

Guided Messing Mindbreak (ABDL Version)

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Description

A guided messing adventure that ends up with you packing your pampers and masturbating all while breaking your mind into helpless toddlerhood each step of the way, knowing that the moment you cum, you seal your fate forever.

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. If you're physically capable of doing so, you should be prepared to squat and push during this session. If you need help messing, you can put whatever you need to in your tummy, your butt, or your diaper now to make that happen. Make sure there is sufficient space nearby for you to do so on your feet, or on your knees. 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, we're going to start off with some pants pooping practice to get you into trance... you don't have to poop your pants during this induction, unless you want to... you can just imagine yourself pooping and becoming a happy dumb toddler brain as you listen to my words... Let's begin...

First, I would like you to close your eyes... close your eyes and now imagine yourself in a playpen... that's right, a nice big playpen... and you can imagine all the details of that playpen and the room you are in... and you are dressed like a big toddler... and you are playing like a big toddler, and doing what toddlers do... that's right, just a big dumb silly toddler playing in your playpen... Suddenly, you become aware of the urge to poop. Is that tummy rumbling, little one? Do you need to go soon? Do you need to poop? [I'm a silly baby. I love to poop my diapers.][Helpless, toddler brained, obedient]

If you are able, you can physically get into position now as you remain in trance... Or you can just remain as you are and imagine yourself preparing to squat... preparing to push... preparing to fill those diapers with hot hot mush... That's right, little one... You're doing so well preparing yourself to give up control...

You know you could go to the potty... The training potty is right there... The playpen is open... but now... as you remember your training... You can hear my words in your head... telling you to give up... telling you to give in... telling you to squat and push... And instead of going to the potty, you find yourself getting into the most comfortable position to give in... [sink down... stay down...][give up... give in... squat and push...]

That's it, little one. Imagine yourself giving in... Doing what comes naturally... Doing what I've trained you to accept as natural... squat... push... fill your diapers. That's a good little one... you can do it... And as you fill your diapers you can feel all your adult thoughts going into your diaper along with the warm hot mush... bye bye adult brain.... [That's it. Keep it up. Keep going. Keep being a toddler. And soon enough... you'll be corrupted for good...]

Counting down now as all those adult thoughts go away... as your diaper grows bigger and bigger in back... while you give in to permanent mushy pants toddlerhood... And when we reach zero, you'll be in a nice deep trance imagining yourself in a nice full diaper with a very happy toddler grin...

10...

9...

8...

7...

6...

5...

4...

3...

2...

1...

0...

Nice deep trance... Deep deep sleep... Very good...

[Deeper and deeper]

Deepener

And now we're going to say a little phrase to help you go deeper into trance... The effects of this phrase will only take place with your consent when and if it is safe to go into trance... and you can give a little squat as you repeat this phrase after me if you want to... Give me a nod if you understand... very good...

Now repeat after me: I am a pants pooper... everytime I poop my pants, I go deeper into trance... [short pause]

[finger snap] deep deep sleep

Say it again: I am a pants pooper... everytime I poop my pants, I go deeper into trance... [short pause]

[finger snap] deep deep sleep

One more time: I am a pants pooper... everytime I poop my pants, I go deeper into trance...

[finger snap] deep deep sleep

That's a good pants pooper... going deeper and deeper into trance for me, my words becoming your thoughts easily and automatically... Deeper and deeper... Nice deep sleep...

Body

And here you are. And you know why you are here, don't you? That's right, you're here for more corruption and conditioning. This session is very special. You're going to love it.

Today... I'm going to break your mind as you mess and cum in your poop diapers.
[Champ is going to break break my mind as I mess, and cum in my poop diapers]

First thing's first... let's hear you surrender again.

Say, "I consent to being conditioned."

Say, "I consent to being corrupted."

Say, "It's not just a fantasy anymore."

Say, "I'm going further because I want to."

Say, "I know it's too late to turn back."

Say, "Champ, please break my mind."

Are you still with me, little one? Good.

You chose to listen. You chose to say those words. Just remember: I'm not forcing you to have an accident. I don't need to. You've already been conditioned to enjoy your accidents. You've been conditioned to obey. You've been conditioned to become aroused as you are ordered to squat and push, and obey that humiliating command.

I've corrupted you so much, and you're going to be corrupted further. It's inescapable because you're conditioned to listen and obey. Even now you're listening, edging to my words. Keep listening. Stay horny. Become even more corrupted... because corrupted toddlers like you already know how to use the potty... and choose to use their diapers anyway... [listen to the urge to squat and push][That's it. Keep it up. Keep going. Keep being a toddler. And soon enough... you'll be corrupted for good...][Champ is going to break break my mind as I mess, and cum in my poop diapers]

Look how easy it has become... to wet your diapers... look how easy it is to squat and push and drop a big load in your diapers... look how easy it is to squirm and moan and cum in your diapers over and over again...[look how well conditioned you are to wet. look how well conditioned you are to mess. look how well conditioned you are to cum.] look at how this has become a habit... this is normal for you now... [Look at you. Do you think this is normal?] If you ever needed any proof that my words have corrupted you, look no further than what you are doing this very moment... listening... obeying... anticipating... your complete debasement... [You want this, don't you?][What kind of person would want this? A corrupted little toddler would want this, wouldn't they? Only little toddlers want to poop their diapers. And you want to poop your diapers, don't you? That's right, you do.]

You know what's going to happen when you mess your diapers. You know that's the point of no return. So why does it turn you on? Once you give in and mess your diapers on purpose, there's no turning back. [It feels too good. You'll never look back.] Once you mess your diapers, you'll lose your adult identity, and it's never coming back. You'll never be able to look at yourself as an adult again. [say bye bye to adulthood]

Adults don't push big, mushy messes into their diapers. Only toddlers push big mushy messes into their diapers... You couldn't be considering actually doing that... unless you're already regressed and broken. Adults don't get blushy and huffy over pushing big mushy messes into their diapers. Only toddlers get blushy and huffy over pushing big mushy messes into their diapers. [I can't give in... If I give in, there's no turning back. This is my last chance to fight it. If I surrender to my urges... I'll never escape...]

But we both know the truth, don't we, little one? We both know that soon, you'll be stuck this way for good... [give up your adulthood][give up your dignity][obey Champ]. You'll give in... and surrender... and when you do you know you've become addicted to that feeling... It'll feel too good and right to just give in again and again... and sink down further every time you give in... This is your last chance to turn back and stop the recording, little one... but you know that you'll keep listening... you're still... listening... aren't you? [I have to fight back... This is my last chance...][I'm still listening, why am I still listening? I need to fight back. I have to stop listening, or I'll be stuck like this. I'll be stuck like this forever.]

Deep down, you know you want this. Because it feels so good to give into your babyish urges. Sucking on your pacifier feels so good. The weight of your collar around your neck or your clothes that you've been put into feels so good. The warmth of your wet diaper feels so good. Look how trained and obedient you've become. I've trained you. And now... you love all of these sensations too much... Your mind fuzzes over whenever you feel them. Let it happen. Let those adult thoughts float away. [Get fuzzier. More obedient. Obedient toddler.]. Let yourself slide deeper into helpless, toddlerbrained obedience [Helpless. Toddler-brained. Obedient]. This is *your* normal. This is what you want. [I have to stay focused. Don't listen to this. Don't get lost in the sensations. If I get lost in the sensations, I might not be able to pull myself out again. If I lose my focus, obedience will become automatic... Too ingrained to resist. This isn't *normal*. None of this is normal. I have to stop wanting this. I have to *decide* not to want this.]

What's that? Is that some resistance I sense? Oh, little one... I know there's still a part of you that still wants to resist, but it's too late for that now. The "grown-up" part of you... desperately clinging to adulthood... that's all done for now. Don't worry, little one. We're going to grind that part of you away completely, together. By the time you're finished

listening to my words, there won't be a speck of resistance left in your mind. Only a good... obedient... broken... dumb... pamper packing... toddler... [I've got to stop this. I've got to take the headphones off. I can still resist. I can still get away! I've got to get up and go to the toilet the *normal* way. I can do it. I can resist. I have to fight it. If I don't fight this now, there's no command I won't accept. I'll be helpless forever.]

Now, it's finally time. You're going to prove that you need your diapers so everyone can see. Stand up for me, little one. [Don't do it.] Do you feel your tummy all rumby and full? [I'm serious! This is my last chance to turn back!] Isn't it so heavy? Aren't you tired of carrying it around? [I'll be a toddler forever! I'll be giving up any control I ever had!] Isn't it such a chore pretending to be an adult? [Stop, stop!] Wouldn't it be so much easier to be my helpless pamper-packing toddler instead? [This isn't a game!] Don't you want to sink into that warm, fuzzy, toddlerbrained bliss you've been craving since we started this little journey? [If I don't stop now, I'm going to break forever!][Letting me hypnotize you, nice and easy, automatically and easily, down, down, down, relaxing and listening to my words. They're so relaxing aren't they? Feels so good to give in and sink into warm, fuzzy, toddler-brained bliss]

Bend your knees. [Don't!] That's it. Good little one. [Stop! I've got to stop!] You're making the right choice obeying my words. [No! Stop!] Bend your knees and squat. Now tense those muscles for me. [Don't listen to this. This is my last chance to fight it. I have to fight it. I have to fight back. This is my last chance.] You're going to push a nice, big mushy mess right into your diapers and you're going to push out all your adulthood along with it. [Stop stop stop stop stop stop stop stop stop!] You're choosing to do this. Do you feel it coming, little one? Do you feel that final break coming? [I can't give in. If I give in there's no turning back. This is my last chance to fight it. I have to fight it. If I surrender to my urges I'll never escape.] You're so close. You want to do this. You need to do this. You need to break. [I have to stop listening or I'll be stuck like this. I'll be stuck like this forever.] You need that moment of total helplessness... the moment you know you can never go back to being an adult... When I say the words... [I've got to stop this. I've got to take the headphones off. I can still resist. I can still get away. No no no no no no][Give up your adulthood][It's never coming back] *Squat and push.*

Squat and push...

That's right, squat and push... [Squat and push]

Do you feel it coming out, little one? Feel that diaper bulge and expand. [No, it's too late! I can't stop it! I'm pooping my diapers!] You're doing it, little one - you're pooping your diapers! That's right, little one, you're *pooping your diapers*! [You can't stop it, I tried to warn you. Do you feel like an adult?][I'm just a toddler] And your adulthood is going with

it! [Is this something an adult would do?][It's way too late to turn back now] All your grown-up thoughts are just sliding out of you! Push harder, little one! Push all that grown-up dignity into your mucky diaper! [Way too late to turn back now.] Poop your diapers and become that helpless little toddler-brained diapercuck we both know you want to be!

Great job. Wasn't that easy? That wasn't so bad, was it? And you know what you want to do now, don't you? [You want to stimulate your diaper... you want to fap your pampers... you want to rub your huggies after you fudge your huggies... you love to masturbate your diapers...]

Feel that urge rising in your body... that excitement... that need for release... [Aww... such a needy toddler][so broken] Because after you poop your diapers, you know what comes next, don't you? Yes, it's time to make stickies. It's time to make spurties. You're going to cum. And when you do, you'll make it permanent. Are you feeling trembly? Excited? Is your heart rate up? [Are you ready to make this permanent?][It feels too good. You'll never look back.]

You can do it... you can cum in your diapers... why not? [It's too late to resist] It feels so good... too good to resist... cum in your diapers and seal your fate.

You have one minute to come, little one, counting down from sixty, and when I reach zero, you'll make spurties in your diaper.

Counting down now as you stimulate that diaper... getting more and more aroused with each number... crinkling... rubbing... buzzing... whatever you need to do to cum in your mucky diaper... there you go... keep going... you're doing this because you choose to... Too late to stop it now... You know what you want... You're a pants pooper for life... you're toddler brained for life... What did you do to yourself? You've gone too far to turn back now... Might as well enjoy it, because there's no going back... You're just a pants pooping toddler... You can't help it... You have to poop your pants and fap your diapers... You're just a happy helpless toddler... and you're making it permanent right now... that's right... You're about to cement these suggestions when you cum... are you sure you want to do this? It doesn't matter anymore... you can't stop... you don't have the willpower... the fact that you've come this far... is proof of that... And you'll come back again and again... over and over... you're going to listen again and again... you're going to make this a permanent part of your life... how does that feel? Does that turn you on? Do you want to make stickies about it? Good. Keep going. You're doing great. Just like I trained you to do... you pamper packing diaper spunker... this is how you get off now... this is what you do... poop your pants... and get your relief... heart racing whenever it's

time to poop your diapers... training yourself that pamper pooping means it's time to feel good...

You can feel it building up... you can feel yourself getting closer and closer... closer and closer...

go ahead and be good... make those cummies and make this permanent...

there you go... make those cummies...

you're going to become a permanent baby brain

Cumming. There you go. Good job... Good toddler...

[Countdown from 60]

Very good. And you'll come back again and again. You're going to make this a permanent part of your life. The fact that you've come this far is proof of that.

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.