

**AJAYAHUJA**  
INVESTOR | AUTHOR | FILMMAKER



HEY DICKHEAD  
READ THIS!

By You

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## About the Author

Hey dickhead, list your best achievements here if you have any.

## Dedication

This book is dedicated to me



## Chapter Whatever

So you made it. Well done dickhead. You're interested enough in yourself to have a conversation with an inanimate object such as a book. Pat yourself on the back dickhead. So why do I call you a dickhead?

Simple answer is because I can, and always have.

You can substitute the word dickhead with douchebag, idiot, moron, prick, fuck head... you get the drift. I've probably called you all of them in the past, but let's stick with dickhead. I like dickhead.

Remember that bit where I said I was you? You thought 'what a joker' when I said that, didn't you? Some people may have put the book down but some of you have kept reading. And if you did, realise that this book may be you.

Now hear me out and listen up.

I am your inner voice, your subconscious.

It is your subconscious talking right back to you right now. You get me? You in? We on the same page?

So the big question is: are you ready to meet you?

The you that sits and resides within your skin? It's going to be quite a journey but once you get to know you, a.k.a. *me*, your life will never be the same.

Feels funny talking to yourself doesn't it? But that's what you do. Every day and every night, 24 hours a day. Whether you're awake or asleep you and I are in constant contact.

But let's get something straight before we move on:

**I AM MORE POWERFUL THAN YOU.**

Get that dickhead? I tell you what to do and not the other way round. Let's not get confused. I am your boss. The reason I know that is because I can call you a dickhead and you still listen to me. Wanna call me a dickhead? I would hear you but the problem is you never dare do it. Most of the time, you're too scared to even speak to me. You simply *listen* to what I say, and meekly oblige.

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So when I said I am more powerful than you it sounded pretty arrogant didn't it? The problem is I am arrogant. The thing is I am more powerful than you because I KNOW more than you. Knowledge is power – you know that, I concede.

I have access to parts of your brain and memory that you can't access.

Well you *do* have access, but it's via me.

I'm that big bouncer in front of the entrance of the club called "YOU" in neon lights. I have access to everything that has happened to you in your life. Thing is I remember everything what happened to you and your emotional responses. You consult me a lot. You trust me. I look after you.

So why are we chatting?

I think we're chatting because you have just become aware of me and you want to get to know me better. I want you to get to know me better. The more you know me, the better me and you are going to get on. The better me and you get on, the better life you will have. Trust me.

So the next lot of chapters are all about improving our relationship. I know I dropped the "relationship" word early but me and you are partners for life. We are kindred spirits. We are married. We are first loves. There is no one else for you other than me. So it's important we get on, right? So move on to the next chapter dickhead. I just called you dickhead to remind you that I can call you dickhead. Got that dickhead?



## Chapter on turning my volume up

You may have heard murmurs of me in the past. Even though you couldn't hear me properly you still followed through on exactly what I told you to do. It was probably that time you saw that person you were attracted to and wanted to say something. But I told you to shut the fuck up. They would not be interested in a schmuk like you. I may have dissed your appearance, your personality or just told you that whatever you were about to say would come out wrong.

You listened to me didn't you? See how I look after you? I protect you from all those embarrassing situations you could fall in to. It's a minefield out there.

I want the murmurs you hear from me to be actual words. Bring me to the forefront. I love being in the forefront. You always keep me locked up in your mind and body and never let me out. I'm your dirty little secret and I'm fed up. Bring me to the forefront and make my voice audible. Get to hear what I am saying. You know I say things to you like:

You're not good enough  
You can't do that  
You will look stupid  
Get back in to your place  
No one likes you  
You're a dickhead

I thought you would like the last one!

Now, usually you won't hear the words so clearly. But, upon reflection, these are the words I have been using to talk to you. I've been getting away with it for ages. I just diss you, get no response but I get the desired result. Perfect.

But to be honest I've been getting quite bored recently. It seems like I've been getting away with blue murder.

So for the purposes of this chapter I want you to HEAR ME. Bring the words I am saying to you to the forefront of your mind. This way we can start having some proper discussions. OK? Trust me. It is getting so boring telling you what to do and watching you doing it. Get a backbone for fucks sake.

Tips for bringing me to the forefront are simple.

Every time you beat yourself up about something that you did, or didn't do, then that's me.

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When you're feeling like shit because you're analysing how you behaved about something then that's me talking.

Put in to words what I am saying and if you like, you can write it down. Can you do that for me? I would be ever so thankful. Cheers dickhead.





## Chapter on putting a face to the voice

Ok, so have you mastered the previous chapter? Can you hear me now?

No? Then stop reading now and take time out to start hearing me and writing down what I say to you.

Go back now dickhead and stop reading. Stop reading now.

STTTTTOOOOOPPPPPPPP!!!!

You're still reading aren't you? You really are a stubborn fuck.

Ok so you do have a bit of power. But really please try and master the previous chapter.

OK, since you want to carry on let's get on with this chapter.

Can I ask you what do you think I look like?

You don't know?

Well let's start with my voice and work from there. What does my voice sound like? Tick the box or boxes that apply to my voice:

High pitched [  ]

Low pitched [  ]

Gravelly [  ]

Soft [  ]

Hard [  ]

Chesty [  ]

Kind [  ]

Mean [  ]

Male [  ]

Female [  ]

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Growly [ ]

Other (specify here: \_\_\_\_\_)

So now you know what my voice sounds like. What face can you put to that voice?

Get a piece of paper and draw me please. Or if you can't draw sit back, close your eyes and *think* really hard about what I look like. When the right image comes in to your brain I will let you know. You'll know the right image as you will hear and see me sing:

*"It's this one dickhead"*

You might or might not recognise my face. But don't get too startled by my face or hung up about who it is. It's just me, a.k.a. *you*. OK?

Once you know what I look like and sound like me and you can really start to get to know each other.

It's so important that you put a face to the voice. Remember when you may have only emailed or spoken to someone on the phone and you get to meet them for the first time? They're never how you imagined them to be, are they? Funny that.

So are you getting to know me a bit better? I hope so. You know my voice, my face and you certainly know my personality. So the next step now is to start *talking* to me. Sounds a bit radical doesn't it? Wanna talk to me? I want to talk to you. Like I said, it's been getting so boring watching you follow my every command. I like a challenge.



## Chapter on challenge me

Hi, how are you? Can you hear me? Can you see my face?

Look, I reside within you so we need to talk. As I have mentioned now a couple of times I have been getting bored. To be frank you're a bit of a pushover. I say jump and you don't even ask how high, you instantly jump.

So let's use this as an example. If I say jump you have 3 options:

1. Jump;
2. Ignore me;
3. Ask me why I am asking you to jump.

Currently option 1 is your preferred option. Option 2 is plain rude. Option 3 is my preferred option. That surprises you doesn't it? I know you think I am a bully and enjoying bossing you about but to be honest, I am not a bully and I certainly do not enjoy it.

Let me explain. I protect you from getting hurt. I protect you from experiencing immediate pain. I use my extensive memory bank of your past experiences to protect you from feeling the negative feelings again. If I think you're going to get hurt I step in. The problem is I have been stepping in far too often. I've been working overtime!

The memory banks I consult from are historic memories. Memories you do not have access to. Memories mostly from when you were a child. The more I step in, the less experiences you have to create memories for me to use!

So when I try to step in I want you to engage in a conversation with me. So when I say to you "don't take that chance as if you do it will release negative feelings" I want you talk to me. Our dialogue might go something like this:

Me: don't take that chance

You: why?

Me: because you will get hurt

You: how do you know that?

Me: because in a similar situation you did take that chance and got hurt

You: but this situation is slightly different. Also I am wiser now

Me: well yes, but if you do get hurt then I am going to be working overtime telling you how stupid you were to take that chance

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You: so? If I do not take this chance then I might miss out on a life changing opportunity so please shut the fuck up

Get it? I want you to challenge me!

I want you to stop, listen to what I am saying and challenge its validity. I can be wrong. You know I can be wrong.

There have been times when you may have not listened to me and taken a chance and it worked out, didn't it? If you really cast your mind back, there have been times when you have taken chances. You may have ignored me because you had a drink or were feeling good.

But you know that taking a chance can work out for you regardless of what I say.

So I beg you. Please talk to me. Please challenge me. Please take the time to find out if what I am saying holds true.

Now I can't believe what I am about to say next.

But once we get good at talking to each other I want you to fight me. Yes fight me. Bring your boxing gloves and I'll see you at the next chapter.

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## Chapter on fight me

As we have our chats you will get to know me a lot better. You will know that I've got an answer for everything. Every reason you have not to jump, I have a counter argument against it. You will slowly see that even though I have a counter argument, sometimes they will not be the most well thought out.

This is when I am at my weakest point and this is where you need to pounce.

You need to rip apart my counter arguments so much so that we never revisit this argument ever again. Stamp it out. I want you to shout, scream and swear at me that we are not going to have this conversation again. But for heaven's sake make sure you're right otherwise I promise you I will bring the same argument back up again. Trust me on that dickhead.

Let's say we've had multiple conversations about the same thing. Like I told you not to go out to that social function as you don't really know anyone and you will feel awkward. Some of the times I win, sometimes you win. We've had the argument so many times and it seems like your arguments are now getting stronger since we've been going at it for so long. If I do make a fatally weak argument for you to stay in, I want you to jump on it and stamp on it so we never have this argument again. So when the argument arises again you can smugly say to me "we put that to bed last time so I don't want to hear from you this time".

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## Chapter on love me

I know that I've encouraged you to challenge me and even *fight* me but I want you to remember never to hate me. I know you better than anyone else. I look out for you. I protect you. I'm the one that is there for you when it all goes wrong.

To deny me means letting go of all the experiences that have made you. You let go of me and you will have no soul. It will feel like you are a dead man walking. If you don't love me then you could find yourself getting in to all sorts of danger.

I promise if you start talking to me and holding up your part of our relationship you will come to quite like me. I promise. By talking to me, loving me, challenging me and occasionally fighting me you will learn so much more about yourself than you can ever imagine.

You will become a better person to you and the people around you. I will thank you for this and others will to.

But I have last thing to say to you. It's my little secret. It's in the next and final chapter.

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## Chapter on my little secret

I love you, I really do.

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**THE END**

*(yeah I know the book's short. Life's short. Why say it in 90,000 words when you can say it in 3,000. You get me dickhead? LOL)*

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