

THE MASTER

(Two voices but one person)

Why do you always do this?

Do what? What are you complaining about this time? You have no say in this relationship. Even if I give you free reign for a while, I always take the control back. You know that this is the truth.

But I'm sick of it. Every time I start to feel a bit better and get some hope back, you either start whittling away at my self-confidence, or you just go for the swipe and fell me with one foul swoop.

That's because you are weak! You may feel as if you are getting better, but the cracks in your basic personality have such a thin layer of paint sprayed on top of them that it is easy to see where I need to strike.

Sometimes, if I am bored, it's great fun enticing you into a false sense of security and then boom...hahaha.

You are such a selfish, cruel, manipulative bastard.

No hold on.... **you** are the bastard. A weak, ugly, fat bastard. Look at you....you don't even have any friends.

Actually I do, I have lots of friends I just....

No you don't. They are fake friends, social media friends that don't care. Real friends are people you can pick up the phone to and chat with.

I have friends like that, I just don't ring them because they are busy and I don't want to interrupt them.

There you go again, letting your low self-esteem talk on your behalf, **our** behalf. Why do you think you **really** hate yourself?

I don't HATE myself I just...

Yes you do... you seriously do, otherwise you would ring them and invite them over to see you.

You know I can't do that when my flat is so untidy.

Are they coming to see you or your flat?

But I can't relax when the place is a mess, if you would just leave me alone for a few days I could get some energy back and start clearing up.

Just do it. It's so simple! Get off your arse and start, but you can't can you? It's not just your home that's in a mess, you are as well, in fact the mess around you is the manifestation of the mess within, and the festering within is like an abscess that I can pick at, so stay the same, let me enjoy my fun.

And what happened to those plans you were making to go for a walk every day? That made me laugh. How can thinking make anything happen? You can think for as long as you like but unless you actually open the door and put a foot on the threshold, you ain't going nowhere!

If I didn't have you constantly dragging me down I would get somewhere. Why do you always do this? Why can't you leave me in peace?

Because I **am** you. You might not like it, but I am you and always have been, if you want to get rid of me you will have to find a way of doing it without harming yourself; and let's face it, that isn't going to happen because you aren't capable of making a decision without me.

I make hundreds of decisions without you.

Yes, but as I said before, decision is not action. You can decide day after day to go to Rome, but unless you buy a ticket and get on that plane, you are still stuck at home.

Rome wasn't built in a day, but it was built by people who knew how to **take action**, not by people who wallowed in inaction.

If we could come to some agreement, maybe you could just give me a month? Four weeks to get my head together without you constantly shouting me down and belittling me?

Oh like that time you went into the psychiatric unit? Hahaha they tried to silence me with drugs, so I left you alone for a bit. Actually that isn't strictly true; I just sat on your shoulder watching and waiting, lurking and smirking, biding my time.

That holiday did you good, but for me it was a huge bore. I used the time to become more creative with my ideas for messing with your head. Every day rested, gave me time to manifest and test my methods.

Well this time you aren't going to bring me down. This time I AM IN CHARGE, so you can f... off and leave me alone. I am the master of my own destiny.

And I am the master of disguise, so close your eyes and I am there.

I am your darkest thoughts.

I am your scariest nightmares.

I attack when your barriers are down.

I am **your** master.