



THE PEACEFUL EATING WAY™

The Comfort Trance

*Understanding the parts that reach for food
when what you really need is care*



A Companion Workbook

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Welcome

If the Comfort Trance is your dominant food pattern, it means you have a part — maybe more than one — that learned a long time ago that food is the most reliable way to feel okay when things get hard. This workbook is going to help you understand that part, not fight it.

“

You're not broken. You have a protector that found the fastest route to relief it could — and it's been loyal to that strategy ever since.

This workbook is designed to help you do three things:

- **See** the parts that drive your Comfort Trance pattern — not as enemies, but as protectors with outdated strategies
- **Hear** what those parts have been trying to tell you — the needs underneath the behavior
- **Shift** from fighting these parts to working with them — so food stops being the only answer they have

The parts you'll meet: the Food Indulger, the Seductive Rationalizer, and the Inner Critic



A note from Everett:

Go slowly. There's no rush and no right order after the first two sections. Write honestly — nobody's grading this. And when you notice yourself judging what you've written, pause. That judgment is itself a part, and it's not the one we're listening to right now.

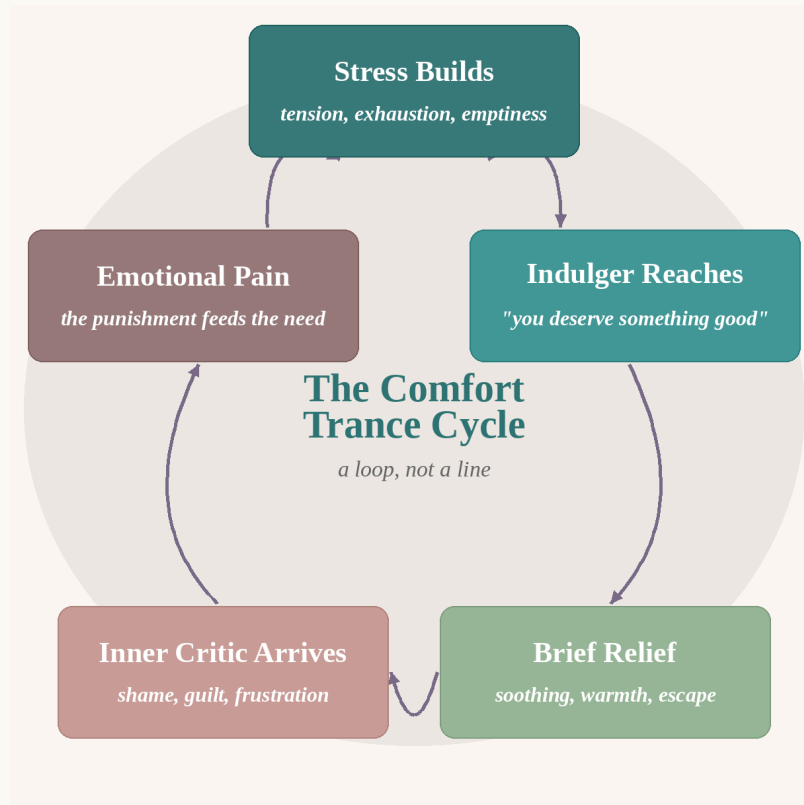


PART ONE · UNDERSTANDING THE TRANCE

*“The part that reaches for food
is trying to take care of you.
It just hasn’t learned another way yet.”*

Part One: Understanding the Comfort Trance

The Comfort Trance is what happens when a part of you reaches for food not because you're hungry, but because you need soothing. It usually follows stress, emotional pain, exhaustion, or that particular kind of emptiness that comes from giving too much of yourself away.



The Comfort Trance Cycle

This cycle isn't a character flaw. It's a system. And every part in that system is doing a job.

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The Food Trance Equation: when the promise of food becomes louder than the awareness of consequences, the trance begins. That's the moment eating stops being a choice.

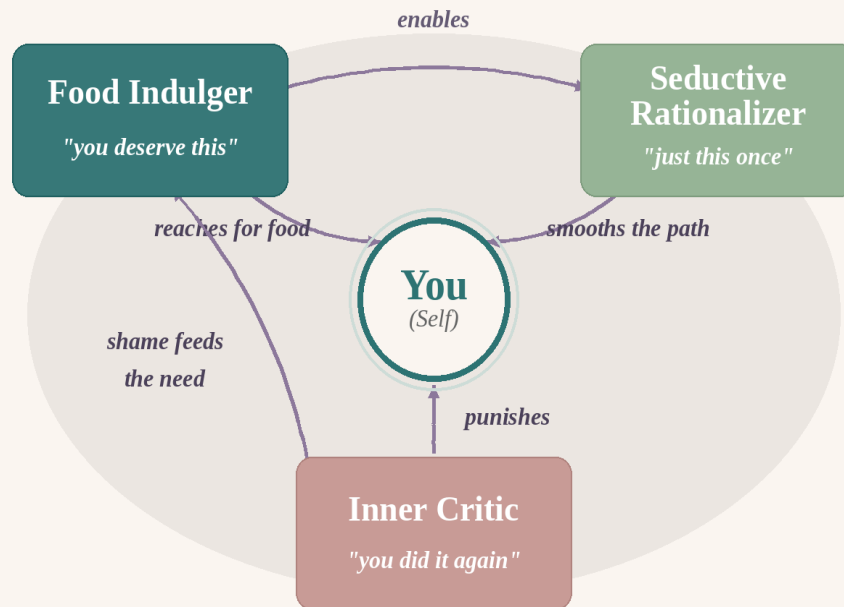
Why This Happens: The Neuroscience

This pattern isn't a personality flaw — it's wired into your neurobiology. Here's the sequence: a trigger activates your emotional brain. Your memory fires: *food helped before*. Dopamine spikes — not when you eat, but *before* you eat, in anticipation of the reward. This is crucial: the craving you feel is your brain predicting relief, not your body needing food. Meanwhile, stress suppresses your prefrontal cortex — the part responsible for long-term decision-making. The promise gets louder. The consequences get quieter. The Comfort Trance isn't a failure of willpower. It's your nervous system running a program it wrote under stress.

“

You're not reaching for food because you're weak. Your brain is running a program it wrote under stress, and it's doing exactly what it was designed to do.

Meet Your Parts



How your Comfort Trance parts interact

The Food Indulger — This part reaches for food when you need comfort. It's not reckless. It found the one reliable source of soothing it could access anytime, anywhere, without needing permission from anyone.

The Seductive Rationalizer — This is the voice that smooths the path: *just this once, you've earned it, start fresh tomorrow*. It's trying to remove the friction between you and the relief the Indulger is offering.

The Inner Critic — This part shows up after. It brings shame, disgust, frustration. It believes that if it punishes you hard enough, you'll stop. It doesn't realize that the punishment is part of what sends you back to the Indulger.



A note from Everett:

Most of my clients are surprised to learn that the Inner Critic and the Food Indulger are actually partners. The shame creates the pain. The pain creates the need. The need creates the eating. They're stuck in a loop, and neither one can see it.



PART TWO · YOUR TRIGGERS

*“You don’t have generic triggers.
You have a specific story.
Let’s find it.”*

Exercise 1: Your Comfort Trance Map

Think about the last time you ate for comfort rather than hunger. Walk through the experience slowly.

THE TRIGGER

What happened right before the urge? What were you feeling in your body? What had your day been like?

THE VOICE

What did the Indulger or Rationalizer say to you? Try to recall the exact words or the feeling of the thought.

THE MOMENT

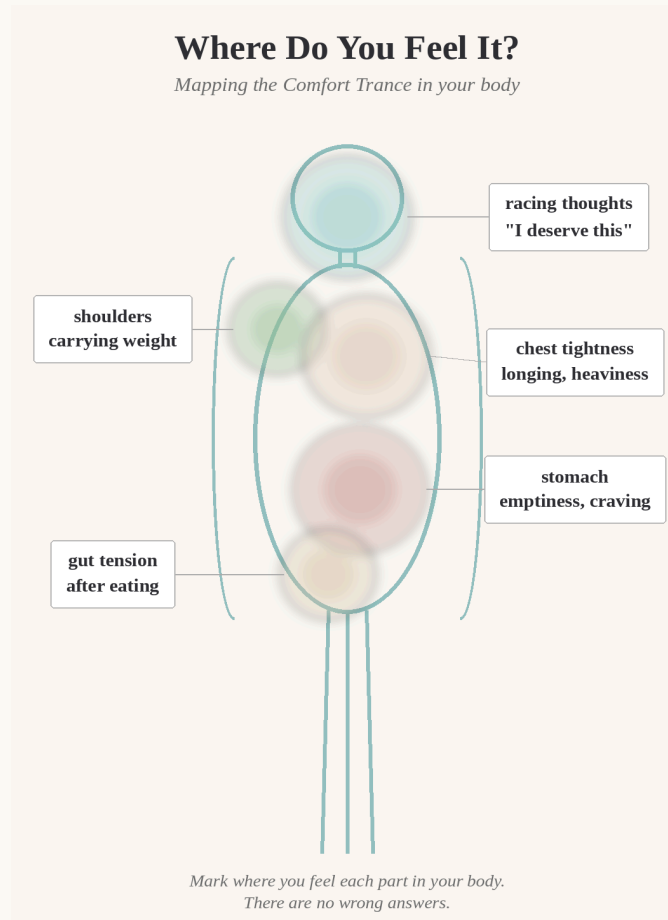
What did you eat? Where were you? Were you alone? How long did the relief last?

THE AFTERMATH

What did the Inner Critic say? How did you feel 30 minutes later? What did you do next?

Part Two: Your Comfort Triggers

Comfort eating isn't random. It follows patterns. The more precisely you can identify your triggers, the earlier you can notice the trance beginning.



Use this as a starting point — mark your own body signals

“

Most people think their triggers are simple: stress, boredom, sadness. But there's always a more specific layer underneath.

Exercise 2: Trigger Inventory

For each category, write down the specific situations or feelings that activate your Comfort Trance. Be specific — not just “stress” but “after a meeting where I didn’t speak up.”

EMOTIONAL TRIGGERS

What feelings most reliably send you toward food? (Examples: loneliness after the kids go to bed, the deflation after conflict, the heaviness of unspoken resentment)

SITUATIONAL TRIGGERS

What circumstances set the trance in motion? (Examples: coming home to an empty house, the car after school pickup, late nights after everyone’s asleep)

PHYSICAL TRIGGERS

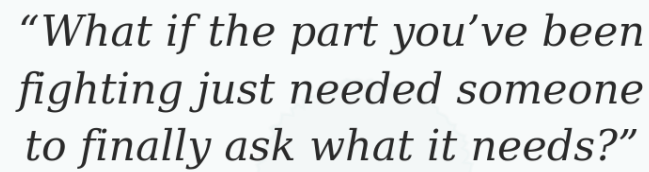
What body states make the trance more likely? (Examples: exhaustion, headaches, the “wired but tired” feeling, hormonal shifts)

RELATIONAL TRIGGERS

Which relationships or interactions tend to precede the pattern? Be honest here.



PART THREE · LISTENING



“What if the part you’ve been fighting just needed someone to finally ask what it needs?”

Part Three: Listening to Your Parts

The goal here isn't to silence parts or overpower them. It's to listen. When a part feels heard, it softens. When it softens, it doesn't need to shout — or reach for food — so loudly.



A note from Everett:

This exercise can bring up unexpected emotion. That's not a sign you're doing it wrong — it's a sign you're getting close to something real. If it feels like too much, you can stop and come back. The workbook will wait for you.

Exercise 3: A Conversation with the Food Indulger

Find a quiet moment. Bring to mind the part of you that reaches for food when you're hurting. You might feel it as a sensation, an image, or just a knowing. Then write.

NOTICE

Where do you feel this part in your body? What does it feel like — warm, heavy, tight, restless?

ASK

If you could ask this part "What are you trying to do for me?" — what do you imagine it would say?

LISTEN

If this part could tell you what it's afraid would happen if it stopped reaching for food, what would it say?

RESPOND

What would you want this part to know? Write to it the way you'd write to someone carrying too much.



PART FOUR · YOUR PLAN

*“A gentle interrupt isn’t a rule.
It’s a pause long enough
to hear yourself.”*

Part Four: Your Gentle Interrupt Plan

A gentle interrupt isn't a rule or a restriction. It's a pause — a moment where you check in with the part that's reaching for food before you respond automatically. You're not saying no. You're saying *I see you. Let me find out what you actually need.*

“

The question that breaks the trance: “What is this food promising me right now?” Naming the promise restores awareness — and awareness restores choice.

The Craving Wave

Here's something most people don't know: a craving is a wave, not a wall. It rises fast, peaks intensely, and — if you don't act on it — falls on its own. Research shows the most intense part of a craving typically lasts only 90 seconds to 3 minutes. That's it. If you can ride the wave for that long, the urge passes. Your pause practice doesn't have to last forever. It just has to last longer than the peak.



A note from Everett:

I tell my clients: you don't have to say no to food forever. You just have to stay present for 90 seconds. That's the window. After the peak, you're choosing from a completely different place.

Exercise 4: Building Your Interrupt

Design a personal pause practice for the next time you feel the Comfort Trance beginning.

YOUR EARLY WARNING

What's the earliest sign that the Comfort Trance is activating? The earlier you catch it, the more room you have.

THE PROMISE

When the trance begins, ask: *What is this food promising me right now?* Write down the promises you hear most often from your parts.

YOUR 90-SECOND PRACTICE

What will you do during the craving wave? You only need to stay present for 90 seconds to 3 minutes. Examples: put one hand on your chest and breathe. Name the trance out loud. Ask "what do I actually need right now?"

YOUR ALTERNATIVES LIST

What are three things that might meet the actual need behind the food urge? These aren't replacements — they're experiments.

YOUR SELF-COMPASSION SCRIPT

Write 2–3 sentences you can say to yourself if you eat anyway. This is not a punishment — it's what you'd say to a friend.

Self Leadership: The Skill That Changes Everything

Everything in this workbook has been building toward one capacity: the ability to choose from your Authentic Self instead of reacting from a part. This is Self Leadership, and it has three steps:

- 1. Pause** — Notice that a trance is beginning before it takes over.
- 2. Name it** — Identify which trance is active — Comfort, Escape, or Rebellion — and what it's promising.
- 3. Choose from Self** — Respond from your Authentic Self rather than react from the part. Ask: *What is this food promising me right now? And what do I actually need?*

“

The goal is not perfect discipline. It's not an iron will. It's the ability to see the trance as it's happening — and choose whether to follow it.

Quick Reference: Your Parts at a Glance

Keep this page handy. When you notice a food trance beginning, check in: which part is driving right now?

The Food Trance Model — Three Sentences

How it starts: A food trance begins when a part convinces us that adding food will make this moment better.

How it works: The promise of food becomes louder than the memory of consequences — and eating becomes automatic.

How it ends: When awareness returns, we can choose from our Authentic Self — and peaceful eating becomes possible.



The question that breaks the trance: “What is this food promising me right now?”

The Food Indulger

“You deserve something good right now.”

What it does: Reaches for food when you need comfort, soothing, or relief from emotional pain.

What it needs: To know you have other sources of comfort available. To feel its job is appreciated, not shamed.

How to respond: Thank it for caring for you. Ask what you actually need right now before reaching for food.

The Seductive Rationalizer

“Just this once. Start fresh tomorrow.”

What it does: Removes friction between you and the comfort the Indulger is offering. Smooths the path.

What it needs: To not be demonized. It's trying to reduce your suffering in the short term.

How to respond: Notice it without arguing. Say: “I hear you. Let me check in with myself first.”

The Inner Critic

“You did it again. What’s wrong with you?”

What it does: Punishes you after eating, hoping shame will prevent the next time.

What it needs: To understand that shame fuels the cycle rather than breaking it.

How to respond: Replace its script with your self-compassion script from Exercise 4.

7-Day Trance Tracker

Awareness is the first step. Use this tracker for one week — not to judge yourself, but to notice patterns. You're gathering data, not building a case against yourself.

Day 1

Trance? Y/N

Which type:

Trigger:

What I noticed:

Day 2

Trance? Y/N

Which type:

Trigger:

What I noticed:

Day 3

Trance? Y/N

Which type:

Trigger:

What I noticed:

Day 4

Trance? Y/N

Which type:

Trigger:

What I noticed:

Day 5

Trance? Y/N

Which type:

Trigger:

What I noticed:

Day 6

Trance? Y/N

Which type:

Trigger:

What I noticed:

Day 7

Trance? Y/N

Which type:

Trigger:

What I noticed:

End-of-Week Reflection

Look back at your seven days. What patterns do you notice?

What You've Done Here Matters

Most people spend years trying to muscle past food struggles through willpower, rules, and self-punishment. You just did something different. You looked inward. You listened to the parts running the show. You started building a relationship with them instead of a war against them.

That's not a small thing. That's the foundation for everything that comes next.

What's Next: Your Journey

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You just did the hardest part — you looked inward. Here's where this work can take you.

① You Are Here: Companion Workbook

You've mapped your trance pattern, met your parts, and built your first plan. This is the foundation.

② Inner Battle Masterclass (Free)

A short video where I walk you through how parts work applies to food struggles — and why understanding the battle inside changes everything. Check your email.

③ The Peaceful Eating Way™ (Full Program)

The comprehensive journey: guided parts work practices, live community, and a structured path from trance awareness to lasting peace with food. Over 7,000 people have taken this step.

④ Peaceful Living Membership

Ongoing support, monthly practices, and a community of people doing this work alongside you. For when you want to keep going.

⑤ Live Retreat

Seven days of immersive parts work in a small group setting. The deepest version of this work, guided in person.

Learn more at everettconsidine.com