

## Going 24/7: Embracing the Inner Baby for Life

Wherever adult babies gather, be it on websites, chat rooms or in person, the subject of wearing diapers 24 hours a day, 7 days a week comes up frequently. It is not a small issue, but rather something that almost everyone considers at some stage and most reject.

However, the allure, the excitement and the challenge remain. For one group however, the attraction is more than an external one. It is an inner drive, a need to be in diapers, not just for a while or even often, but rather, full-time all day every day.

So why is this so? What makes the idea of engaging in full-time diaper use to the significant or total exclusion of a toilet, so enticing or drawing?

For this we need to understand the wide array of motivations that affect diaper-wearers in the first place. We have pure role-players for whom a diaper is little more than a single prop among many others. Then we have diaper lovers or fetishists for whom the attraction to wearing a diaper is largely sexual and once orgasm has been achieved, the diaper is often removed and not worn until 'next time'. The third category of course are Regressive Adult Babies. For this group, the diaper is not a sexual object but rather an 'attachment object' that is used to signify and authenticate a state of regressed infancy.

Now it is worth mentioning that these three groups do not exist in isolation. While a person *may* fit exclusively into one group, the majority will reflect aspects of all three but to differing ratios. There will however be one primary driver and in the case of this subject, we will be mainly addressing the Regressive Adult Baby. (*for more detail on the three-way nature of diaper attraction please refer to Adult Babies: Psychology and Practices – M Bent 2015*)

As we seek to understand the drives and motivations for 24/7 diaper wearing, we need to understand more about the basic drives of Adult Babies. Because it is Adult Infantile Regression at work, the goal is to achieve infancy or a significant version of it. Because this is clearly impossible in a literal sense, the Adult Baby seeks to achieve as much of it as he can in a stylistic manner. The major item is of course the diaper. We have discussed before that it is highly likely that for most adult babies, there is an extremely strong relationship between a diaper and infancy. They view the diaper as a symbol of infancy and the act of wearing one imputes a level of infancy upon them. This is a simplistic explanation of this hypothesis and a more detailed analysis is available at [www.abdiscovery.com.au/articles](http://www.abdiscovery.com.au/articles)

It is not natural or normal for continent adults to wear diapers. As a society in general, we accept that to be true without much disagreement. We do however, readily accept that infants wear diapers and so our thinking naturally links infancy and diapers together.

What we are seeking to do here first of all is to underline the extremely powerful position of the diaper in the Adult Babies hierarchy of needs. It is right at the top and without a diaper, the regressive baby experience is very damaged, seriously limited and probably unsuccessful.

From very early on in our research we identified the two major needs of Adult Babies. They are:

1. To be recognised and accepted by another as a baby or infant in part

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### 2. To be in a relationship that involves a parent/child element

An implicit part of that first statement is that WE recognise OURSELVES as part baby/infant. We accept that it is real and not imaginary or mere role-playing. When we are accepted by another as part baby it is confirmed to us that we are in fact, part baby. The internal baby inside us is a genuine and significant part of who we identify as.

The nature of regression is that we enter and leave a state of infancy that may itself vary from quite light in effect to extremely deep and long-lasting. And here we find another criterion that affects the issue of 24/7 diapers: *strength of the drive*.

Not every adult baby is made the same way. The reality in our lives is that some ABs are blessed with a fairly light 'dose' of regression that has minimal interference in daily life. However, many have much stronger regressive drives that cause difficulties and interference and often, serious negative impacts on life.

If you are one of these people, I don't need to explain what that means. Diapers and Babying consume your thinking and is never far away. You are often just waiting for a chance to wear diapers and to let go in them. It is a constant, never-ending drive that reduces concentration and effort on the rest of life. Even if it is not devastatingly powerful, it can still be a regular distraction that causes difficulties and problems that need not otherwise exist.

If that is the problem, then what is the answer?

Adult Infantile Regression cannot be 'cured'. That is not among the options we have available to us. What we do have however, is management and mitigation – the opportunity to reduce the negative impacts so as to make life easier and more enjoyable.

And so, now we discuss the idea of wearing diapers 24 hours a day 7 days a week and more importantly... with no end in sight.

There is no doubt that this is a big decision. It is a huge decision, but let us consider for a moment how other people cope. There are millions of people world-wide who wear diapers constantly for medical reasons and do so successfully and competently while going on with their normal lives. My point is that full-time diapers is both a huge thing and NOT a huge thing, all at the same time. It is certainly something that takes work, but millions of people successfully do it every day.

A lot of the rather inane commentary about 24/7 diapers centres around '*how cool would that be?*' and '*how much fun would that be?*'. Not surprisingly, people who try it out for those reasons give up very quickly. 'Cool' and 'fun' are very temporary experiences.

'Healing' however is not a temporary experience. Nor is 'relief'. If you have had chronic pain for years and the act of wearing a restrictive back brace totally alleviates it, would you go back to chronic pain? Of course not. If you suffered from depression or deep mood swings and a specific exercise or other regimen eliminated it, would you give it up? No, you wouldn't.

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I will now ask the question I have been leading up to.

*If wearing diapers 24/7 massively reduced the uncontrollable and overwhelming regressive drive in your life and gave you back happiness, concentration, relationships and better mental health, would you do it?*

It is still not an easy question because 24/7 comes with a lot of complications and issues which we will deal with in a moment, but I hope you can see what I mean.

It is certainly not for everyone, but 24/7 diapers can help the deeply regressive person regain the things that it has taken hold of for so long.

When we are young, we believe we can do anything, conquer everything and nothing is impossible to us. It is one of the grand delusions of youth, but a truly glorious one that I would never seek to criticise. For deeply regressive ABs however, the years go by and finally, decades and the hold that AB regression has over us does not diminish. If anything, it seems stronger, if only because we lose the will to fight a losing battle.

*At some stage in our lives we are ready to consider the unthinkable to combat the unbeatable.*

24/7 is for many people, the unthinkable option. It is unthinkable because society accepts diapers for those that physically need them. But what if 24/7 diapers gave you the emotional and psychological freedom you have been denied for so long?

In my own experience, I have struggled with a very strong AB desire from the very early years of life. I was (and remain) a bedwetter in large measure because I never really understood the societal need and demand for night-time dryness. These baby drives have caused a lot of dislocation and difficulty because those drives have been central to my thinking and hard to dislodge temporarily and impossible, long-term. I reverted back to bedwetting because of these needs and while my bedwetting is truly accidental, it is caused primarily by my baby needs and the authenticity that bedwetting brought me.

Later in life, my bladder control began to be a bit poor with urgency and occasional damp underwear. I know that it was primarily stress and other difficulties that caused this to happen, but out of frustration I started to wear diapers 24/7.

The change in my life was massive and very, very positive.

My stress levels plummeted. The almost daily massive headaches were totally eliminated. My sleep patterns – which were poor – became baby-like in their ease and length. My entire life was turned upside down. My mood dramatically improved and my general demeanour was far more positive.

All I did was to start wearing diapers 24/7/365. And the change was instantaneous.

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Speaking with other people, we have noted that they too have experienced significant improvement in their lives by wearing diapers fulltime.

As we assessed my own experience and that of others, we became aware of a number of things.

1. Wearing diapers fulltime aligns with our baby identity. Babies wear diapers and we are babies.
2. Wearing diapers fulltime allows you to relinquish bladder control and it reverts to a form of pre-toilet training. It may technically be incontinence, but it is also true that when in diapers 24/7 that it can also be genuinely considered to be pre-toilet-training, as if you were never toilet-trained – like a baby is.
3. Wearing diapers fulltime allows the ever-present baby need and desire to get some continual outlet.
4. 24/7 diapers is a lot easier than you imagine it to be.

Let me explain point four in detail. A lot of forum posts discuss how difficult it is to go 24/7 and yet, millions of people do this for decades or even all-of-life. What *is* difficult however, is being ambivalent about it.

Going 24/7 diapers is a very big change. You need to ensure a constant supply of diapers and your choice of diapers is very different to what you wear ad hoc. When you are fulltime, you are looking for the best diapers to suit your need – not to suit your fetish. You need to choose the diapers that are most suitable for discretion and absorbency, ease of changing and of course, economics. Cloth or disposable? What about night time? Where do you change and when? These are no longer optional questions but rather, an integral part of your daily routine. At first, it takes a fair bit of effort and trial and error, to get these factors into right order. After a while, 24/7 wearing is relatively easy and risk-free. It just takes planning and experience to work out the problems. But if you keep ending your 24/7 experience, giving it a break and then restarting it you are constantly dramatically disrupting your life.

A decision to go 24/7 for AB reasons should be a permanent one. There should be no going back because the AB drive is not going to end and so if you choose 24/7 to ease that pressure than it should be a permanent decision.

The benefits of 24/7 sometimes appear over time and not just immediately. Over time, the need for diapers becomes lower and more controllable because you have become desensitised to some degree.

Incontinence is obviously something that will eventually develop and you need to be aware of that. If you go 24/7 and are not currently incontinent or a bedwetter, this will change. As you used the diaper exclusively for peeing, you will start peeing more often in small amounts, retaining less and over time – perhaps a number of years – you will become incontinent to some degree and possibly totally so. Normally this would be a massive health issue and huge disruption to your life. But you are in diapers anyhow, so the reality is that

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nothing of real consequence has happened. And since you plan to remain in diapers forever, nothing has really changed.

There is one more thing we need to state about going 24/7 and that is that it is 24/7, not 22/5 or 12/4 or any subset of that. There is a massive difference between full-time wearing and ad-hoc or even regular wearing. One involves choice and a response to need or desire. The other (24/7) is a statement of personal infancy and a desire to bring a powerful desire and need under some kind of control.

A decision to go 24/7 is a huge one. It involves a significant alteration of how you live as diapers will ALWAYS be there. Diaper bags, diaper supplies, changing locations and times and more are part of the issue. They can all be solved with good management, planning and a bit of time to get it right. We can only state that for some deeply regressive ABs, 24/7 diapers can be the elusive controller and minimiser of a disrupting desire and overwhelming need.

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2017

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