So, you’re finally ready to begin living the respectful lifestyle of a True Baby, following in the footsteps of our fearful leader, Chris D’Elia; but you don’t know where to begin. These instructions will take you from ‘Cuda to True Baby in a series of easy steps. This guide will allow you to secure your ticket to the coveted Log Cabin in the woods and spread your love for the Congratulations podcast. Over the next two to three weeks, depending on your level of motivation, you will gather your materials, prepare yourself for your journey, and will successfully become a True Baby. You will add to the collective of similar souls across the globe who are already contributing to the spread of the good word of Congratulations.

*Here’s how to begin:*
It’s incredibly important to be aware of a few terms before attempting to become a True Baby. You’ll become more comfortable using these terms as you make your way through the steps in your journey to the log cabin.

- **True Baby** - Followers of Chris D’Elia’s Congratulations Podcast
- ‘**Cuda’ - A boring person who requires stimulation or mindlessly follows popular trends due to a lack of individuality and personality.
- **Elder** - A True Baby that has gone above and beyond in the quest to spread the word of the Congratulations Podcast.
- **Dentless** - the ability to blindly spend money, without the purchase making a dent in your financial situation.
- **Grand Slam** - a professional-grade roast of someone or something that Chris would find hilarious.

**Gather Your Materials**
The first step in becoming a True Baby is making sure you have all of the required materials. Since one of the tenets of the Congratulations Podcast is making things as easy as possible, I’ve created a short list of required materials for you.

- Internet Access
- A phone with a Podcast streaming service
- A CashApp Account
- A Denny’s Grand Slam
- An Iced Americano
- Twitter, Instagram, and Facebook Accounts
- Netflix
- Thick skin and a playful sense of humor
- DENTLESS Financials

**Prepare Yourself for your Journey**
To begin, you need to first acquire access to the Congratulations Podcast. You can do this by searching ‘Congratulations’ on any Podcast streaming service such as the iPhone Podcast app, Spotify, or even YouTube by following the link here:

https://www.youtube.com/channel/UCTeIxzkL9QZ2n0yLVUNEXJg

Figure 3: Courtesy of @chrisdelia on Instagram
Figure 2: Artwork by @justanotheriphone on Instagram
Becoming a True Baby

The most important thing to remember about your journey to becoming a True Baby is that it takes time. The journey to the Log Cabin is a long one, but following these steps will bring you one foot closer every day!

1. Open Twitter on your computer or mobile device.
2. Go to the search bar and type “Chris D’Elia.”
3. Press the ‘Follow’ button.
4. Click on the bell button at the top of the screen.
5. Turn on Notifications for all posts.
6. Repeat steps 1-3 on all of your other social media accounts and be sure to turn on notifications to be the first to get new information!

7. Open the podcast app on your streaming device.
8. Search ‘Congratulations with Chris D’Elia.’
9. Click ‘Subscribe.’
10. Listen to as many episodes of Congratulations as you can.

11. Open the App Store.
12. Search ‘Chris D’Elia.’
13. Click ‘Get’ to download the app to your mobile device.
14. Open the app and watch Chris’ introduction video.
15. Press ‘Get Started.’
16. Log in using your Facebook account.
17. Scroll through the posts on the app for exclusive content posted by Chris.

Note: At the time this guide was written, there were 109 episodes of Congratulations available for streaming. Based on how late you are to realizing your full potential, and breaking free of the Millenial Coachella ‘Cuda-Complex, it may take you an extensive amount of time to catch up on all of the episodes. Prepare yourself for sore cheeks and abs by remaining hydrated throughout your journey with an Iced Americano.

Note: Chris is on Twitter at '@chrisdelia’, Instagram at ‘chrisdelia’, Snapchat at ‘chrisdelia’, and Facebook at ‘Chris D’Elia’.

Note: It is best to listen to the episodes in order to better learn and understand the terminology that Chris and his True Babies use. This could take some time. After listening to a few episodes, you will be ready to move on to the next step. Don’t forget to listen to the rest of the episodes throughout the process, as a new one is posted every week!
19. Watch his comedy specials “Incorrigible” and “Man on Fire.”

Be sure to keep checking back for his new releases, including his new stand-up set “Nonstop” coming to Netflix January 1st, 2019.

**Act Like a True Baby**

Now that you have an idea of what it takes to be a True Baby, you’re ready to put your knowledge into action. Start by including Chris’ terminology in your daily vocabulary. The faster you become comfortable with these terms, the sooner you’ll be ready to serve up a piping hot Grand Slam. However, you still have a few steps to becoming a True Baby.

20. Google chrisdelia.com

21. Click on the link that says ‘Tour.’

22. Find the tour stop located nearest you.

23. Click ‘TIX.’

24. Buy a ticket to the live show coming up in your city.

As your elder in the journey to spread the word of Congratulations, I am well on my way to the Log Cabin. One can only hope that you shall reach the same success as me one day and have your name be known by our leader as well.
25. Click ‘Store’ to look at Chris’ merchandise.

26. Purchase your favorite shirt or hoodie.

27. Practice using the terminology on your family and close friends. Here are some phrases to help you warm up:
   - Hey man, s’free’cunsh, do whatever you want, but turn’round. Ga’gunk. Closed the door on ya. Hit you with a Congratulations Combo. That’s a piping hot Grand Slam.
   - Oh, you’re going to Coachella just because all the celebrities do? Get captured.
   - 100% don’t have that be happening.
   - Your Twitter handle is “It’sMillerTime” and your name isn’t Miller? Absolutely change it.

28. Be disrespectful when necessary.

Note: To be a True Baby that goes above and beyond, be sure to buy VIP tickets to meet Chris after the show (Figure 6).

Note: Remember that as a True Baby, spending money wouldn’t make a dent. Feel free to follow in the footsteps of many True Babies before you and buy all of the merch. You won’t regret having a wardrobe that constantly reminds you what it is to be a True Baby (Figure 7).

Recruiting New Babies

Now that you look and talk the part, its time for you to recruit more fellow babies by following these steps. These are the most important steps in becoming a True Baby, so be sure to follow them closely!

29. Share the Podcast on your social media accounts (Figure 8).
30. Wear your Congratulations Pod merchandise in public.
31. Buy your family members and friends their own Congratulations merchandise.
32. Tweet Chris with Congratulations-related updates in your life (Figure 9).

Note: Chris always says being honest is the best choice, even when it might be a little bit disrespectful, because not being afraid to be disrespectful is actually the most respectful of someone you can possibly be.
33. Show your love for the podcast by creating your own original Congratulations art.
34. Help Chris “back up the Brinks truck” and stack bags by using his coupon codes for businesses such as MeUndies, Honey, and Blue Apron.
35. Download the CashApp and use code: ‘Congrats’ to earn $5 and give $5 to the Time’s Up Legal Defense fund.

**Living the True Baby Lifestyle**

Congratulations! You’ve completed the education required to become a True Baby, but don’t think this is where it ends. The job of a True Baby never ends and you must remember that it is our job as True Babies to continue recruiting new members and living the Congratulations lifestyle until the end of our days. Keep up with listening to the podcast and spreading the good word and you’ll be on your way to the Log Cabin in no time. Don’t forget your Iced Americano and make sure your apron is ready to help you serve up a few Grand Slams. If you have any trouble following these steps, be sure to check out the links below for additional information and testimonials from other True Babies. Welcome to the club and I’ll be seeing you at our Log Cabin in the woods!

**Important Links**

Below are all of the links that you might need in your journey to becoming a True Baby. Be sure to check back at all of these places for any information pertaining to Chris!

http://chrisdelia.com/
https://www.truebabies.org/
https://twitter.com/chrisdelia
https://www.instagram.com/chrisdelia/
https://www.facebook.com/chrisdeliaofficial/
https://www.youtube.com/user/deliachris