FROM THOUGHT TO POWER™ · RANA MALAEB

The Belief Reframe Table

Thoughts as Architecture · The Three Authorship Moves

THOUGHTS. ACTIONS. LEGACY.

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THOUGHTS AS ARCHITECTURE

The Belief Reframe Table

Every thought repeated becomes a belief. Every belief embedded shapes your identity. Every identity enacted constructs your life. This is Thoughts as Architecture, and it works in both directions. This table is where you enter the chain at its source and begin to rebuild.

> "You are not stuck. You are living a story that can be rewritten. The moment you change that story, everything begins to shift."

THE THREE AUTHORSHIP MOVES

Name it. Question it. Rewrite it.

MOVE 01

Name It

Make the invisible story visible. Write the belief exactly as it sounds in your head: raw, unfiltered, unedited. Do not soften it. The precise wording matters.

→ What is the exact sentence playing in your mind?

YOUR WORDS

MOVE 02

Question It

Interrogate the belief's truth, origin, and cost. A belief is not a fact. It is an interpretation, often formed in a moment of pain or fear, by a younger version of you who needed to make sense of something.

→ Is this absolutely true? Where did I first learn this? What has it cost me to carry it?

YOUR WORDS

MOVE 03

Rewrite It

Build a new narrative on honest evidence. Not its positive opposite, which rarely holds, but a question or a possibility. Present tense. Spacious, not fixed. The brain can hold a question even when it cannot yet hold a declaration.

→ What if the opposite were equally true? What becomes possible when I release this?

YOUR WORDS

THE REFRAME TABLE

Work through one belief at a time

Use one table per belief. Write the old belief on the left exactly as it sounds inside your head. Work through the Three Authorship Moves. Then write the reframe on the right: not its opposite, but a question or a possibility rooted in honest evidence.

BELIEF 01

The old belief

Write it exactly as it sounds in your head.

The reframe

A question or a possibility, not its opposite.

ORIGIN

Where did this belief first come from?

COST

What has carrying this belief cost you?

BELIEF 02

The old belief

Write it exactly as it sounds in your head.

The reframe

A question or a possibility, not its opposite.

ORIGIN

Where did this belief first come from?

COST

What has carrying this belief cost you?

BELIEF 03

The old belief

Write it exactly as it sounds in your head.

The reframe

A question or a possibility, not its opposite.

ORIGIN

Where did this belief first come from?

COST

What has carrying this belief cost you?

THE ARCHITECTURE AUDIT

Mapping the chain

Trace one belief through the full chain below to see how much of your current life it is building.

Thought repeated → Belief embedded → Identity enacted → Life constructed

THE RECURRING THOUGHT

Write it word for word.

THE BELIEF IT HAS BUILT

What do you now believe to be true about yourself or the world?

THE IDENTITY IT HAS CREATED

Who have you become because of this belief?

THE LIFE IT IS CONSTRUCTING

What decisions, relationships, or opportunities has this shaped?

THE REFRAME THAT INTERRUPTS THE CHAIN

Your question or possibility: where you enter the chain differently.

READY TO GO DEEPER?

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