

It would not be untrue to say that one of the bigger problems of ABDL life for many is in trying to find a degree of BALANCE in how the needs and desires of babying and diapering fit into the real adult world. The very real problem of the notorious Binge/Purge cycle is a function of this difficult-to-find internal balance.

One of the things we may want to do initially to solve this dilemma is to find a 'cure' for the ABDL drive itself, but sadly, this is a fool's errand as it simply does not work. In fact, this well-intentioned idea ends up feeding into the Binge and Purge cycle by attempting something that does not work and cannot work and leaves behind additional feelings of failure and disgust.

'Binge and Purge' – better described as 'Purge and Binge' – is not an uncommon behaviour trait in many areas of behaviour. Fetishists in particular, are often plagued by this problem in which they indulge their fetish and then afterwards, feel disappointed, disgusted or other similar negative emotions and then purge everything associated with it. Then later on, they simply have to buy their fetish items once again and usually binge-buy as their deep-seated need inevitably presents itself once more.

So how do we handle this wildy-swinging behaviour?

There are two aspects/answers to this question: one, the practical aspect and two, the internal aspect.

The practical aspect

After a while, we start to learn practical ways of dealing with the binge and purge cycle. The immediate 'purge' drive makes us want to throw everything away, like diapers, baby clothing or toys, even ABDL digital media and other related items. Most ABDLs can recall the expense they have incurred in throwing away hundreds and even thousands of dollar's worth of goods only to later need to re-purchase them again.

The most obvious practical step is to NOT really purge at all. However, the drive and need to purge can be very powerful and so what is needed is a less dramatic, less extreme form of purging, but one that still satisfies that powerful demand. The best way is to simply pack all the 'offending' ABDL items away in a not very accessible place like a shed, roof cavity, storage facility or even with other understanding friends or family. This way, the demand to 'purge' is largely dealt with physically, but when the need arises again - and it will - and is uncontrollable, these items are still available, even if it takes some effort to retrieve them and also without the excessive cost. The key however, is to put the ABDL items in a location that means they cannot be easily retrieved. If you have a momentary or fleeting desire to wear diapers or otherwise indulge, the physical difficulty of doing that can be the natural barrier that you desire. To effectively 'purge', these items must be some physical distance away and have some effective barriers to easy retrieval.

The practical aspect of Binge and Purge doesn't really solve anything other than to minimise the expensive 'binge' side of things. It is however, part of finding a solution to this otherwise crazy to-and-fro aspect of ABDL life.

The internal aspect

Not surprisingly, the real way to end or modify the binge/purge cycle is to deal with the emotions that drive it in the first place. So, what is driving it?

Binge and Purge – the ABDL frustration

In the world of fantasy and unreality, we are all able to do what we want, when we want, without fear, rejection or condemnation. However, that world does not exist and we all know that ABDL is far from being a well-understood or popular behaviour. In fact, it is quite the opposite. The general community treats ABDL with deep suspicion and often with outright disgust. So, we are naturally wary of letting people know about it and with good reason. And let's be honest... sometimes we share some of society's disgust with some aspects of ABDL. Certainly, this is not true for everyone or all of the time. However, we do not live in a bubble and societal pressures and commentaries do affect us. Also, ABDL is itself quite odd and weird when you look at it objectively and while that does not mean it is a bad thing, it can predispose us to sometimes think negatively about it.

And we wonder why we sometimes want to purge or be rid of it all!

The desire to purge is triggered by a powerful incident. Usually for ABDLs, it is the let-down following orgasm during solo masturbation. This is (obviously) a very powerful experience that frequently can lead to negative emotions afterwards. Other incidents can be things like being caught in the act by others or some other dramatic event. Because the trigger is sudden and powerful, the response is also often dramatic and powerful. A full purge of ABDL items is a common response to this. For some, what is happening is that the desire and need for diapers and ABDL activities will cover up and mask what we *truly* think about it. When we want to wear diapers, that is all we care about. We want them and so we wear and wet them. They arouse us and so we often masturbate. But post orgasm, the desire for diapers is almost, if not completely, gone. We are left with just our negative feelings and so, we feel disgust and disappointment and sometimes, we purge.

Over time, we learn to expect this let-down and to better manage some of the negative emotions and so we can more easily avoid the purge response. We indulge in a diaper time, concluding with masturbation to orgasm and our experience teaches us to 'hold our nerve' during the let-down and self-doubt. This is a good thing, but it still means that we are simply containing the urge to purge, rather than managing it. And as so many of us already know, sometimes we end up purging anyhow, no matter how well prepared we are for it.

The 'urge to purge' is not necessarily driven by a logical and rational assessment. It is a response to what we have done that may be illogical and irrational, but deeply personal. We may feel disgusted by what we have done. We feel we have let ourselves down and others. We may feel as if we are perhaps less than other people. We may feel that ABDL is a 'deviant' behaviour and we wish we could stop it. Some or all of the above will be what we all face or have faced at some point in the past. This emotional roller-coaster is all part of ABDL, especially for younger people and it can be quite harmful at times.

Crossdressers do the same thing, as do other fetishists. It is in part because we look at who we wish we were, what we think other people are and then we see ourselves in wet diapers and despair at how we came to be this way. We know that almost everyone else would be disgusted at what we have done... and in part, we agree with them.

In essence, we respond to our own self-image and how we look at ourselves and how we think other people would look at us if they knew. And so, we respond badly.

We may manage the outward expression of Binge/Purge by not actually purging, but inwardly, the same drives can still be in operation causing us to feel bad.

Self-image in Adult Babies and Diaper Lovers

So, is a solution to ending the binge/purge cycle about our own self-image?

That's part of it if course, but it is more than that.

Our society does impose standards and templates of behaviour on us, even when it can be unreasonable, unachievable and even deeply hypocritical. But we do all feel the pressure to conform to some degree or other.

We are told to grow up. ABDL is in total conflict with that.

We are told to take control and to lead. ABDL is in total conflict with that as well.

We are told to be our very best and to be the perfect man or woman that we can be. Wearing diapers, sucking a pacifier and wetting the bed is not exactly in line with those goals.

There is nothing wrong with those goals. The problem is when we think that those goals are opposed to wearing diapers or being an adult baby. THEY AREN'T!

While secrecy and discretion are still things we need to take care of, ABDL is not in conflict with success, happiness or becoming the best we can be.

Our worst enemy is our acceptance of ourselves. We set ourselves up for trouble by setting standards we cannot reach. And the biggest problem for us is that ABDL is an integral and irremovable part of us. We need to express this side of us to some degree or other and we don't really get a choice. For those with fairly strong ABDL desires and needs, this *will* come out whether we want to or not. So, the real solution to the Binge/Purge cycle is one of responsible management.

We do that by telling ourselves that it is okay to wear diapers. It is okay to feel and act like a baby. The condition for this however, is that it needs to be managed and controlled and not left to run wild and unchecked. If we are unwilling to put boundaries around it, the desires and needs will control us and lead us back to the binge/purge cycle once more. In practice, this means that we can set ourselves some regular pre-planned diaper time that allows us to safely, easily and comfortably 'indulge' knowing that it is okay to do so.

This sounds easy, but for many, it is not so. It can take a while for us to understand that it is quite okay to wear and wet a diaper or to dress up as a baby. If we make sure that we control the desire and not the other way around, once diaper-time is over (ie orgasm for many), we feel better about it than if we simply responded to the diaper desire itself and imposed no control over it.

ABDL can be quite basic and tame or it can also be quite extreme and I don't intend to expand on that. One way of limiting the negative emotions post-experience is to not push the edges too far. Stay inside your comfort zones and don't stray too far.

The real clue to avoid the emotional roller-coaster is to feel good about ourselves in the first place and that isn't as easy as we wish it to be. It takes time to understand that being ABDL may be problematic at times and certainly something to keep private, but it is not a bad thing at all.

ABDL is uncommon. It is unusual, odd and at times, weird. But that is okay. Everyone has their weirdness and oddities. ABDL is just a bit more unusual than most.

So, in summary, be yourself, like yourself and play cleverly. Accept that you are unique and healthy. Wearing diapers is a pretty tame behaviour compared to so many other things that go on.

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Enjoy your diapers and try and avoid the traps that lead to...

Binge and Purge!

Michael Bent

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