

Personal Validation and the Adult Baby

In previous articles and books we have repeatedly stated that being a regressive adult baby is a *non-trivial experience*. By that, we mean that regression to the infantile state is for most people, not a minor inconvenience or a mere oddity. It is a significant and often powerful part of life that does not go away. As a result, we deal with it in an equally significant way. We wear diapers. We wet and even soil our diapers. We wear baby clothes and use pacifiers. We engage in a whole lot of behaviours driven and directed by these regressive drives. But what is our single most powerful motivation?

Acknowledging infancy is of prime importance

We have stated often (and for good reason) that one of the primary needs of the regressive adult baby is to be accepted by others as a *genuine baby*. Even if it is just one other person, the need to be accepted as a *real baby* is very strong. When we say 'real baby' we do not of course expect anyone to say that we are literally physical babies. We are instead trying to have others accept that we have strong infant needs, behaviours and emotions and that we mimic babies. We are in many significant and genuine ways, infants or toddlers, when we are deeply regressed. In the depths of regression we feel infantile. We can look at the world around us in an altered state that is not all that different to that of an actual infant. It seems perfectly natural to engage in infantile play, feeding and relationships ie parent/child. Our internal perception of ourselves changes. We are not playing at being babies. We are babies!

Experience and commentary from hundreds of Adult Babies has shown that the strongest desire and need that we have is to be accepted as a real baby by another person or persons.

Being accepted by another as a genuine infant or toddler validates our own internal perception that we are babies. This external validation provides security and emotional satisfaction that otherwise goes unmet. It confirms our internal perceptions of infancy via an external confirmation from someone else.

External validation is of great importance, but just as powerful is our own validation of who we are.

Self-identification of your infancy

The internal regressive drive that we all experience is powerful and at its strongest point makes us question who we are. That sounds a little dramatic, but it is not incorrect. As we grow older, our perception of who we are grows and morphs with us. As teenagers, we accept and perceive that we are in fact, teenagers. As young children, we have little difficulty accepting that we are young children and again, as adults, we are aware that we are adults.

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However, the strong regressive drive can bend and confuse that acceptance and understanding. Because for many, we spend significant time in a regressed state as young as infants or young toddlers our personal understanding of who we are can become confused, to say the least.

This issue is very dependent on how strong the regressive drive is for you personally. If that drive is fairly light, you will probably accommodate these confusions fairly easily, but at the other end of the scale, it is quite different.

We often read of people who claim they are actual babies with an adult 'overlay'. That is not technically correct, but it demonstrates how a strong regressive drive can make self-identification quite difficult and confusing. We may still be primarily adults, but the very strong regressive drive means that we are also babies and toddlers to a significant degree. The degree to which we identify as babies is not minor, but often very significant and to some, overwhelming.

Personal validation of your infancy

Regression begins as a state of mind, but it does not stay there. We act upon it. The desire and drive to wear diapers is quite primal for the adult baby and as discussed in the Diaper Equivalency article, it is the basic behaviour of Adult Infantile Regression – or Adult Babies. The diaper has an extraordinary power to *validate* our infantile state. Other than incontinent adults, only babies wear diapers and so if we are wearing diapers... we must be babies? As a logical argument it is not particularly good, but in terms of personal validation, it is very, very powerful.

We wear diapers to validate who we are and by wearing them we confirm to ourselves that we are indeed, babies.

We all engage in behaviours that we unconsciously do to validate our self-identification as babies. The wearing of a diaper confirms our own internal belief that we are babies. We suck on a pacifier because it both comforts us and validates and confirms our internal image of ourselves.

Personal validation is both conscious and unconscious. Diaper wearing is such a primal act that we don't even think about it. We just wear diapers and it 'just makes sense'. However, other actions we do are motivated in part by a desire to validate who we think we are.

Clothing often says a great deal about us, both good and bad. As Adult Babies, what we wear is important for the same reason – it says a lot about us. If we are wearing baby clothing, it in part validates our claim to being babies. If we crawl, it tells us (and anyone else who sees) that we are very little. The same applies to the common practice of having

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formula bottles. No one other than babies has formula bottles therefore... we must be babies if we are drinking from them.

The baby cot or crib is a very powerful validation of our infancy. It is on show all the time and impossible to hide and yet, only a baby sleeps in a crib and therefore... we must be babies if we sleep in one.

Crossdressers wear women's panties for several reasons, but a major one is to *validate* their femininity. Likewise, the sissy baby wears highly feminine clothing and diapers to underscore their baby-girlness. Why would a sissy baby wear a bra other than to remind themselves of their femininity?

It is worth thinking about some of the things we do and think about how much we do it simply to validate who we are.

The desire to become a genuine bedwetter is common and if you think about it, why do we find it important? We can wet in our night diapers or even on our bedsheets when awake, right? But... if we do it in our sleep then we are genuine bedwetters. We are babies and acting so by more than mere decision. Our bedwetting validates our infancy. When we wake in the morning after a deep sleep, the wet diaper or soaked sheets confirms that we are bedwetters.

The same is true of incontinence. If we are incontinent then we wet without control – just as a baby does and we do not have to deliberately engage with it. It simply happens... just as a baby wets.

Soiling of the diaper is also a powerful validation. It is a big thing to dirty your diaper and who else but a baby does it? Not many at all.

The opposite of validation is also important. As well as undertaking actions designed to validate our internal identification as infants, we also *avoid* actions and experiences that seek to oppose our self-identification. More than a few adult babies - and especially sissy babies – avoid mirrors and photographs of themselves because the external imagery totally opposes how they feel about themselves. Not all of course, but for many this is true.

Many of the things we wear, the things we do and how we behave is done to validate our internal perception that we are in fact, truly babies. And that is perfectly fine! In a world that will never accept us as babies, it is up to us to accept ourselves as the babies we know we are in a safe, effective and healthy way. Many of us will be lucky enough to have a partner who accepts us in full or in part as the babies we are, but that will often be the only person who does. We still need to validate those powerful internal feelings by external actions.

Our personal circumstances will always dictate how much we can experience of our inner babyhood, but when we can, we need to validate who we are. Wear a dress and be proud of

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it! Take a pacifier to bed and let yourself be soothed by it. Wear a baby-print diaper and soak it as much as you can. Exalt in who you are by acting it out. Then, for the rest of your day or week, you can go through adult life not only believing that you are a baby, but *knowing it*, because only a baby – a real baby – does some of the things that you do.

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