

# The Incontinence Validation Hypothesis

*A lot of Adult Babies are incontinent* – or at least claim to be. Depending on the survey you use, the figures come back at between three and five times as many adult babies are incontinent as in the general population. Even if you correct for the ever-present fantasy or wish-fulfilment effect, the one thing that is indisputable is that a *lot* of adult babies do indeed have genuine incontinence and at a rate significantly higher than the general population.

Incontinence does of course have a wide range of outworking, ranging from the occasional damp pants to full and complete bladder and bowel loss of control. Its definition is simply the lack of 100% control, but the question that naturally arises is “*why are so many adult babies incontinent*”?

A knee-jerk reaction to this question would be to simply state that being incontinent leads to being an adult baby. That doesn't really work out since we know that being a regressive adult baby begins during the preschool years and so there simply isn't enough time for that to be true. Incontinence could however lead to a diaper fetish through the wearing of diapers and associating sexual pleasure with wearing them. But again, while this is true and does happen, most incontinent don't become diaper fetishists. Another thing worth noting is that diapers are the top end of incontinent protection and there are a wide variety of pads etcetera that those with control problems wear instead of diapers. Many of us might not see the point of pads, but most other people do.

## **So is the converse to this true? Does being an Adult Baby lead to incontinence?**

I think it would be fair to say that there is a degree of truth to this. One doctor in 2002 stated at a medical conference that “*infantilism should be considered a valid and legitimate cause for incontinence*”. While clearly that opinion has not been taken up by the medical community at large, there exists a substantial argument that being an Adult Baby could lead to incontinence. But what kind of incontinence?

For the vast majority of regressive Adult Babies, wearing a diaper is of singular importance. However, it is also true that *using* the diaper is also of primary importance. Putting on a dry diaper is a powerful need, but wetting that diaper is what truly completes the effect. Quite simply, we wear diapers to *use them*, not just to wear them. For ad hoc wearers, putting on the diaper is usually followed by wetting it, if not immediately, then shortly after. Those in 24/7 diapers of course are a little different, but even then the purpose of 24/7 is to relinquish control and allow the diaper to do the work. In essence, the true power of the diaper is in using it, not just wearing it.

## **So if we use diapers easily and often, does that affect our continence?**

The majority of us were effectively and totally toilet trained as young children. This training is one of the most powerful and long-term behavioural modifications we undergo. It can be traumatic for some and for infants and toddlers it is often the first time we are forced to do something we may not want to do and don't necessarily see the purpose for. Of course, that is quite a generalisation, but it remains true that potty training is very powerful and not something that is forgotten or easily ignored. A mere wish does not render ones potty-training gone.

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A quick glance around the various sites for adult babies will confirm that a lot of ABs do in fact *want* to be incontinent. There are hundreds of hypnotherapy files designed to achieve exactly that and while most are rubbish, some are actually quite good and can have an effective impact.

So why do we want to become incontinent?

**Is it possible that for a large number of Adult Babies that becoming incontinent *validates* the experience of wearing diapers?**

It may be a cheap and easy observation, but that doesn't mean it is incorrect. There are endless forum threads and other sites where Adult Babies express their deep desire to become a bedwetter again or to lose their bladder and even bowel control. So why is this the case?

Wanting to be incontinent again does in many ways validate the use of diapers, particularly for 24/7 use. If we have such poor control that we frequently wet our beds and pants then diapers become a necessity and our baby/diaper desires become a secondary consideration. The choice is effectively denied us and diapers are the outcome, regardless. We need them, therefore we wear them.

It would be true of many people that the desire to become incontinent stems from trying to find an excuse to wear them in an environment that doesn't really support diapers-by-choice. By becoming incontinent, diapers become available for what appears to be to others, a valid and genuine reason.

Another reason is the argument of **authenticity**. Deliberately wetting your diaper is one thing. However, it is something altogether different to wet by accident or even without awareness. It is *genuine*. It is *authentic*. It is the real deal. And by taking it a little further, it could be considered that this kind of incontinence could even be considered *regressive incontinence*. A person who is highly regressive may develop incontinence or bedwetting as part of regressing to the infant level on a regular basis. In a way, this could be not so much incontinence, but rather, pre-toilet training wetting/soiling such as an infant would do. I don't necessarily mean deliberate wetting, but rather accidental wetting that occurs during deep regression where the AB is so young and so regressed that the pre-toilet training level of wetting occurs.

There are some people who even as intelligent adults still don't really get the point of toilet training. Their head understands it, but deep inside, a wet bed or a wet diaper seems quite reasonable and of little consequence – a viable alternative to the potty. It is the classic Freudian fixation at work. And it is far from rare and forms a part of regression for adult babies. These fixations link us powerfully back to a time as children or in this case, infants and can strongly affect our behaviour. It is quite possible that some bedwetting and incontinence is the physical outworking of deeply regressive needs.

**But what about conditioned behaviour?**

For many who are not at all incontinent they do however report that as soon as they put on a diaper, the urge to pee hits them fast and strong. For others they will find that while they may have some minor bladder issues, if they wear a diaper their wetting becomes far more. For example, a person who may rarely wet the bed will wear a diaper to bed and find they are wet more often than not. Likewise, a person with reasonable control may find that simply wearing a

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diaper leads to accidents, some of which they may not even be aware. This is where we come face to face with Operant Conditioning.

BF Skinner (1938) defined operant conditioning as “*changing of behaviour by the use of reinforcement which is given after the desired response.*” For many Adult Babies, wearing the diaper and wetting it brings pleasure, release, freedom, safety and other such feelings and responses. Thus, over time, whenever they wear a diaper they are *conditioned* to immediately wet to get those feelings again. For some that conditioning overrides the natural behaviour of staying dry while for others it pushes them to wet by choice.

## **In summary:**

A degree of incontinence is very common in Adult Babies. For some, it is physical in nature, while for others it may be emotional and psychological and yet, just as valid, genuine and powerful. For many, it remains something they wish for, at least in part to validate their diaper wearing which is in turn a response to wanting to be a baby again. Again, wanting or achieving incontinence to validate diaper wearing and/or infancy is quite reasonable and common.

For many, the practical problems with heavy incontinence are far less severe and worrisome because it brings diapers and a form of dependency that harks back to infantile days. The positive outcomes far outweigh the negative aspects. And for yet others, their incontinence occurs as a conditioned response to the wearing of diapers.

As a final comment it is worth acknowledging those for whom continence is a burden. There are those who never really ‘clicked’ with potty training and for whom dry beds and dry pants are a struggle to maintain. These are the people for whom diapers make perfect sense and be they Adult Baby or not, they wear them as an alternative to the never-ending struggle.

What is *your* level of incontinence?

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