

# WHO'S TALKING WHEN YOU'RE THINKING?

AND IF IT'S YOU TALKING,  
WHAT ARE YOU TELLING YOURSELF?



**DEDRIC E. HAMILTON SR.**

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**By DEDRIC E. HAMILTON SR.**

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**Dedric E. Hamilton Sr.**

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# DEDICATION

To the Journey of Self-Discovery and Growth,

This book is dedicated to the profound significance of personal development—a voyage that leads us through uncharted territories within ourselves. Just as a seed unfurls its tendrils to seek the sun, may these pages inspire you to stretch, evolve, and blossom into the fullest expression of your being. May the pursuit of self-awareness and growth become a guiding star, illuminating the path to a life rich with purpose, fulfillment, and boundless potential.

Here's to embracing the challenges, the introspection, and the transformative moments that pave the way for an enriched existence. May the wisdom within these words empower you to continuously embark on the remarkable journey of becoming the best version of yourself.

With unwavering dedication to your growth,

Dedric E. Hamilton Sr.

# ACKNOWLEDGMENTS

To my editor and niece Serenity Hill. I want to take a moment to express my sincere gratitude for your invaluable contributions to this manuscript. Your role as an editor has been instrumental in shaping the final product, and I am truly thankful for your dedication and expertise.

I appreciate the care and attention you've put into editing, ensuring that every word serves its purpose effectively. Your meticulous approach has undoubtedly elevated the quality of the manuscript, and I am grateful for the time and effort you have invested.

Once again thank you Serenity for your outstanding work and commitment to this project. It has been a pleasure to have you as the editor, and your contributions are sincerely appreciated.

Best regards,

Uncle DB

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## FOREWORD

Of the current 8 billion people on Earth today every one of us is trying to navigate the issues and complexities of life. Life is a gift but it's not always easy. It is wrapped with celebrations, achievements, and even points of ecstasy. It is also wrapped in challenges, setbacks, false starts, and redirects. In *Who's Talking When You're Thinking*, Dedic Hamilton is applying his insights to help us see the opportunities that lie before us in the true blessings of life. So, he's asking us to take a metaphorical ride with him, one in which we are asked to be more intentional about our actions in attitudes and more grounded in the moment. Dedic, as a co-traveler, invites us to ride along with him. Barreling down dirt roads of tough life lessons, turning into the blind corners of personal setbacks, and waiting patiently at the red lights of inconvenient delays, Dedic eventually gets to the expressways of human thriving.

Over the course of life, it becomes clear that the destination is secondary, and the journey is what's primary. So many times, we fall into the trap of not paying attention at all or we become far too concerned with the end result, the destination. With practical wisdom and reflecting on personal experience, Dedic is connecting with us today to make sure that we are moving in the right direction, going down the right road. However, he does not act as an expert who speaks down to us but as a code traveler who yearns to relate with us.

Modern humanity's major mistake is our failure to give attention to our interior lives. Simply put, we have given a nod to spirituality, but most of us don't have a dynamic plan for growing our souls. The French Jesuit priest, philosopher,

and paleontologist, Pierre Teilhard de Chardin once proclaimed a profound truth: “We are not human beings having a spiritual experience. We are spiritual beings having a human experience.” Perhaps we need to revisit these words at our dinner tables, around the campfire, or on family road trips. When young people ask our advice on potential careers and life in general, perhaps it can be sprinkled into our conversations with them. Maybe we need to repeat it to ourselves when we visit a dying senior or gaze in awe at the miracle of a newborn child.

The wisdom of this book stands not only on the shoulders of many teachers, theologians, and philosophers but also on the shoulders of simple, earnest folk who figured out how to live lives of meaning and purpose. When we do both the inner and outer work, we find we are capable of more than we think. We are endowed with far more gifts than we acknowledge. This book is a mixture of best practices, spiritual principles, and common sense. It is also uniquely infused with what my parents and the elders of my youth used to call “mother wit”.

I greatly appreciate Dedric’s disarming honesty and down-to-earth style in this offering. My hope is it will both give some answers and generate a new set of questions for you to answer as you ride through this life.

The Reverend Victor J. Thomas

## PREFACE

In mid-January 2020, just as the pandemic began to surface, I began driving for Uber. I wasn't pleased about the thought of having to rely on driving as a way to provide for myself. But to my dismay, I instantly kept coming across people who seemed to lack any genuine sense of purpose with respect to their own personal development.

I have been wanting to write for some time but every time I tried to sit down and write, I drew a blank. Until I started driving for Uber; I realized that in this "fast-paced, sometimes cruel world", everybody needed direction and guidance regarding personal development, self-care, and well-being.... and Pow! out of nowhere came the book "*Who's Talking When You're Thinking?*". I couldn't write it down fast enough, yet it was like magic out of nowhere. I instantly discovered that everyone walking into my car is a story, a living, breathing story. As soon as they got in, I started gathering their unspoken words.

As I spoke to people individually about their difficulties, I witnessed a remarkable awakening of self-awareness and perception acknowledgment, right before my eyes. The response was astoundingly amazing.

I can't even begin to describe the overwhelming sense of contentment and inner joy that would flood through me. It

was a good feeling and a sense of knowing, as if to reassure me that I was, at that very time, living my life's purpose.

To this day, I can count the people who somewhat questioned the simple logic that I share with others on one hand. This was a tremendous breakthrough for me and many other people.



*Dedric E. Hamilton Sr.*

*Enjoy Reading*

*Houston, 2020*

# INTRODUCTION

**I have two questions for you, Who's Talking When You're Thinking? And If It's You Talking, What Are You Telling Yourself?**

In this exploration, we've embarked on a journey to uncover the sources of our knowledge and the path to our conclusions. Have we been relying solely on external information, drawn from the world outside of ourselves, shaped by the experiences and narratives of others? Or, perhaps, have we delved within, seeking answers from our own inner wisdom, guided by our inclinations, premonitions, convictions, and intuitions?

As we navigate this introspective voyage, we'll strive to bridge the gap between the external and internal, forging a path that leads us towards a more profound understanding of our sources of knowledge and the way we arrive at our conclusions.

The primary focus of this reading is to help people to become more aware of themselves through, thought acknowledgment, thought perception, and thought processing.

This short but powerful read is filled with interactive process management concepts. It is designed with goal programs and personal growth assessment retention throughout the workbook.

Walk with me and explore a few thought-provoking ideas, concepts, and conversations on how we could possibly better perceive ourselves as individuals. If you have a desire to grow within yourself and transform your life, you have landed on the right book. The content you are about to take in will ignite your thought life, cause you to search within yourself, and equip you with the framework and abilities to soar eons beyond where you now stand.

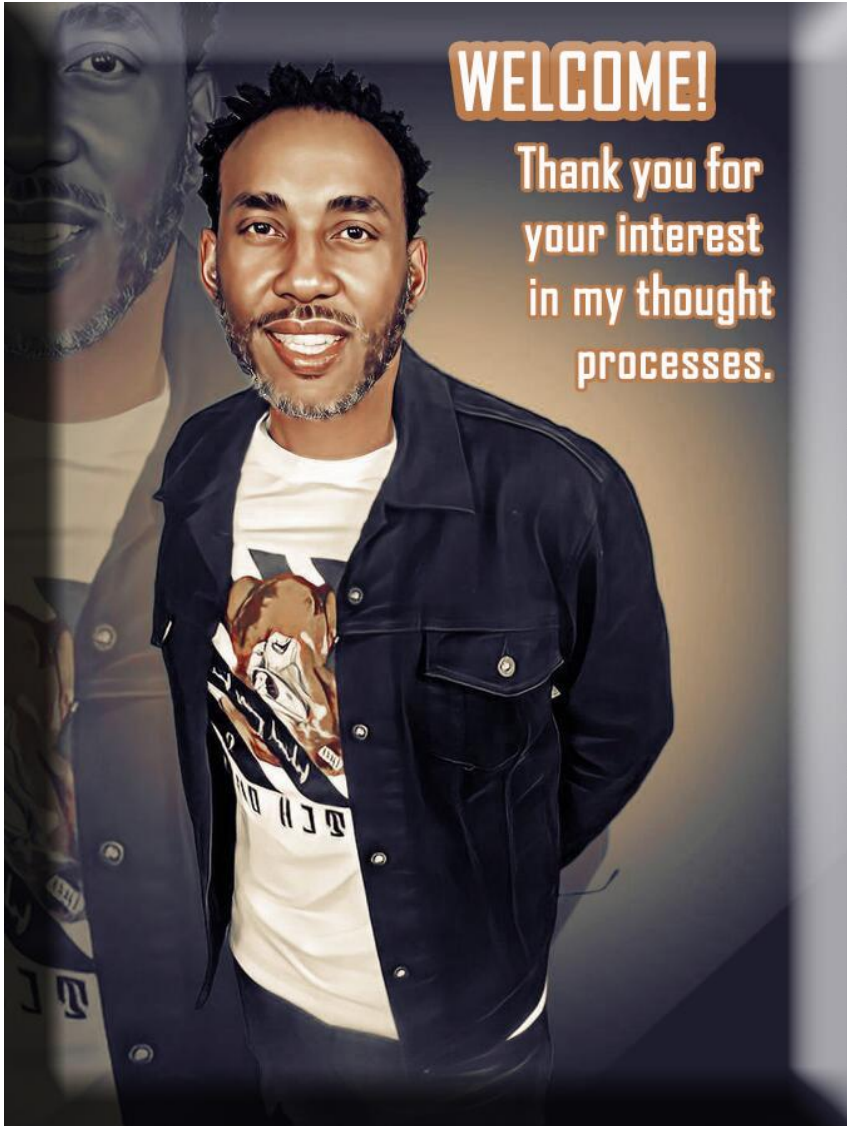
Get ready to engage yourself with life-transforming thought-processing content, and retain your thought processes with note-taking. As you peruse the content that helps to unveil the underlining truths of oneself, journal your life's discoveries with much space to express yourself. Highlight the many different quotes that shine on you and illuminate your inner self. Keep it handy for daily reading and referencing. This is the perfect gift to share with friends, loved ones, co-workers, and others.

I believe that life is about you becoming your natural inner self entirely. It is imperatively necessary that you become an authentic individual, display your discovery to yourself, and then become that example to yourself first. This transformation then automatically outwardly displays your unique inner character` of who you are.

Is it not true that someone else in search of their inner selves, became who they were so that you could become who *you are*? Perhaps now it is important and quite necessary that you become who *you are*, so that others, all around you, everywhere you go, may have the opportunity

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to be charged up and transformed to become who they're supposed to be, by whom you have become.



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# PROLOGUE

## THE MAKING OF ME

Personal evaluation and self-assessment of oneself can take time. Opening up to yourself, recognizing what you may have been ignoring about yourself, and seeing a much better you in your future life to come is truly a process of development.

How I wish that someone could have shared with me earlier on in life that life was not happening to me but rather it was working for me. Had someone shared with me when I was younger these life-changing principles, I believe that I would have had a different perspective on dealing with life's negative alliances. I would have made different decisions; I would have made different choices. It would have afforded me different and alternative responses to the seemingly unfair continuous combating warfare.

Yet at the same time, it was the making of me. At that time, I did not understand how necessary it was to go through the development process. It never occurred at that time that my negative circumstances and positive opportunities were preparing me with strategies, profound wisdom, knowledge, and great clarity of understanding life. I was in sessions learning how to take a punch and deal with negative people for future reference.

Now, I can truly attest to the development and maturity of my personal growth after having put them to practice over and over for years now.

I can honestly say that I have finally come into myself as it relates to understanding my purpose, its functions, giftings, abilities, and more. I am still exploring myself and my future. I believe my future is looking brighter and brighter each moment of my existence. I have learned that the unavoidable journeys of life will eventually gain positive momentum that culminates into an unveiling destiny for your life.

## **There is a better performer inside of you, then you have been allowing yourself to become.**

Often, we can have a difficult time adapting to change, which is why we can be apprehensive to work on ourselves. But change is essential if you plan on acknowledging your true self and living a life of purpose and fulfillment. I encourage you to get out in front of yourself and lead the way. I believe this personal life application manual will be a great and wonderful start on your journey toward a new and more incredibly you.

The goal of this reading is to challenge your thought process, increase an understanding of yourself as an individual, and engage your focus to an incredible enlightenment of thought acknowledgment. The overpowering results are designed to thrust you into your desired future and allow you to become the individual you were destined to become.

### **The writings in this personal life manual primarily consist of:**

- Thought Acknowledgment - Acknowledging your thoughts.
- Thought Perception - What is your perception of your thoughts?
- Thought Processing - Ideas on how to process your thoughts.

I offer a few thought-provoking concepts, ideas, and conversations on how we could possibly better perceive ourselves as individuals. This content is not subscribed specifically to any nature of person, but rather quite diverse and suitable for all cultures, of any age group.



By nature, I desire to motivate, encourage, cultivate, and extract individuals' purposes in life. Possibilities are not only possible, but your possibilities are already present and waiting for you to tap in and activate.

Everywhere I go lives are being changed and transformed right before my eyes. The enjoyment of giving away whom I have become and developed into is incredibly rewarding and suitable to my purpose in life.

