



## *Cry Baby*

Do you ever fantasize about how happy you will be in your future once you are crying like a little baby that you love to be each time that you need something? Whether that's a diaper change, a warm bottle of milk, or even a nap, every good little baby knows that they can always get what they want by crying their innocent little eyes out.

Listen as I gently guide you towards forming the fun and pleasurable childish habits that allow your troubling and worrisome adult thoughts to simply melt away. Learn to naturally let those big wet tears well before you start uncontrollably crying like an innocent little child you love to be whenever you do not get your way. Think about how much happier and carefree you will be once you learn to express your emotions easily and naturally like the adorable baby that you desire to be.

You are a baby. It is time to start acting like it! Let go of all your boring and uninteresting adult thoughts and give in to your childish emotions as you become a "*Cry Baby*."

- ✧ Easily letting go of all my boring and uninteresting and disgusting adult thoughts and feelings and habits.
- ✧ Feeling anxious and stressed and worried whenever I am thinking boring grown up thoughts.
- ✧ Feeling overwhelmed by grown up stresses whenever I am not behaving like the completely emotional baby that I love to be.
- ✧ Easily allowing my childish emotions out whenever I am behaving as the baby that I love to be.
- ✧ Easily letting myself be overcome with exciting and pleasurable childish emotions.
- ✧ Remembering to allow myself to be emotional whenever I am stressed out or scared.
- ✧ Intuitively knowing that crying will get me the attention that I love and crave.
- ✧ Intuitively knowing that crying like the adorable child that I love to be is a good way to receive attention from the people around me.
- ✧ Fantasizing about how quickly my loving caretaker will respond to me whenever I am crying.
- ✧ Knowing that crying will advertise me as the adorable and happy and carefree baby that I have always desired to be.
- ✧ Preferring to use my cry and whining and tantrums to communicate with my caregiver.
- ✧ Feeling naturally more emotional each and every day.



- ✧ Allowing myself to pleurably cry like the adorable baby that I love to be whenever I watch a sad scene in a movie.
- ✧ Becoming easily frustrated whenever I desire a fascinating toy or delicious bottle that is out of my reach.
- ✧ Crying whenever I desire to alert my caregiver to any of my completely important baby needs.
- ✧ Remembering to let my feelings and emotions and desires take over any boring, logical, adult thinking that I may have.
- ✧ Intuitively knowing that all adorable little babies like me naturally feel their emotions strongly and cry easily in response to anything frustrating in their life.
- ✧ Intuitively knowing that crying uncontrollably is completely normal and natural for adorable and cute and little babies like myself.
- ✧ Feeling proud and accomplished and satisfied whenever I can feel myself crying in public like the small child.
- ✧ Knowing that crying whenever I am upset will make me happy and bring me pleasure and help me live my ideal life in all of the ways that I have always desired.
- ✧ Knowing that my friends and family are always proud of me whenever I cry easily in a stressful situation.
- ✧ Remembering to cry whenever I feel overwhelmed or stressed or anxious in order to find someone to help me out of my situation.
- ✧ Using my voice to whine and babble like a little baby as I cry uncontrollably.
- ✧ Intuitively knowing that I will always feel better after I cry like a small child.
- ✧ Preferring to cry in order to get the things in life that I most desire.
- ✧ Feeling proud and excited and satisfied whenever I allow my feelings to come out.
- ✧ Remembering to whine and cry whenever I do not get my way.
- ✧ Remembering to whine and cry in order to alert my loving caretaker of my childish needs and wants and desires.
- ✧ Crying easily whenever I desire a diaper change.
- ✧ Easily whining and wailing and fussing whenever I crave a toy that I do not have access to.
- ✧ Intuitively knowing that all little and adorable and happy babies cry easily whenever they are hungry.
- ✧ Remembering to cry and fuss and whine whenever I am placed into my crib for a nap.
- ✧ Knowing that crying and throwing childish tantrums will always provide me with the things that I most desire.
- ✧ Feeling confident and powerful and fulfilled whenever I cry like the small child that I love to be.



- ✧ Thinking about how crying has always persuaded my loving caretaker to give me anything that I may desire.
- ✧ Practicing crying on command by thinking of things that make me sad.
- ✧ Remembering to practice tearing up in the mirror in order to cry like the cutest, most adorable baby possible whenever I desire.
- ✧ Happy whenever I allow myself to feel emotional whenever I see something sad.
- ✧ Easily letting my childish emotions take over my actions whenever I am feeling overwhelmed.
- ✧ Preferring to be a diaper dependent, adorable little cry baby who craves a dominant caregiver to love and take care of them.
- ✧ Knowing that the only way to stop me from crying is to give me whatever childish want that I may desire.
- ✧ Easily crying whenever I desire cuddles and attention and love from my strong and dominant caretaker.
- ✧ Practicing crying like the little child I aspire to be in my future each and every day.
- ✧ Practicing making my voice sound like a small child's voice.
- ✧ Always remembering to whine with my voice whenever I cry in order to get the attention that I crave and desire.
- ✧ Knowing that crying easily will help to advertise me as the adorable and cute and innocent little baby that I have always desired to be in my future.
- ✧ Intuitively knowing that crying whenever I desire anything will help me live my ideal future.
- ✧ Preferring to use my voice to whine and babble and cry like the little baby that I desire to be in my future.
- ✧ Fantasizing about my loving and dominant caregiver fawning over me whenever I cry.
- ✧ Using my childish tears to demand attention from my strong and loving caretaker.
- ✧ Imagining how happy I will be once I receive everything that I could possibly want from crying like a little child whenever something bothers me.
- ✧ Remembering to cry loudly in order to quickly receive the most attention from my loving caregiver.
- ✧ Knowing that I have always preferred to cry in order to get the attention of the people that I love in my life.
- ✧ Feeling proud and accomplished and satisfied whenever I feel myself beginning to cry.
- ✧ Knowing that crying will help advertise me to the world as the needy and dependent and adorable little baby that I know I have always desired to be.
- ✧ Easily crying and whining whenever my completely fun and exciting play time is interrupted.



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- ❖ Preferring to let my loving caretaker take care of me whenever I am done with my childish tantrums.
  - ❖ Feeling happy and proud and accomplished after crying like the small child that I love to be.
  - ❖ Feeling relieved and satisfied and happy whenever like a small, innocent child.
  - ❖ Imagining myself getting picked up and cuddled with by my dominant and loving caretaker whenever I cry like the baby that I know I have always been.