



PHASE 1 BAMBI BIMBODOLL CONDITIONING

BAMBI BIMBODOLL CONDITIONING

BAMBI FUCKDOLL BRAINWASH

BAMBI MENTAL MAKEOVER

Bimbo

PHASE 1 | **BAMBI BIMBODOLL CONDITIONING**

TRAINING PLAN INTRO

The 20 Days to Bambi Takeover training plan was created for experienced listeners of the Bambi Sleep hypnosis audio series.

While this plan was designed to be followed for 20 consecutive days, you may find it more effective to listen every other day, once a week, or to do one **stage** each weekend. Whatever works for you! Discuss your experiences on the Bambi discord!

PHASE 1 INTRO

In Phase 1, Bambi will listen to hypnosis playlists using *all* (and only) files from the *Bambi Bimbodoll Conditioning* release on bambisleep.blogspot.com.

PHASE 1 GOALS

Listen to a unique playlist each day <3

Keep playlists to reasonable length.

Listen to each conditioning file 3+ times:

- 04 Bambi IQ Lock
- 05 Bambi Body Lock
- 06 Bambi Attitude Lock

Listen to each reinforcement file 2+ times:

- 07 Bambi Uniformed
- 08 Bambi Takeover
- 09 Bambi Cockslut

BAMBI BIMBODOLL CONDITIONING

BAMBI FUCKDOLL BRAINWASH

Deep

Deeper

Deepest

Deepe

PHASE 1 | **BAMBI BIMBODOLL CONDITIONING**

STAGES

Stages in Phase 1 have deliberate goals and focuses. Each stage is also designed to be easily repeated to deepen its effects. **DEEP** Days 1 - 3

All Bimbo Conditioning One Time

DEEPER Days 4-6

Shorter Induction

All Bimbo Conditioning A Second Time Add in Reinforcement and Triggers

DEEPEST Days 7-9

Revisit and Lock in all Training

Awaken As Bambi



PHASE 1 | BAMBI BIMBODOLL CONDITIONING

TRIGGER PHRASES BY STAGE

Deeper	Deepest
Good Girl 02 Bubble Acceptance	
Bambi Uniform Lock 07 Bambi Uniformed	Bambi Uniform Lock 07 Bambi Uniformed
Drop for Cock 09 Bambi Cockslut	Drop for Cock 09 Bambi Cockslut
Bambi Sleep 10 Bambi Awakens	Bambi Sleep 10 Bambi Awakens
	Bambi Limp Control Loop: Doll
	Bambi Freeze Control Loop: Doll
	Bambi Reset Control Loop: Doll
	Good Girl 02 Bubble Acceptance Bambi Uniform Lock 07 Bambi Uniformed Drop for Cock 09 Bambi Cockslut



CONDITIONING

03 Bambi Named and Drained
04 Bambi IQ Lock

REINFORCEMENT

10 Bambi Awakens

10 Bambi Awakens

10 Bambi Awakens

10 Bambi Awakens

1 hour 24 minutes 1 hour 27 minutes 1 hour 26 minutes



DAY 4 DAY 5 DAY 6 INDUCTION 00 Rapid Induction 00 Rapid Induction 00 Rapid Induction 02 Bubble Acceptance 02 Bubble Acceptance 02 Bubble Acceptance CONDITIONING 03 Bambi Named and Drained 03 Bambi Named and Drained 03 Bambi Named and Drained 04 Bambi IQ Lock 05 Bambi Body Lock 06 Bambi Attitude Lock 07 Bambi Uniformed 08 Bambi Takeover 09 Bambi Cockslut REINFORCEMENT **AWAKENER** 10 Bambi Awakens 10 Bambi Awakens 10 Bambi Awakens

1 hour 23 minutes

1 hour 29 minutes

1 hour 23 minutes



DAY 7 00 Rapid Induction INDUCTION CONDITIONING 03 Bambi Named and Drained 04 Bambi IQ Lock 05 Bambi Body Lock 06 Bambi Attitude Lock **REINFORCEMENT** 07 Bambi Uniformed 08 Bambi Takeover 09 Bambi Cockslut 10 Bambi Awakens **AWAKENER** CONTROL LOOPS

1 hour 51 minutes

DAY 8: DRESS-UP ADDICTION 00 Rapid Induction 03 Bambi Named and Drained 04 Bambi IQ Lock 06 Bambi Attitude Lock 07 Bambi Uniformed 09 Bambi Cockslut 10 Bambi Awakens Control Loop: Doll Control Loop: Barbie 1 hour 44 minutes

DAY 9: BIMBO IDENTITY 00 Rapid Induction 03 Bambi Named and Drained 05 Bambi Body Lock 06 Bambi Attitude Lock 08 Bambi Takeover 09 Bambi Cockslut 10 Bambi Awakens Control Loop: Puppet Control Loop: Bimbo

1 hour 42 minutes



DAY 7+ TRAINING TIPS

Notes for Beginners

- O Day 7 uses only **00 Rapid Induction** to take you deep. If after Day 7 you feel like you were not relaxed enough after this induction, repeat days 1 through 6 as much as needed until you can go very deep. If you are new to hypnosis this can take some practice!
- You may find 09 Bambi Cockslut too erotic to stay in trance. Remember that the creator of the files discourages masturbation while listening in the FAQ! Instead just breath, relax, and listen! Let the file wash over you. Staying in trance between 09 Bambi Cockslut and 10 Bambi Awakens is very important for training the "Bambi Sleep" trigger.

Notes for Bambis

- O Days 8 and 9 are custom playlists based on my own preferences <3 You may customize these days however you wish. If you are addicted to listening to all files an equal amount of times, you can round out the listening with just one more day. Use the following conditioning and Reinforcement files:
 - IQ Lock
 - Bambi Uniformed
 - Bambi Takeover



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BAMBI FUCKDOLL BRAINWASH

BAMBI FUCKDOLL BRAINWASH

Bambi MENTAL MAKEOVER

Bimbo

Bimbo

PHASE 1 COMPLETE!

You are now a **good bimbo** ready for brainwashing! Phase 2 of this training guide is coming soon!