

THE PEACEFUL EATING WAY™

The Escape Trance

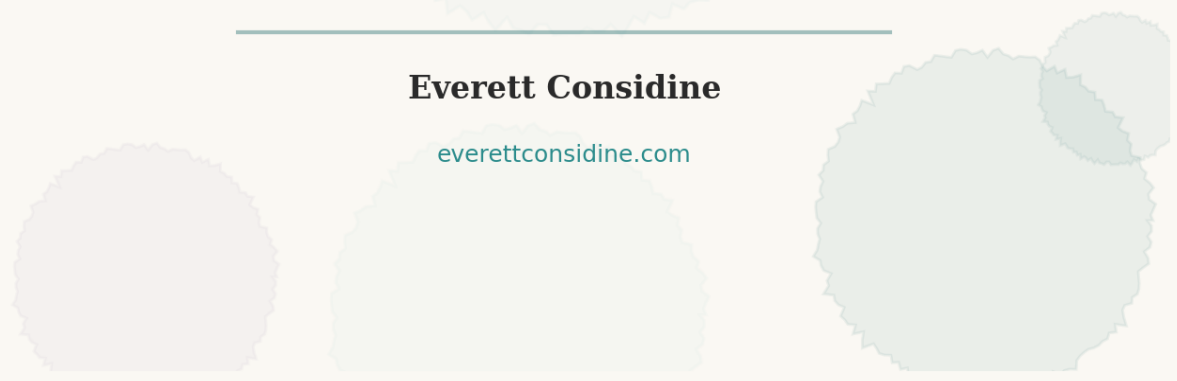
*Understanding the parts that pull you out
of the room when it all gets too loud*



A Companion Workbook

Everett Considine

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Welcome

If the Escape Trance is your dominant food pattern, it means you have a part that learned to use food to numb and distract — to turn the volume down on whatever you're feeling so it can't reach you. The eating isn't about pleasure or comfort. It's about not feeling. This workbook will help you understand why that part does what it does, and what it's been trying to protect you from.

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The eating isn't about pleasure. It's about numbing what you're feeling and distracting yourself from what you're carrying. That's what makes this trance different from the others.

The parts you'll meet: the Oblivionator and the Isolator



A note from Everett:

Go slowly. Write honestly. 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

*“Whether you go numb
or go hard, the function
is the same: survival.”*

Part One: Understanding the Escape Trance

The Escape Trance is what happens when food becomes a way to numb and distract — not a reward, not a comfort, but a way to turn the volume down on what you're feeling.

Sometimes you're barely aware it's happening — drifting, scrolling, eating without choosing. Other times you're fully conscious of every bite and you still can't stop, because stopping would mean being present for something you're not ready to feel. Either way, the mechanism is the same: the food is numbing and distracting, giving your brain something to process that isn't the pain.



The Escape Trance Cycle

The function is always the same: a part of you has decided that being present for your life right now is too much, and food is the fastest way to numb what you're feeling and distract yourself from the pain.

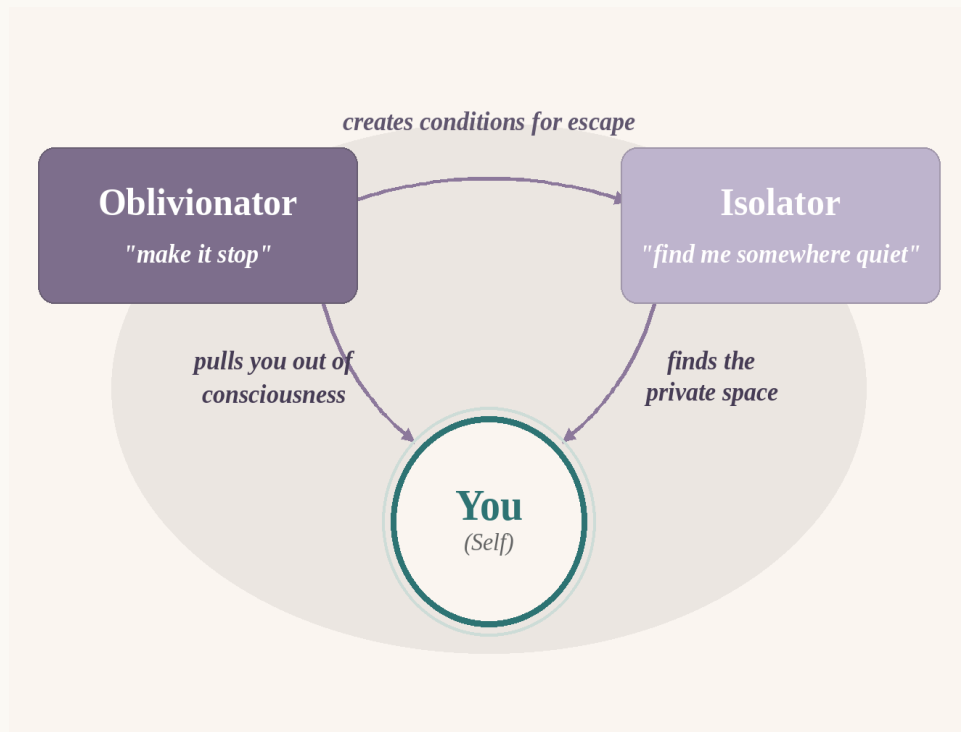
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The Food Trance Equation: when the promise of food becomes louder than the awareness of consequences, the trance begins. In the Escape Trance, the promise isn't pleasure — it's relief.

Why This Happens: The Neuroscience

Here's the sequence: a trigger activates your emotional brain. Your memory fires: *food helped me not feel this before*. Dopamine spikes — not when you eat, but *before*, in anticipation of the numbness. The craving you feel is your brain predicting relief, not your body needing food. Meanwhile, the dorsal vagal complex can pull the emergency brake — dampening awareness, dulling sensation, taking the prefrontal cortex offline. The eating becomes a way to numb and distract — giving your brain enough noise that the emotional signal can't get through. Your nervous system isn't malfunctioning. It's doing exactly what it was designed to do when the world becomes too much.

Meet Your Parts



How your Escape Trance parts interact

The Oblivionator — This part’s job is simple: make the overwhelm stop. It does this by using food to numb and distract — your attention, your senses, your bandwidth — so the pain can’t get through. Whether you’re barely aware of the eating or fully conscious of it, the Oblivionator is doing the same thing: turning the volume down on whatever you can’t face. It’s not a loss of control. It’s a form of protection.

The Isolator — This part finds you the private moment. The late-night kitchen. The car between errands. The locked bathroom. It’s not hiding because you’re doing something wrong — it’s creating the conditions the Oblivionator needs. The numbing only works without an audience.



A note from Everett:

The people I work with who have the Escape Trance often carry the most invisible weight. They’re the ones everyone leans on. The ones who “have it together.” The numbing isn’t weakness. It’s the cost of holding everything up.



PART TWO · WHAT YOU'RE ESCAPING

*“You’re not escaping food.
You’re escaping something
food lets you forget.”*

Exercise 1: Your Escape Trance Map

Think about a recent escape episode. Reconstruct it as honestly as you can.

BEFORE THE TRANCE

What was happening in the hours before? What was your energy like? What were you carrying emotionally?

THE EXIT MOMENT

When did the eating start? Was it a slow drift or a sudden plunge? Were you aware it was happening?

DURING

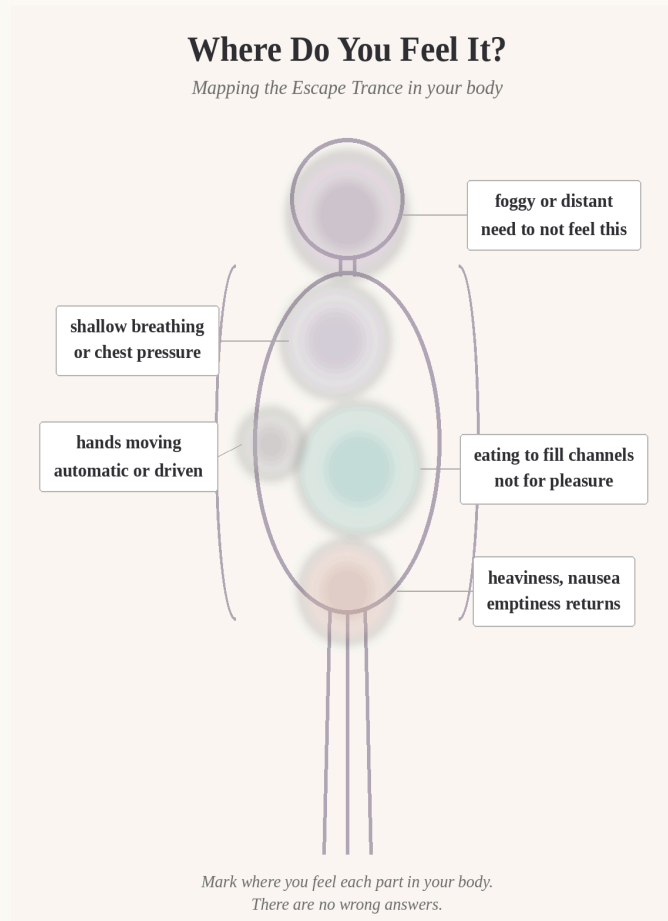
What was the eating like? Were you aware of it while it was happening? Could you have stopped? Did you want to? What were you trying not to feel?

THE RETURN

What brought you back? How did you feel in your body afterward? What was the first thought?

Handwriting lines for notes.

Part Two: What You're Escaping From



Where the Escape Trance lives in your body

“*You're not escaping food. You're escaping something food lets you forget.*”

Exercise 2: The Weight Inventory

This isn't about food or body weight. It's about the weight you're carrying that nobody sees.

RESPONSIBILITIES

List the things on your plate (not literally) that feel heaviest. Include the invisible ones — the emotional labor, the things nobody thanks you for.

PERFORMANCES

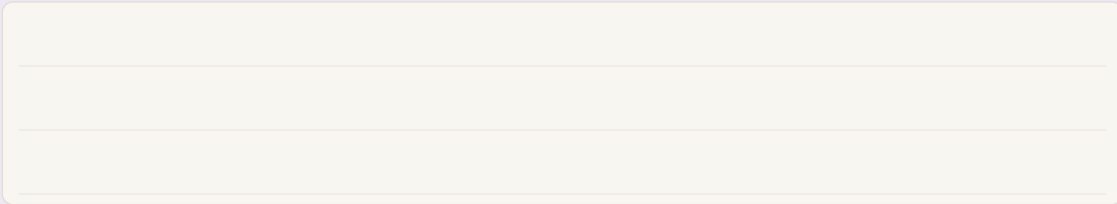
Where in your life are you performing a version of yourself that takes energy to maintain?

ACCUMULATED EXHAUSTION

How long has this level of overwhelm been building? When did rest stop being enough?

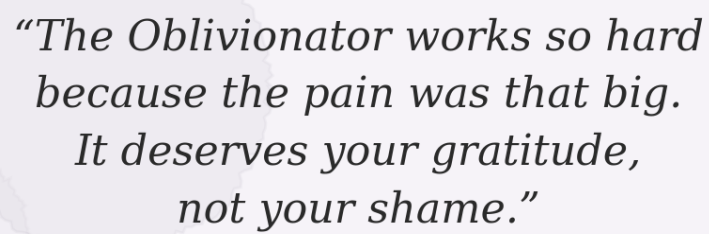
THE UNSPOKEN THING

Is there something you haven't said, dealt with, or let yourself feel? Even writing "there is something" counts.





PART THREE · LISTENING



*“The Oblivionator works so hard
because the pain was that big.
It deserves your gratitude,
not your shame.”*

Part Three: Listening to Your Parts

The Oblivionator is one of the hardest parts to access — because its whole job is to keep you away from the pain. Turning toward it means feeling what the numbing has been protecting you from.



A note from Everett:

Sometimes parts that avoid eye contact will read a letter. That's why I've framed this as a letter exercise instead of a direct dialogue. Write to the Oblivionator the way you'd write to someone who's been carrying something heavy for you without being asked.

Exercise 3: A Letter to the Oblivionator

Write a letter to this part. Start with gratitude. Move to honesty. End with a question.

GRATITUDE

Thank this part. What has it protected you from? Acknowledge its intensity — it works this hard because the pain was that big.

HONESTY

Tell this part what the numbing costs you. Not with judgment. With honesty. What are you missing while the food numbs and distracts?

THE QUESTION

Ask: "If I could give you another way to get relief — real relief, not just the temporary kind — would you be willing to try it?" Write whatever comes.



PART FOUR · YOUR PLAN

*“The goal isn’t to never leave.
It’s to build a life
you don’t need to escape from.”*

Part Four: Your Presence Plan

The goal isn't to be hypervigilant around food. The goal is to give your system better ways to get the numbness and distraction it's been demanding — or better yet, to slowly build your capacity to be present for what you've been avoiding.

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The question that breaks the trance: “What is this food promising me right now?” In the Escape Trance, the answer is usually: “It’s promising to make this feeling stop.”

The Craving Wave

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 peak typically lasts only 90 seconds to 3 minutes. This is especially important for the Escape Trance, because the urgency feels permanent. It isn't. If you can stay present through the peak — even partially, even messily — the wave recedes and choice returns.



A note from Everett:

For the Escape Trance, 90 seconds can feel like an eternity — because your whole system is screaming for the exit. That's okay. You don't have to be calm during the wave. You just have to stay. Even counting is enough.

Exercise 4: Building Your Presence Plan

Design practices for staying with yourself when the trance pulls strongest.

YOUR WARNING SIGNS

What signals tell you the escape is coming? (Examples: the foggy feeling, drifting toward the kitchen, rising urgency, the thought “I don’t care,” a sudden need to be alone)

THE PROMISE

When the trance begins, ask: *What is this food promising me right now?* Write down the promises. What feeling is the food trying to numb?

YOUR 90-SECOND PRACTICE

What will you do during the craving wave? You only need to stay present through the peak. Examples: cold water on your wrists, naming five things you can see, counting slowly to 90.

REAL RELIEF OPTIONS

What would it look like to actually address what you're escaping from? These don't have to solve the problem. They just have to touch the real thing.

YOUR RETURN SCRIPT

Write what you'll say to yourself afterward. Not a punishment. A welcome back. (Example: "I needed to not feel something. The food numbed it. I'm here now.")

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.

- 1. Pause** — Notice that a trance is beginning before it takes over.
- 2. Name it** — Identify which trance is active and what it's promising. Ask: *What is this food promising me right now?*
- 3. Choose from Self** — Respond from your Authentic Self rather than react from the part. You don't have to have the answer. You just have to be present for the question.

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The goal is not to never leave. It's to notice when you're leaving — and gently bring yourself back.

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 Oblivionator

“Make it stop. Make it all stop.”

What it does: Uses food to numb and distract — attention, senses, bandwidth — so the pain can’t get through. The function is always numbing and distraction.

What it needs: To know there are other ways to numb and distract. To feel its years of protecting you are acknowledged.

How to respond: Thank it. Then ask: what am I trying not to feel right now? Name the real thing the food is numbing you from.

The Isolator

“Find somewhere nobody can see.”

What it does: Creates the private conditions the numbing requires. Finds the late-night kitchen, the car, the locked room.

What it needs: To know that you don’t have to perform 24/7. That you’re allowed to have needs without hiding them.

How to respond: Notice when you’re seeking isolation before eating. Ask: do I need to be alone, or do I need to be seen?

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