

ROSALIE BENT
SALLYANNE CASTLETON



*Embracing
Your True Self.*

*A Complete Guide for
Sissy Adult Babies*

AN AB DISCOVERY BOOK

Embracing Your True Self: A Complete Guide for Sissy Adult Babies

Embracing Your True Self: A Complete Guide for Sissy Adult Babies

Rosalie Bent

Sallyanne Castleton

First Published 2026

Copyright © AB Discovery 2026

All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system, transmitted in any form, by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the publisher and author.

Any resemblance to any person, either living or dead, or actual events is a coincidence.

Embracing Your True Self: A Complete Guide for Sissy Adult Babies

**Title: Embracing Your True Self: A Complete
Guide for Sissy Adult Babies**

Author: Rosalie Bent, Sallyanne Castleton

Editor: Michael Bent, Rosalie Bent

Publisher: AB Discovery

© 2026

www.abdiscovery.com.au

Contents

Opening	10
Chapter 1: What Does “Sissy Adult Baby” Actually Mean?	11
The Adult Baby / ABDL World.....	11
The Sissy Identity	12
Where the Two Meet: The Sissy Adult Baby.....	13
The Spectrum of SAB Identity.....	14
Chapter 2: You Are Not Alone — Community, Prevalence, and Belonging. The Healing Power of Knowing Others Share Your World.....	19
Opening: The Loneliness That Brought You Here	19
Validation: A Word This Book Will Not Shy Away From	21
What Belonging Does For You.....	28
A Direct Word to Those Who Are Struggling	29
Chapter 3: The Psychology Behind It. Understanding Why You Feel What You Feel — And Why That Feeling Makes Sense	31
Opening: The Question Beneath the Question	31
The Psychology of Femininity and Sissy Identity.....	35
The Intersection: Why Baby and Sissy Belong Together	37
Needs That the Sissy Baby Identity Meets.....	38
Why Suppression Doesn't Work And Why Integration Does.....	39
Chapter 4: Origins and Development. How Sissy Adult Baby Identity Grows — And How the People Around You Experience It	43
Opening: Your Story Is Worth Telling	43

<i>Embracing Your True Self: A Complete Guide for Sissy Adult Babies</i> How Partners Experience It: Voices From the Other Side	49
Chapter 5: Making Sense of Your Story. From Confusion to Clarity — Processing Your Past and Beginning to Know Yourself.....	54
Opening: The Courage to Look Inward.....	54
Why Your Story Matters.....	54
The Layers of Your Story.....	55
A Compassionate Framework for Self-Examination	57
Exercise One: The Memory Map	58
Exercise Two: The Shame Inventory	60
Exercise Three: The Letter to Your Younger Self	62
Moving From Confusion to Clarity	63
When the Past Includes Trauma	63
Chapter 6: Practical Daily Life. Building a Life That Has Room for All of You	67
Opening: The Gap Between Identity and Living	67
Starting With Intention: What Does Your Little Life Actually Need?.....	68
Getting Dressed: The Ritual of Becoming.....	73
Time: Protecting Your Little Space in a Busy Life.....	74
Chapter 7: Emotional and Mental Wellbeing. Caring for the Self That Carries Everything.....	82
Opening: The Inner Life of a Sissy Adult Baby	82
Self-Compassion: The Skill You Were Never Taught	86
When Little Space Is Healthy And When to Look Closer	90
Chapter 8: Safety — Physical, Emotional, and Online. Navigating Your World With Intelligence, Discernment, and Self-Respect...	97

<i>Embracing Your True Self: A Complete Guide for Sissy Adult Babies</i>	
Opening: Safety as an Act of Self-Love.....	97
Online Safety: Your Digital Life as an SAB.....	98
Physical Safety: Meeting People in Person.....	102
Emotional Safety: Protecting Your Psychological Well-being	104
Safety and Disclosure: Protecting Yourself When Coming Out	106
A Special Note: Safeguarding and the Absolute Protection of Children.....	107
Building Your Personal Safety Framework.....	108
Real Voices: On Safety, Boundaries, and Hard Lessons	109
Chapter 9: Building a Fulfilling Life as a Sissy Adult Baby. From Survival to Flourishing. The Art of Living Wholly.....	112
Opening: Beyond Coping.....	112
Integration: The Whole That Is Greater Than Its Parts	113
Ritual and Routine as Sources of Meaning.....	118
Finding Your Community: Depth Over Breadth.....	120
Partnership and Intimacy in a Flourishing SAB Life ...	122
Spirituality, Meaning, and the Deeper Self.....	123
Living Outwardly: Visibility and Its Possibilities.....	124
The Flourishing Life: What It Actually Looks Like.....	126
Real Voices: On Flourishing	127
Chapter 10: Navigating Romantic Partnerships. Love, Honesty, and the Art of Being Fully Known.....	130
Opening: The Most Intimate Disclosure	130
Building a Relationship That Holds Your Whole Self..	140

<i>Embracing Your True Self: A Complete Guide for Sissy Adult Babies</i>	
The CG/L (CareGiver/Little) Relationship: When a Partner Becomes a Caregiver	142
Finding Partners Who Are Compatible	144
Real Voices: On Love, Partnership, and Being Fully Known	145
Chapter 11: Family Relationships. Blood, Love, and the Courage to Be Known at Home.....	149
Opening: The Family We Were Born Into	149
The Question of Whether to Disclose at All.....	150
Parents: The Most Complex Relationship	151
Managing Family Relationships Without Disclosure..	157
Family Members Who Are Told and Struggle	158
Chosen Family: When Biology Is Not Enough.....	160
Real Voices: On Family, Disclosure, and Finding Your Way.....	161
Navigating Family Events and Gatherings	162
Chapter 12: Friendships. Being Known, Being Loved, Being Real	166
Opening: The Friendships That Hold Us.....	166
The Landscape of Friendship in a Sissy Baby's Life	167
Selective Disclosure: Choosing Who to Tell	168
How to Tell a Friend.....	170
Maintaining Friendships Without Disclosure.....	175
Being a Good Friend: The Reciprocal Dimension.....	179
Real Voices: On Friendship, Knowing, and Being Known	180
Chapter 13: Community and Belonging. Finding Your People, Building Your World.....	183

<i>Embracing Your True Self: A Complete Guide for Sissy Adult Babies</i>	
Opening: The Radical Act of Belonging.....	183
Why Community Matters: Beyond the Practical.....	184
The Online Community Landscape.....	185
When Community Falls Short.....	196
Real Voices: On Community, Belonging, and What It Means to Find Your People.....	197
Chapter 14: Long-Term Identity Integration. Living Your Whole Life — The View From the Long Road.....	201
Opening: The Question Nobody Asks.....	201
Identity Is Not Static.....	202
When Identity Shifts: Navigating Change Honestly.....	209
The Long View on Relationships	211
Ageing With Grace and Authenticity	214
Real Voices: On the Long View.....	215
Chapter 15: Advocacy, Visibility, and the World Beyond Yourself. What Your Authentic Life Contributes to the World	219
Opening: The Ripple Effect of a Life Lived Honestly ...	219
The Personal Is Political: A Framework for SAB Visibility	220
The Ethics of Visibility: Consent, Privacy, and Community Standards	228
The Long Arc: Where the World Is Heading.....	230
What You Owe Yourself and What You Owe the World	231
A Final Word: To the Person Who Needed This Book	232
Real Voices: On Advocacy, Visibility, and the World We Are Building	234
Epilogue: Coming Home.....	238

Embracing Your True Self: A Complete Guide for Sissy Adult Babies
Appendix A: Suggested Further Reading.....240
Appendix B: Glossary of Key Terms240
Appendix C: A Note for Partners and Loved Ones241

There is a moment many people in this community remember vividly. It might have happened in childhood, in adolescence, or well into adulthood. A feeling arose — quiet at first, then impossible to ignore — that some part of you was drawn to something most of the world seemed to find strange or incomprehensible. Perhaps it was the softness of certain fabrics. The comfort of feeling small and cared for. The appeal of feminine clothing, nursery aesthetics, or simply letting go of the weight of adult responsibility.

If you are reading this book, you likely know that feeling well.

This chapter is not here to explain you away, to pathologise you, or to tell you what you should or shouldn't be. It is here to give you language, context, and clarity — because understanding *what* you are is usually the first step toward accepting and embracing *who* you are.

Chapter 1: What Does “Sissy Adult Baby” Actually Mean?

The term “Sissy Adult Baby” sits at the intersection of two distinct but often overlapping identities: the **Adult Baby** and the **Sissy**. To understand the combined identity fully, it helps to understand each component separately before exploring how they come together.

The Adult Baby / ABDL World

ABDL stands for **Adult Baby / Diaper Lover** — an umbrella term for adults who feel a genuine connection to infancy or early childhood. This is not about attraction to children in any way. Rather, it is about the adult themselves reconnecting with, or never fully leaving behind, an emotional or sensory relationship with babyhood.

Within ABDL, there is a broad spectrum:

Adult Babies (AB) identify strongly with an infant or toddler headspace. They may enjoy wearing nappies/diapers, using baby bottles, sleeping in oversized cots/cribs, wearing onesies or baby clothing, and being cared for in a nurturing, parental dynamic.

Diaper Lovers (DL) may focus primarily on the sensory or psychological comfort of wearing nappies without necessarily engaging in the full “little” headspace or nursery aesthetics.

Littles is a broader term from the ABDL-adjacent community referring to people who regress to a childlike (not necessarily infant) state — perhaps a toddler, young child, or even a pre-teen — for comfort, play, or emotional release.

Most people in the ABDL world fall somewhere on this spectrum, and their placement on it can shift depending on mood, need, and circumstance. There is no single “correct” way to be an adult baby.

Embracing Your True Self: A Complete Guide for Sissy Adult Babies

What unites all of these identities is a common thread: **the need for comfort, safety, and nurturing** and the way that infantile or childlike states provide access to those feelings in a way that ordinary adult life rarely does.

The Sissy Identity

The word “**sissy**” has a complicated history. Originally a derogatory term used to shame boys and men who were perceived as feminine, it has been reclaimed by a significant number of people as a positive, self-chosen identity.

In the context used throughout this book, a **sissy** is an adult — most commonly someone assigned male at birth — who finds deep fulfilment, comfort, joy, or erotic satisfaction in femininity. This can express itself in many ways:

Wearing traditionally feminine clothing (dresses, frilly underwear, petticoats, bonnets, lace)

Adopting feminine mannerisms, names, or personas

Enjoying being perceived as, or pretending to be, a girl or woman

Finding psychological release in surrendering masculine social expectations

Exploring gender fluidity or non-conformity through a feminine lens

It is important to be clear: **sissy identity is not the same as being transgender**, though there can be overlap. Some sissies identify as transgender or non-binary. Others identify firmly as male in everyday life and experience their sissy self as a distinct persona, a form of play, or a private emotional outlet. Many fall somewhere in between. The sissy identity is personal and does not come with a single required relationship to gender.

Embracing Your True Self: A Complete Guide for Sissy Adult Babies

What is consistent across the sissy experience is this: femininity, in some form, feels right, feels good, and feels like coming home.

Where the Two Meet: The Sissy Adult Baby

When these two identities combine, something quite specific and meaningful emerges. The **Sissy Adult Baby (SAB)** is someone who finds themselves drawn to both the regressed, cared-for space of the adult baby *and* the feminine expression of the sissy, and for whom those two things are not separate desires but deeply entwined aspects of a single self.

For a Sissy Adult Baby, the nursery is not gender neutral. It is pink. It is frilly. It is full of the aesthetics of a baby girl's world — the bonnets and booties, the pretty dresses and lace-trimmed nappies, the soft pastels and floral patterns. The headspace is not just one of infancy but of *feminine* infancy or, more precisely, of the way femininity and babyhood combine to create a uniquely comforting, liberating, and identity-affirming experience.

This is not simply about aesthetics, though aesthetics certainly matter. For many Sissy Adult Babies, the experience touches something profound:

The **freedom from adult masculinity**, from the pressure to be strong, stoic, in control, and competent at all times

The **safety of smallness**, being little, dependent, and cared for without shame

The **joy of femininity**, expressed in a context that feels safe, playful, and unthreatening

The **integration of multiple parts of the self**, the part that is gentle, the part that wants to be nurtured, the part that loves pretty things, the part that needs rest from the world.

The Spectrum of SAB Identity

Just as with ABDL broadly, Sissy Adult Baby identity exists on a wide spectrum. No two people experience it in exactly the same way, and it is worth understanding some of the key dimensions along which people differ.

Intensity and Frequency

For some people, their SAB identity is an occasional indulgence, something they visit a few times a year, perhaps during periods of high stress or on special occasions. For others, it is a daily or near-daily part of life, woven into their routines, their home environment, and their sense of self. Neither is more valid than the other.

The Role of Sexuality

This is one of the most misunderstood aspects of SAB identity, and it deserves honest, nuanced discussion. For some Sissy Adult Babies, there is a clear erotic or sexual component to their identity. The combination of femininity, regression, and vulnerability is sexually arousing, and their SAB life includes a sexual dimension. This is completely normal and nothing to be ashamed of. The presence of a hot, wet garment pinned or taped around the genitals, especially in the formative years, is a huge predicate of associating sexuality with nappies and associated behaviours.

For others, their SAB identity is entirely or primarily **non-sexual**. It is about comfort, emotional regulation, stress relief, identity expression, or play, with little or no erotic component. This is equally valid and equally common.

Many people find that the sexual dimension of their SAB identity fluctuates over time, being more prominent at some stages of life, less so at others. Some people find that as they become more

Embracing Your True Self: A Complete Guide for Sissy Adult Babies comfortable with their identity, the sexual charge diminishes as the identity becomes more integrated and less “forbidden.”

Gender Identity

As noted above, Sissy Adult Babies come from across the gender spectrum. The majority have been assigned male at birth, but not all. Some SABs identify as:

Cisgender men who have a feminine side that they express through their SAB identity

Gender fluid individuals who move between masculine and feminine expressions

Non-binary people for whom sissy babyhood is one part of a broader gender experience

Transgender women who find the SAB identity connects to both their femininity and their need for nurturing

People who decline to categorise their gender at all

There is room for all of these people within the SAB identity, and this book is written for all of them. You are all wonderful in your many varied ways and lives.

The Role of a Caregiver

Some Sissy Adult Babies practice entirely on their own, dressing, regressing, and enjoying their little space in solitude. Others seek out or have caregivers: partners, dominants, or nurturing figures who take on a parental or caring role. This dynamic is often called **CG/L** (Caregiver/Little) and can range from purely emotional and nurturing to include power exchange or BDSM elements. Again, neither approach is more valid. Solo practice is not lonelier or less complete than partnered practice. It is simply different.

What a Sissy Adult Baby Is Not

Because this identity is so often misunderstood, both by outsiders and sometimes by people new to the community themselves, it is worth being clear about what Sissy Adult Baby identity is not.

It is not attraction to children. This cannot be stated clearly enough. Adult babies regress *themselves* to a childlike state for their own comfort and expression. There is no attraction to actual children involved, and the overwhelming consensus of the ABDL and SAB community is one of fierce commitment to child safety and the absolute separation of their identity from anything involving minors.

It is not a sign of arrested development or immaturity. The capacity to access a regressed, childlike emotional state does not mean a person is incapable of adult functioning. Many SABs are highly successful professionals, dedicated parents, loving partners, and responsible community members. Their little side is one facet of a full, complex adult life.

It is not always a mental illness. The clinical community has moved significantly on this point. While some people do experience distress related to their ABDL or sissy feelings, often caused by shame, secrecy, or lack of acceptance rather than the feelings themselves, the identity is not inherently pathological. The **DSM-5** (the diagnostic manual used in psychiatry) is clear that a paraphilia (an atypical sexual interest) is not a disorder unless it causes significant distress or harm. Many/most SABs live happy, healthy, well-adjusted lives.

It is not “just a phase” that needs to be overcome. For the vast majority of people with SAB feelings, those feelings do not disappear with willpower, therapy aimed at elimination, or the passage of time. They are a genuine part of who a person is. The most successful therapeutic approaches are those that focus on *integration* and *acceptance* rather than elimination. It is important

Embracing Your True Self: A Complete Guide for Sissy Adult Babies to understand that for many sissy babies, this is not an add-on but a core part of the identity.

Finding Your Own Definition

After reading all of the above, you may find that you identify strongly with every aspect of the Sissy Adult Baby identity as described. Or you may find that some parts resonate and others don't quite fit. That is absolutely fine.

Identity labels are tools, not cages. They exist to help us find language for our experience, connect with others who share similar feelings, and understand ourselves more clearly. If “Sissy Adult Baby” fits you well, use it. If you prefer “Little,” or “ABDL,” or “gender-fluid little,” or simply “someone who likes pretty baby things and needs to feel small sometimes”, that is equally valid.

*What matters is not the precision of the label
but the honesty of the self-knowledge behind it.*

A Note on Shame

Before we move on, it would be dishonest to write a chapter like this without acknowledging the elephant in the room: **shame**.

Many people who identify with Sissy Adult Baby feelings carry an enormous weight of shame — shame absorbed from a culture that polices both gender expression and the very idea of adults wanting anything associated with infancy. That shame is understandable. It is also, in the view of this author and of a growing body of psychological research and clinical practice, **largely unwarranted**.

You did not choose these feelings. They are part of you. And the goal of this book is to help you move from a place of shame and secrecy toward a place of understanding, self-acceptance, and —

Embracing Your True Self: A Complete Guide for Sissy Adult Babies perhaps most importantly — **joy**. I have written a book specifically about the same and embarrassment side of being a sissy adult baby: *Safe In My Skin*.

That journey begins here.

Chapter Summary

The **Sissy Adult Baby** identity sits at the intersection of ABDL (Adult Baby/Diaper Lover) culture and sissy/feminine gender expression.

Both identities exist on wide spectrums, and every person's experience is unique.

SAB identity may or may not have a sexual component, and both are valid

This identity is not associated with attraction to children, mental illness, or immaturity

Shame is a common experience, but it is not an accurate reflection of the worth or validity of this identity

The goal is not to define yourself perfectly but to understand yourself honestly

In Chapter 2, we turn to the wider community, exploring just how many people share these feelings, how they connect, and why understanding that you are far from alone can be one of the most healing realisations of your journey.