diapers... that's right, big thick diapers and everyone's going to know and see... [horny... humiliated... horny... humiliated... I need to make pee pee poo poo stickies in my diapers...]

Today, when you put on your next diaper, you're going to put on the thickest diaper you can whether that's a thick diaper by itself or a diaper with stuffers inside. Or even two diapers, or some combination of diapers and pull ups and stuffers. And for the rest of the day, I'm sure that you'll be super self-conscious about your big diaper bulging through your pants and crinkling so loudly wherever you go. I bet you'll even think about how you need to wear big thick crinkly diapers and you can't help but obey the urge to put them on. have fun, silly diaper butt... but just remember... you chose to listen... you did this to yourself. [Have fun, silly diaper butt... but just remember... you chose to listen... you did this to yourself.]

And you can listen again and again as often as you like, but if you keep listening, it might just last longer or even become permanent.

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.