



Baby Bliss

Prepare to let go of all of your boring adult worries and cares and problems as you work towards regressing yourself permanently into an adorable, diaper-wetting baby.

Remember that there is nothing sexier and more arousing than wetting and messing your diapers uncontrollably in exactly the way that a little baby would. Find yourself striving to make permanent changes in your habits towards becoming a happy baby in every moment of your perfect life. Know that acting and behaving like an adult has always made you feel uncomfortable, as you find yourself regressing quicker and quicker into your ideal childhood as you imagine all of the pleasure that will be available to you in your future once you have accepted yourself for the baby that you truly are.

Baby Bliss is a powerful ABDL file and should be used on your own personal journey towards becoming the happy, adorable baby of your dreams permanently. Give up boring adulthood for the pleasure and happiness that comes from your own personal baby bliss.

- ✧ Aroused whenever I wet my comfortable diapers.
- ✧ Turned on whenever I mess my comfortable diapers.
- ✧ Feeling naked and uncomfortable and afraid whenever I am not wearing a diaper.
- ✧ Having a hard time falling asleep if I am not wearing a diaper.
- ✧ Thinking about how arousing and erotic it would be to wet my diapers every night in the exact same way that a little child would.
- ✧ Knowing that there is nothing more arousing to me than wetting and messing my diapers uncontrollably.
- ✧ Thinking about how happy I am whenever I use my diapers exactly as a the little child I am trying to be and love to idolize would.
- ✧ Remembering how anxious and uncomfortable and worried I am whenever I am not wearing my comfortable diaper.
- ✧ Feeling naked and ugly and uncomfortable whenever I am not wearing a comfortable diaper.
- ✧ Knowing that I have to wear a diaper at all times in order to be happy and comfortable and confident in my life.
- ✧ Forgetting everything that I know about using the disgusting adult restroom.
- ✧ Feeling uncomfortable and nervous whenever I am forced to use the gross adult toilet.



- ✧ Wishing that I had never been potty trained so that I would never be forced to use the gross toilet ever again.
- ✧ Thinking about all of the people that have touched the toilet with their naked bodies and remembering how disgusting and covered in germs toilets always are.
- ✧ Knowing that I can never use the toilet ever again if I am going to achieve my lifelong dream of becoming a baby full-time, and finding myself disgusted and disappointed in who I am if I am ever forced to use a disgusting toilet.
- ✧ Emulating all of the small, adorable children that I see.
- ✧ Forgetting everything that I know about being a boring, uncomfortable adult. Acting like a happy care-free child in every way.
- ✧ Remembering that I am always happiest whenever I am emulating the small children and babies that I see around me.
- ✧ Knowing that I will never be happy in my life as long as I am acting like a gross, uncomfortable adult.
- ✧ Remembering that behaving exactly like a baby every day is my ideal future, and I am never going to let anything stop me from achieving it.
- ✧ Finding childish toys completely captivating and fun and amusing.
- ✧ Remembering how arousing and erotic and desirable it is to play with the exciting toys that a baby would play with.
- ✧ Happily throwing out anything in my house that would show others what a boring adult I am.
- ✧ Knowing that my friends and family and lovers prefer me whenever I am acting like a baby.
- ✧ Thinking about how to best turn myself into a helpless baby every day whenever I wake up.
- ✧ Watching videos of adorable babies online so that I can better learn exactly how to act like my ideal role models.
- ✧ Excited and happy and pleased whenever others see me as childish enough and accept me as the baby I have always wanted to become.
- ✧ Remembering how happy and exciting behaving like an adorable little baby has always made me feel.
- ✧ Needing strong lovers to take care of me and treat me like the adorable little baby that I have always dreamed of becoming.
- ✧ Fantasizing about how erotic it would be to be forced to become an adorable baby of my dreams by my strong, dominant lover.
- ✧ Needing a strong, dominant lover to hold me down while they change my comfortably wet diaper.



- ✧ Begging my dominant lover to treat me like the adorable little baby that I have always craved to become.
- ✧ Turned on whenever I cry like a frightened little child.
- ✧ Feeling safe and secure and comfortable whenever I am holding onto my favorite stuffed animal.
- ✧ Feeling aroused and turned on and comfortable whenever I am sucking on my delicious pacifier.
- ✧ Thinking about how erotic and arousing it would be to have an addiction to sucking on my pacifier every day.
- ✧ Feeling happier and more confident whenever I put my delicious thumb into my empty, wanting mouth.
- ✧ Remembering that sucking on my soothing, delicious thumb always calms me down and helps me feel better.
- ✧ Aroused and turned on at the thought of wetting myself uncontrollably whenever I am scared.
- ✧ Listening to all of the hypnosis that I can find in order to learn how to be a better, more adorable baby.
- ✧ Emulating the adorable children and babies that I meet so that I can be like them in every way in my ideal future.
- ✧ Finding myself more turned on and aroused the messier my comfortable diaper is.
- ✧ Thinking about how much happier and more relaxed I will become once I have transformed myself into the adorable baby I have always dreamed of becoming.
- ✧ Needing other babies and toddlers and children to learn from and emulate in every aspect of my life.
- ✧ Remembering that I will never truly be happy as long as I refuse to behave like a baby every day in my life.
- ✧ Finding it harder and harder to think about all of the boring adult worries and problems and thoughts that make me uncomfortable and unhappy.
- ✧ Feeling happiest whenever I am wearing the childish clothes that look the best on me.
- ✧ Needing others to compliment me on how adorable of a baby that I am each and every day.
- ✧ Knowing that I will never truly be happy in my life as long as I am behaving in all of the adult ways that make me anxious and uncomfortable and unhappy.
- ✧ Fantasizing about how erotic and arousing it would be to sleep every night in a comfortable child's crib.
- ✧ Forgetting all of the uncomfortable memories and thoughts and experiences that only boring, gross adults have.



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- ✧ Giggling and cooing like the happy baby that I am whenever I am excited.
 - ✧ Finding myself turned on and aroused whenever I obey any order that a grown-up gives to me.
 - ✧ Craving the delicious taste of baby food whenever I am hungry.
 - ✧ Remembering that baby food is delicious and will help me develop the figure that I have always craved the more that I eat.
 - ✧ Finding it difficult to tie my complicated shoelaces. Preferring velcro shoes so that I can easily take my shoes on and off like a small child.
 - ✧ Fantasizing about how erotic and arousing it would be to be pushed around the park by my dominant parent in an adorable children's stroller.
 - ✧ Thinking about how much eating my food in a high-chair turns me on and makes me more aroused than anything.
 - ✧ Always having fun daydreaming about giving up my boring, uncomfortable adult life so that I can focus on becoming a baby full-time.
 - ✧ Turned on and aroused whenever I crawl on the floor like an adorable little baby instead of walking to where I need to go like a boring, disgusting adult.