

The Drive For Authenticity in the Adult Baby

There are a number of very powerful drives that govern the feelings, needs and perceptions of the regressive Adult Baby. One of the most powerful is the need for authenticity.

The number one need for an adult baby is to be seen and accepted by another as a baby. Not just a dress-up baby or a role-player, but as an actual infant. Clearly this is an impossible goal as it is not in our power to do a Benjamin Button and physically return to the infant state. So what we do instead is to seek authenticity in our attempts to *mirror* or *re-experience* the infant time.

Authenticity is not replication.

Authenticity is not where we try and rebuild every part of our original time as in infant in every detail. For example, authenticity does not mean you need to have the exact same diapers and plastic pants you had as an infant - assuming that is even possible. Nor does it mean that your toys and dolls, clothes, crib and any other infant object needs to be literally from the year of your birth. You do not need to build a set or props that replicates the actual scene of your original infancy. That is not true authenticity.

Authenticity in this context is our attempt to re-experience infancy in the internal, not external world. We seek to BE the babies we once were, rather than to replicate our nursery.

Sure, the external is important, but it is the internal state of mind that we are actually seeking to find when we 'want to be a baby again'.

What is authenticity?

True authenticity as an adult baby is when we find that our inner selves, our emotions, our perceptions and our feelings mirror that of an infant in a substantial manner. We are all different and the power of our regressive drives affect each of us differently. The level of regression we attain also varies. For many however, that regression can be at times very powerful and push us towards an experience of infancy that feels real on many levels. While we are never unaware that we are adults, that baby side of us comes out strong and at some point the baby may feel more real than the adult - or at least close to that. It is then that we are finding a measure of authenticity in our regression.

Authenticity is not just some nice little goal that we might or might not achieve and doesn't really matter. In fact, it matters a great deal. For example, why do you think we even regress in the first place?

Our inner psyche is trying to re-experience a stage in our life that perhaps we had some issues with first time around. The reason is not important here, nor is it probably knowable. The main point is that we are feeling dragged, pushed and cajoled into a time of being

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babies again. After all, we are not called Adult Babies for no reason! But do we actually achieve that? Do we get truly *authentic* time as infants in our adult lives?

Here is one of the biggest problems for adult babies - genuine authenticity demands more of us and others than we can usually get - and that is true for almost everyone to some degree.

A common question for an adult baby is 'how old are you?' and we then assume that the answer they give is correct. It may be, but it is probably also largely based on experience and opportunity, rather than actual truth. Let me explain what I mean.

Exploring authenticity as adult babies.

If you had an opportunity to regress all the way back without limits with someone to care for you in any way you needed, what would you do (other than be very pleased and excited)? Would you allow your age to drift ever younger knowing that a 'parent' would change your wet or even soiled diaper, give you cuddles, feed you your bottle and dress you? Would you find blocks and rattles invited and involving? Would Dora on TV perhaps be a little too old for you? Would walking seem awkward and crawling more natural? Would even crawling perhaps feel a bit too old? I suspect that many of you already know you would jump at the chance to do this. Maybe you should ask yourself why.

I ask this because adult babies all have an 'itch to scratch' and it is a truism that much of the time that itch goes either unscratched or not quite properly scratched. It probably sums up the #1 frustration of us all.

Have you ever had a time in your diapers and baby clothes, but it was a bit rushed or you were on your own and at the end, it was 'good, but not great'? Do you ever feel like there is more beyond what you have experienced? Perhaps you feel deep inside that your baby time wasn't as authentic as you hoped it would be? Perhaps the reason is that your true regressive age is so young that you cannot truly let yourself go there without help. Perhaps you need more than thirty minutes or two hours, but you need a full day or more, solely in the in baby zone.

Some do have the opportunity to experience the regressive age they truly are for some lengthy period of time and are astonished at just how young that is. While we call ourselves adult babies, so much of our clothing and other items are more geared for toddlers and yet... many of us are still literally babies inside when we regress. Some have told how they have spent an hour on the floor in their infant attire simply playing with a baby rattle or with a few blocks. Time spent without the interruption of adult feelings or emotions or sometimes even thoughts. To an adult this seems incomprehensible and boring yet to us it is one of the deep yearnings of our heart.

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This is why we are drawn to some baby objects with a seeming passion - because it connects us to the inner infant. We may want a crib/cot not for its aesthetic value or because it looks coo, but because when we are in it we feel 'safe', 'secure', 'relaxed' and... authentic. There will be times when we use a pacifier because it is comforting and fits how we are feeling and then there will be other times when we are regressed so strongly that we NEED a pacifier for the same intrinsic reasons an infant needs one. And it feels not so much comfortable, but rather a natural part of who we are. This is authentic experience of infancy.

For some, printed disposable diapers are authentic because of their childish look, but plain medical ones are a let-down because they are not babyish. For the same reason some wear cloth diapers because they are intrinsically infant-style and little else. These objects are important and help us to the goal of authenticity, but they are not the goal themselves. The *experience* of infantile regression is in fact, the goal - the deep inner experience of infancy.

A regressive adult baby could experience true infancy with no props other than a diaper - and even then largely because of the need for protection. At the same time, a fully equipped nursery may be disappointing in the end because authenticity is not found in objects but deep within.

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