FROM THOUGHT TO POWER™ · RANA MALAEB

# The Inner Dialogue Protocol

*Name It · Question It · Redirect It*

THOUGHTS. ACTIONS. LEGACY.

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FROM THE POWER OF THOUGHT

# The Inner Dialogue Protocol

The voice inside your head is not the truth. It is a pattern. It is a character that formed in response to your history, your wounds, and the people who shaped you. The protocol does not try to silence it. It makes it visible, questions it, and redirects it.

Work through one thought at a time. Give each step the space it deserves. The most important thing is honesty, not speed.

> "Use one full protocol per thought. Do not rush to the redirect. The questioning is the work."

BEFORE YOU BEGIN

## The thought you are working with

Write the thought here before you begin, exactly as it sounds in your head. Not a summary of it. The raw version.

For example: "I am not good enough to lead this" or "I always sabotage myself when things go well"

STEP 01

# Name It

Give the thought a character name: not a statement of identity, but a role. Not “I am not good enough” but “the not enough voice” or “the impostor.” Naming it creates distance between you and the thought. Distance is where choice lives. You are not the thought. You are the one noticing it.

### INQUIRY QUESTIONS

- What would I call this thought if it were a character?
- How long has this character been with me? When did it first appear?
- When does it speak loudest? What triggers it?
- What does this character want me to believe about myself?

### THE CHARACTER NAME

Give this thought a name.

### WHEN IT APPEARS

What triggers or situations bring it forward?

### WHAT IT WANTS ME TO BELIEVE

Write the core message of this character.

STEP 02

# Question It

Do not fight the thought. Interrogating it with genuine curiosity is more powerful than resistance. Apply the four inquiry questions slowly. Give each one space. The goal is not to prove the thought wrong. It is to loosen its grip by exposing it to real scrutiny.

### INQUIRY QUESTIONS

- Is this thought absolutely true? Is it fact or interpretation?
- Can I know with complete certainty that it is true?
- How do I feel, physically and emotionally, when I believe this thought?
- Who would I be, and how would I move through the world, without this thought?

### IS IT FACT OR INTERPRETATION?

What evidence actually supports this thought?

### WHAT DOES IT COST ME TO BELIEVE THIS?

Physically, emotionally, professionally.

### WHO WOULD I BE WITHOUT IT?

Describe yourself without this thought operating.

STEP 03

# Redirect It

Do not replace the thought with its positive opposite; the mind rarely accepts this. Replace it with an open question that creates space instead of closing it down. “What if I am more capable than I think?” holds more power than “I am totally capable.” A question the mind can sit with. A possibility it can explore.

### INQUIRY QUESTIONS

- What question could I ask instead of accepting this statement?
- What if the opposite of this thought were equally true, or even more true?
- What possibility opens when I loosen my grip on this thought?
- What would I do today if I did not believe this thought at all?

### THE REDIRECT QUESTION

Write it as “What if…” or “Is it possible that…”

### WHAT BECOMES POSSIBLE

What opens up when you hold the question instead of the statement?

### ONE ACTION FROM THIS NEW SPACE

What will you do today from this redirected place?

PROTOCOL SUMMARY

# The full picture

Once you have completed all three steps, return here and write the short version of your work. This is what you carry forward.

THE ORIGINAL THOUGHT

THE CHARACTER NAME I GAVE IT

WHAT I DISCOVERED WHEN I QUESTIONED IT

THE REDIRECT QUESTION I AM WORKING WITH

THE ACTION I AM TAKING FROM THIS NEW PLACE

REPEAT AS NEEDED

One thought at a time. One protocol at a time. The work compounds. The character that once ran your life becomes a voice you recognise, name, question, and choose not to follow.

READY TO GO DEEPER?

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