

It is said that everyone has a story inside of them.

For most people, that story – especially one of growing up – is routine and unremarkable. But for Adult Babies, that story is rarely routine.

We have known for some time now that the seeds of being an Adult Baby – a regressive person desiring a return to elements of infancy – are sown in the very early years of life, sometimes as young as two years of age. Because memory is rarely reliable before the age of three, it remains conjecture as to when it actually begins. Many times, this seed grows slowly and undetectably, often waiting until the teenage years to begin to fully grow and flower. For others however, the awareness of wanting to be a baby can start as young as toddler-age and grow strongly from then on. Between both of these extremes, lives the majority of us with slight awareness and little understanding, gradually developing into desires for diapers and baby things before finally taking shape into something we can actually deal with and no longer ignore.

In the past, there was no internet, no books and no available information on adult babies, so we all grew up thinking we were alone or at best, extremely rare. We didn't know why or how it came about nor how to deal with it. Even the availability of diapers our size was difficult and so, we struggled alone.

Since the internet of course, information about adult babies was at least available. Regardless of accuracy or context, at least we now know we are not alone. However, personal experience always trumps information gleaned from online sources. We still continue to feel different and often, very odd. At times, what we see online still feels a bit different from how we feel right deep inside.

Our stories of growing up as ABs often share similar themes, but they are still always unique. As younger children with limited access to information, our desires for nappies, pacifiers, baby things and that unmistakable experience of 'being a baby' remains solely our own. We rarely have anyone to talk to about it because, babies like us remain very rare. Parents know little to nothing about it still. Stereotypes abound and mis-information is legion.

We recently published two true-life full-length stories of growing up as babies, still wearing nappies, wetting the bed late and the drama of handling these rare and exotic feelings. Both of these authors have referred to the therapeutic value of writing their childhood experiences in detail. It has allowed them to put some psychological distance between the difficulties they had then and how they live and thrive today. The truth for everyone is that being regressive babies as young children can be exceedingly difficult and leaves its own scars. Even those for whom life was fairly easy as they traversed this time, can find benefits in writing their stories down in detail.

So, let's talk a little about YOUR story.

You have a story within you. Perhaps your story is one of struggle, of pain, of conflict with parents, struggles of identity and even lengthy bedwetting. Or perhaps, your story is one of outward confidence and growth balanced by inner turmoil and learning as you experienced increasing desires towards diapers and elements of infancy. Perhaps your story has no one discovering your inner secret or perhaps, quite the opposite.

Stories about our path through life, especially through childhood and teenage years have the power to explain who we are – as much to ourselves as to anyone else.

Dr John Marshall writes of his recent book:

“Writing my story just fell out of me naturally and easily, but I was ripped by emotions and frequently cried while doing so. My childhood was, on balance, a good one, but the journey was often rough and tumble and as I was immature for my age, I understood little of it at the time and only the blessing of many years since, has given it coherence and truth. While writing, I frequently had to change some parts of it as my memory proved a little vague. Some dates were wrong and events I recalled must have been at different times, as they conflicted with other things. It allowed me to re-arrange my memories into proper order without embellishment or dimmed by the decades since.

I cried deeply along with my wife at the end as I recalled the final scene after graduating high school and it reminded me who I was then and who I have become since.

As therapy, it was invaluable.”

‘As therapy, it was invaluable’. And so say all of us.

Part of the value of writing your story is to not just write the headlines or take the tops of the mountains of life. It involves talking about the small things, the slow things, the things that contribute to defining who you are. Talking about trips to the beach when you were in a nappy. That first sleep-over when you were still wetting the bed. That first glimpse of large diapers or plastic pants which triggered something you didn’t understand. Your first understanding that you actually wanted to be a baby.

Not everyone has the ability to write a publishable book and that is not the purpose, although it can be. The point is to describe and articulate the story of your early years, helping you to find out more of who you are and perhaps even the opportunity to share it with others.

We have been blessed to hear a lot of people’s stories and experiences of growing up AB. They vary wildly, but they do share similar themes. Reading other stories can help us feel just that little bit more connected than we were before, realising that we are rare, not unique; that we are babies as well as adults.

I would strongly encourage each of you to write down your own story. It might be 2500 words or 100,000 words. But write it and get the detail into it. Remember what people said and did. Recall how you felt and the confusions and emotions that went with it. This way you build a strong edifice you can rely on and build upon later.

Knowing who you are and how you came to be, is an important part of our own mental health. Many of us were scarred and hurt in some ways by our regressive drives. It is said that no one gets out of childhood and teens unscarred and undamaged in some way. ABDLs however, have an extra dimension to this difficulty that often makes it even more difficult.

If you are interested in publishing your story, either as a sizable short story or as a full-length book, contact us and we can help.

Your story down on paper will help you a lot, even if it means digging through some painful memories and crying a lot. It might also help others.

To our own stories... Let them live again and help us to find the freedom and release we often crave.

Rosalie and Michael Bent 2018

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