

“Okay, hon, still holding my hand, letting me guide your steps. Mind blank, and empty. Eyes open, but unseeing. It’s time for you to sit back down now.” Your partner began to steer you back to the seat you had begun the session in. As you got closer, you felt your mind clearing.

Every step had you feeling more aware. More switched on. Your thoughts returned to you as you sat back down, and they took the seat opposite you. “There we go. How are you feeling?” They asked.

“I’m good! Really good actually. I- wasn’t I under just a second ago?”

They paused at your words, studying you, before responding. “I mean, yeah, but sometimes our brains bring us out of trance. It’s okay, we can take you back down in a moment, if there’s nothing troubling you?” They took a moment, giving you a chance to answer.

“No, nothing.” You said.

They flashed you a smile. “Excellent. Then don’t worry about it.” They glanced over to the cupboard, and grimaced. “Ah, I forgot my tea. Could you be a dear and grab it for me?”

Without hesitation, you stood, and made your way over to the cupboard.

As you took the first few steps, nothing changed, but as you kept going, something shifted. Your thoughts became liquid, deforming inside your mind. You were still walking, but suddenly became aware that you weren’t sure why. And then you stopped thinking.

“That’s a good plaything. Now, carefully, pick up my tea, subject, and bring it to me.” Your partner called, from the chairs. Obediently, blankly, you picked up the cup of half-drunk tea, and began walking back. As you set it down, your thoughts had returned.

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