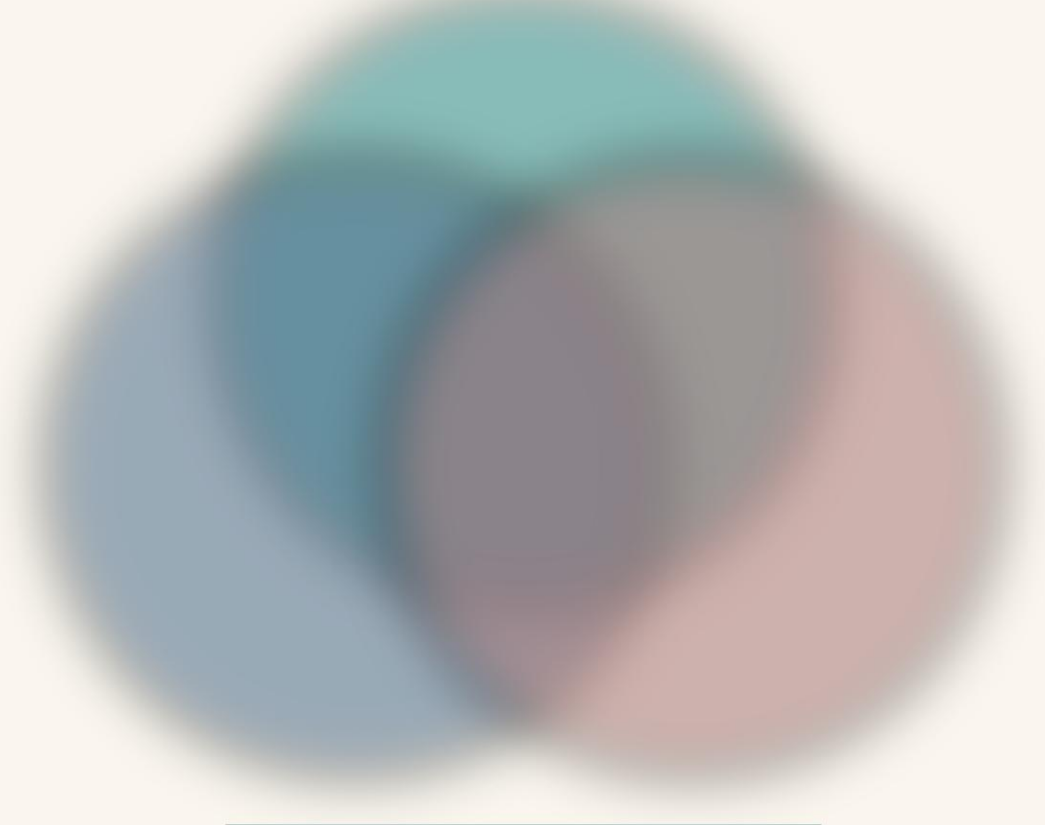


THE PEACEFUL EATING WAY™

The Complete Food Trance Companion

A workbook in three parts



Everett Considine

everettconsidine.com

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A map of what's ahead.

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Welcome to the work

You bought a bundle that contains three workbooks. That's not an accident. Whatever brought you here — a diet that finally stopped working, a moment where you caught yourself eating again and didn't know why, or a quiet sense that something deeper was running the show — the answer probably isn't in just one of these workbooks. It's in how all three fit together.

This opening section is here to do three things before you start. To explain the framework that the workbooks rest on. To help you figure out where to begin. And to give you a way of thinking about your own patterns that the rest of the work depends on.

Take your time with this. The thirty minutes you spend on the next dozen pages will save you weeks of working the wrong workbook in the wrong order.

What a Food Trance actually is

A Food Trance is what we call a behavior that runs without you fully there for it. You've had this experience. You finish a bag of something and don't remember tasting it. You walk into the kitchen and an hour later you're eating, with no clear memory of having decided to. You stand at the open fridge, scanning, even though you're not hungry — because your hand is on the door, and the door is on the part of you that wanted to do something. And what you ended up doing was eat.

That's the Food Trance. Not full unconsciousness, exactly. More like autopilot with the radio loud enough that you can't hear the voice that says *do you actually want this?*

The reason we call it a Food Trance instead of a habit, or a craving, or a problem, is because of what it's actually doing. Habits are surface. Cravings are the body asking for something. A Food Trance is something different — it's a part of you trying to do a job for you, and the job has very little to do with food. Food is the tool. The Food Trance is the strategy.

There are three of these strategies that show up over and over again. Three patterns that, between them, account for almost everything we see in the way people eat when they're not eating from hunger.

The three Food Trances

Each of these has a workbook waiting for you in this bundle. The point of this section is to introduce them as a system, not as three separate things — because the way they relate to each other is part of what makes the work go.

PART I

Comfort Food Trance

Comfort eating is not weakness. It's a part of you reaching for the most reliable, most available way to feel held when something inside hurts. The hurt might be loneliness. It might be a long workweek. It might be old

— the kind of thing you can't always name. Food, particularly soft food, sweet food, food associated with childhood and care, gets used as a stand-in for being held.

“

If the Comfort Food Trance is your dominant Food Trance, the work is not to take comfort away. The work is to give yourself comfort that actually lands, so the food doesn't have to do a job it was never built for.

PART II

Escape Food Trance

Escape eating is numbing and distraction. There's something the part of you that's eating doesn't want you to feel — usually because it's too much, too sharp, or too overwhelming. Eating creates a thick fog that's preferable to the feeling, even when you know the eating itself will hurt later. Crunchy, salty, repetitive, fast — Escape eating tends to feel mechanical, because mechanical is the point. You're not tasting. You're switching the channel.

“

If the Escape Food Trance is your dominant Food Trance, the work is not to stop escaping. The work is to find out what's so hard to be with — and to slowly build the capacity to be with it without the food.

PART III

Rebellion Food Trance

Rebellion eating is the eating that happens *because* something said you shouldn't. A diet, a rule, a should, a number on a scale, a voice that's been on your case since you were small. The part of you that rebels isn't trying to ruin your life. It's protecting you from being controlled — by the rule, by the voice, by anything that feels like it's trying to override your right to choose.

“

If the Rebellion Food Trance is your dominant Food Trance, the work is not to enforce rules harder. The work is to build structure that comes from care for yourself, not punishment — structure you'd actually agree to if you sat down with the part of you that rebels and asked what it needed.

Most people have one dominant Food Trance and at least one runner-up

You'll likely recognize yourself in more than one of these descriptions. That's normal and expected. Most people have one Food Trance that runs the show, and one or two others that show up under specific

conditions — the Comfort person who escapes when things get truly overwhelming, the Rebel who comforts at night after a day of holding the line.

The point of working all three workbooks isn't to fix all three at once. It's to:

- **Identify your dominant Food Trance** — the one that runs most of the time, the one costing you the most. Start here.
- **Know your runner-up** — the Food Trance that takes over when your dominant strategy isn't enough. You'll need to work this one too, but second.
- **Recognize the third** — even if it's not running often, knowing what it looks like means you'll catch it when it surfaces.

The three Food Trances aren't separate problems. They're three strategies of one underlying system that's trying very hard to take care of you in the only ways it knows how. Working all three is how you understand the whole system.

A self-assessment

If you didn't take the Food Trance Quiz — or you took it and want to think more carefully about your result — go through the statements below. Score each from **0 (never)** to **3 (often)**. Add up your total for each Food Trance.

Comfort Food Trance signals

1. I eat to feel less lonely or less sad.
2. The foods I reach for when I'm upset tend to be soft, sweet, or remind me of childhood.
3. I feel like I'm being held or soothed when I eat certain foods.
4. After a hard day, I want food more than I want anything else.
5. I sometimes eat to fill a feeling that food can't actually fill.

Comfort Food Trance total: _____

Escape Food Trance signals

1. I eat to numb out, or to stop feeling something.
2. I lose track of how much I've eaten — like I wasn't really there for it.
3. The foods I reach for tend to be crunchy, salty, or fast to consume.
4. I eat fastest when I most want to stop feeling.
5. After eating like this, I feel foggy more than full.

Escape Food Trance total: _____

Rebellion Food Trance signals

1. I eat things specifically because someone or some rule said I shouldn't.
2. The harder I try to follow a diet, the more I want to break it.
3. I feel a kind of defiance or "screw it" energy right before I overeat.
4. Being told what to eat — even by myself — makes me want to eat the opposite.
5. After breaking a rule, I sometimes keep going just to prove I can.

Rebellion Food Trance total: _____

Reading your results

- Your **highest score** is your dominant Food Trance. This is the workbook to start with.
- Your **second-highest** is your runner-up. You'll work this one second.
- If your top two scores are within 2 points of each other, you're a **Mixed** profile. Either is a reasonable starting point — pick the one that feels most pressing right now.
- A third Food Trance with a noticeably lower score is your **background Food Trance** — work it third, and don't be surprised if some of its content doesn't land as hard. That's a sign it's not running you.

A note on how this work actually works

The workbooks ahead aren't going to give you a meal plan, a calorie target, or a list of rules. That's not because rules don't help — it's because rules without understanding are exactly what your Food Trance is built to defeat.

What the workbooks will do is help you get to know the part of you that does the eating. Not the whole you. *The part of you that does the eating.*

This distinction matters more than almost anything else in this work. When the eating is happening, there's a part of you driving it. And there's another part of you watching — often disappointed, sometimes ashamed — wishing it weren't happening. Both of these parts are you. Neither of them is the whole you. Both of them are trying, in their own ways, to take care of you.

The Food Trance is what happens when the part that does the eating gets the wheel and the rest of you can't quite get it back. The work is not to silence that part, override it, or shame it into submission. Every diet you've tried has tried that, and every diet has lost. The work is to *meet* that part — to understand what job it's doing, what it's afraid of, what it's protecting you from — and to help it do its job in ways that don't cost you so much.

This is gentler work than you may be used to. It's also harder, because it asks you to be curious about the part of you that you've spent years trying to shut up. Take it in pieces. Come back to pages. Skip the ones that don't land yet.

How to use these workbooks

Start with your dominant Food Trance. This is the workbook your self-assessment or quiz pointed you to. Don't worry about the others yet.

Work one workbook at a time. Don't try to do all three in parallel. The work goes deeper when you give one Food Trance your full attention before turning to the next.

Expect to come back. These are not workbooks you finish once. The exercises change as you change — the answer you give in week one will not be the answer you give in month three. Come back. Re-read your old answers. That's where some of the most important insights live.

Skip what doesn't land. Not every prompt will hit you the same way. If something doesn't resonate yet, move on. The pages you skip in week two might be the most important ones in month four.

Pair with the Trance Tracker. If you have access to the Trance Tracker app, log your Food Trance moments as they come up in real life. The app and the workbooks are built to work together — the workbooks are where you do the deep thinking, the app is where you catch the patterns in motion.

Be patient with yourself. This isn't a thirty-day fix. It's an inside job, and it takes as long as it takes. The good news is that the work compounds — once you really see one Food Trance clearly, the others get easier to see, faster.

About The Peaceful Eating Way™

You might have noticed me mentioning The Peaceful Eating Way™ a few times in these pages. A short note on what that is.

The Food Trance framework — Comfort, Escape, Rebellion, the parts that run them, the patterns you'll start to see — is one piece of a larger system I've been building for years. The Peaceful Eating Way™ is the full program where the framework lives alongside the deeper practices and longer-term work that come next.

The workbooks ahead are the doorway in. They're the foundation everything else rests on, which is why I want you to spend real time with them before looking past them. Knowing your dominant Food Trance, working with your runner-up, recognizing the third — that's the inside work. No method, plan, or protocol can do that for you.

When you've done that work and want the rest of the system, The Peaceful Eating Way™ will be there. For now, what's in these pages is plenty.

Turn to your dominant Food Trance and begin.



THE PEACEFUL EATING WAY™

The Comfort Trance

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



A Companion Workbook

Everett Considine

everettconsidine.com



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.

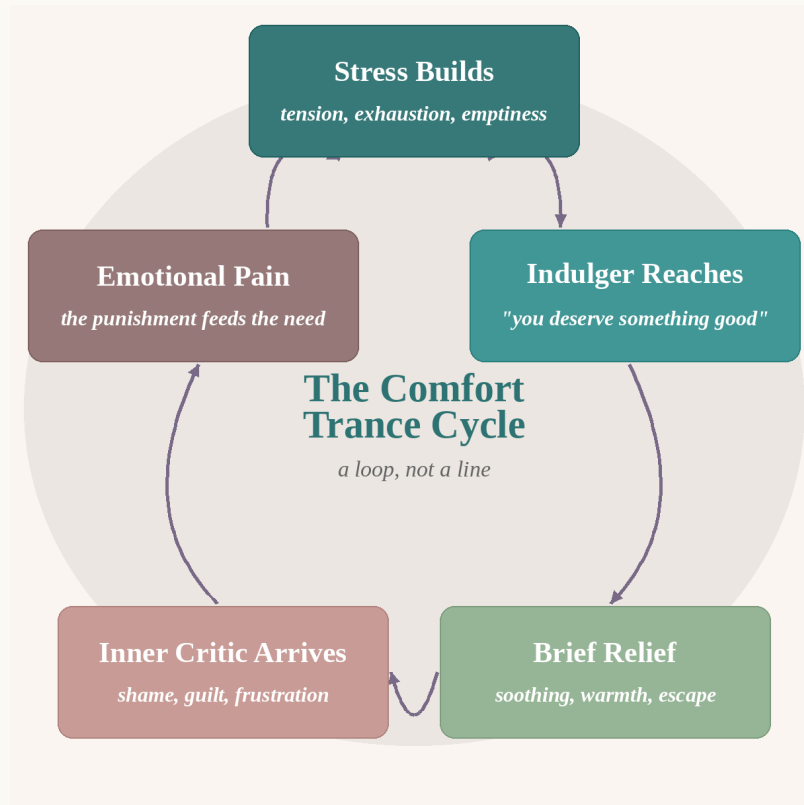


PART ONE · UNDERSTANDING THE TRANCE

*“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.

“

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.

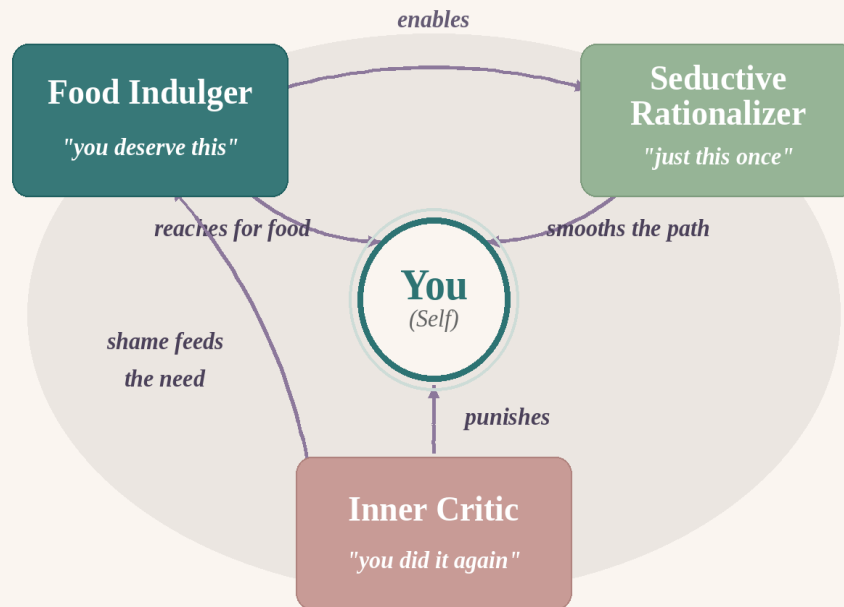
Why This Happens: The Neuroscience

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

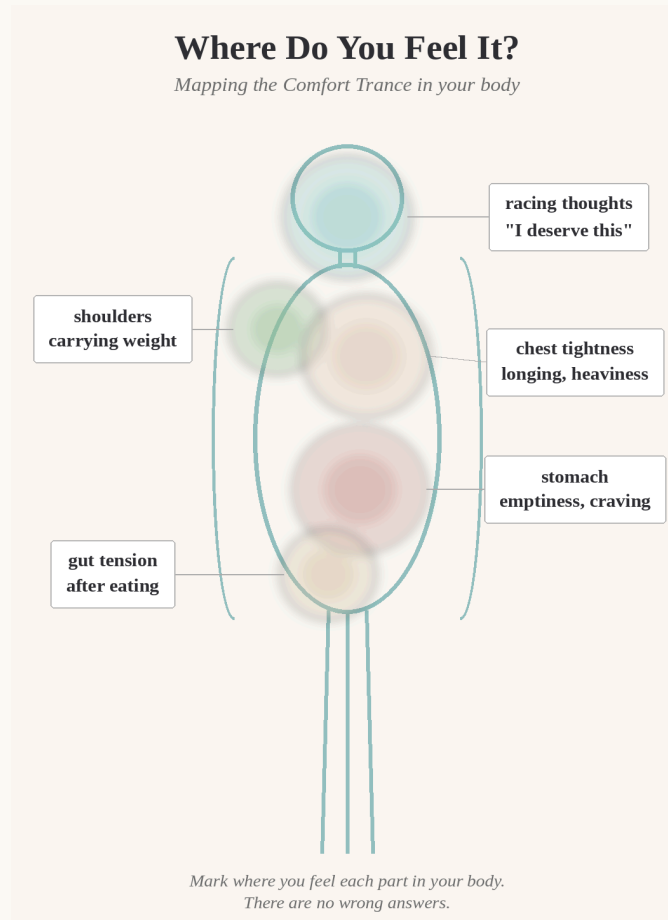
What did you eat? Where were you? Were you alone? How long did the relief last?

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.

Handwriting lines for notes.



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

“

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.

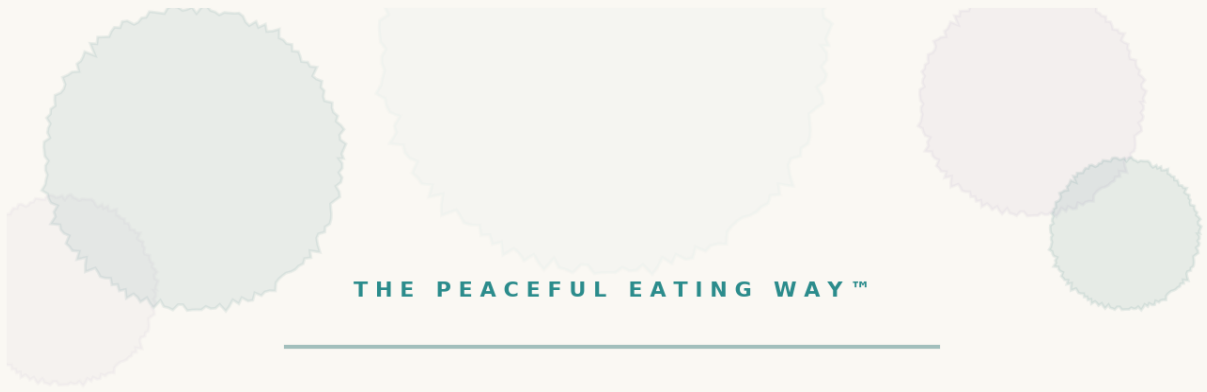
④ Peaceful Living Membership

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



THE PEACEFUL EATING WAY™

The Escape Trance

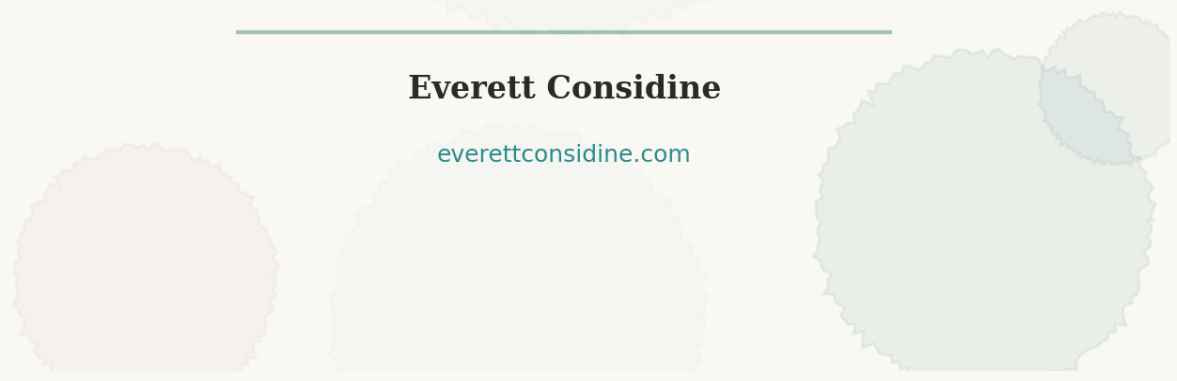
*Understanding the parts that pull you out
of the room when it all gets too loud*



A Companion Workbook

Everett Considine

everettconsidine.com



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.

“

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.

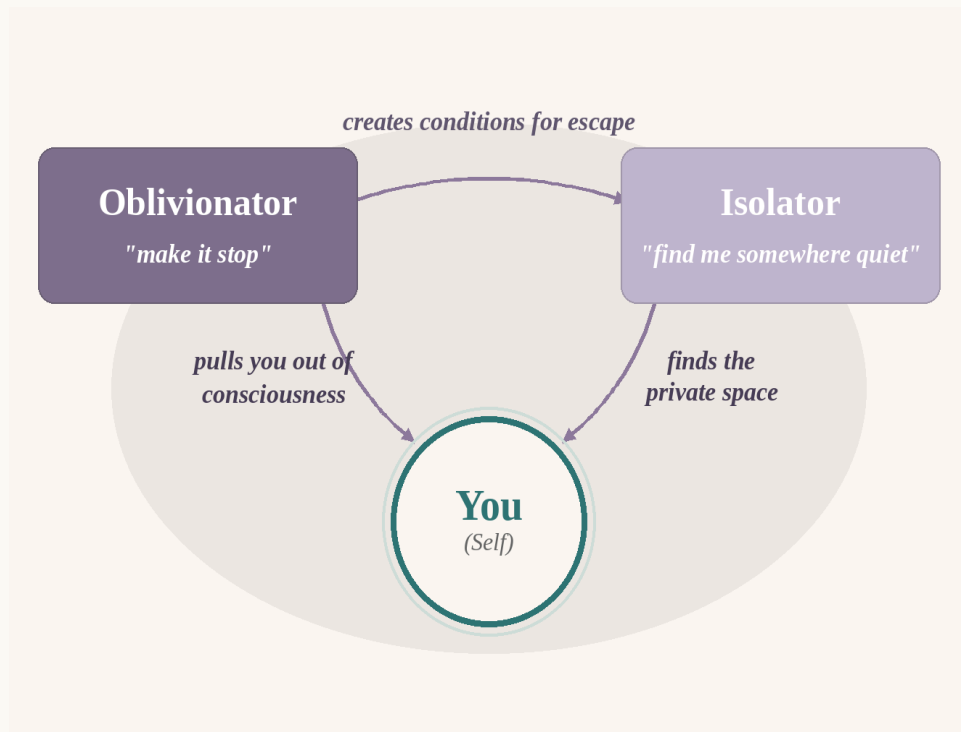
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The Food Trance Equation: when the promise of food becomes louder than the awareness of consequences, the trance begins. In the Escape Trance, the promise isn't pleasure — it's relief.

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?

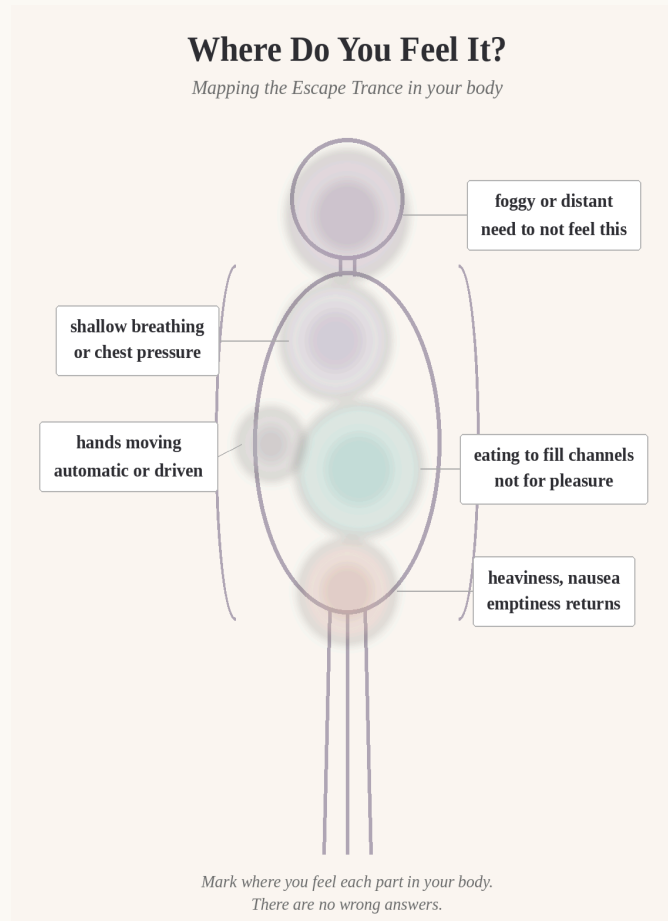
DURING

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?

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

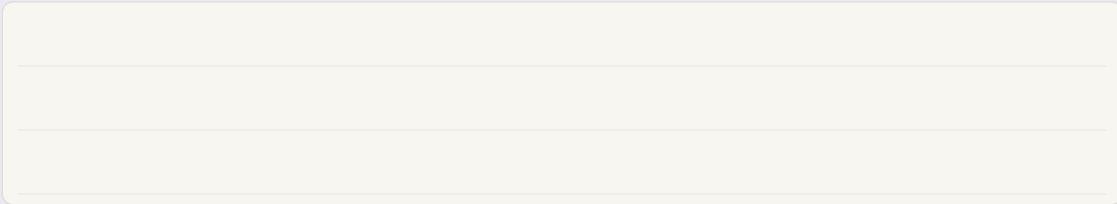
Where in your life are you performing a version of yourself that takes energy to maintain?

ACCUMULATED EXHAUSTION

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

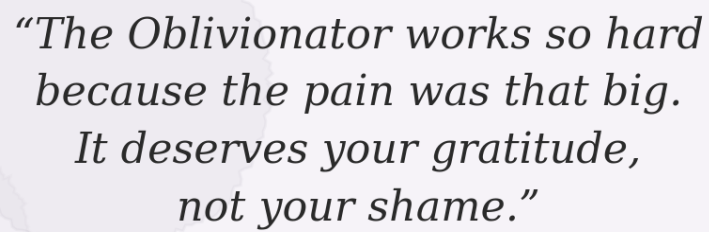
THE UNSPOKEN THING

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.

“

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.

“

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

“

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



THE PEACEFUL EATING WAY™

The Rebellion

Trance

*Understanding the parts locked in a war
between control and defiance*



A Companion Workbook

Everett Considine

everettconsidine.com



Welcome

If the Rebellion Trance is your dominant food pattern, it means you have parts locked in a tug-of-war: one side tightening the rules, the other side tearing them up. This workbook will help you understand both sides of that war — and find the path that doesn't require either one to win.

“Having a strong Rebel doesn't mean you can't follow a food plan. It means the part creating the plan is coming from a punitive place, not a nurturing one.”

The parts you'll meet: the Rebel, the Party Planner, and the Food Controller



A note from Everett:

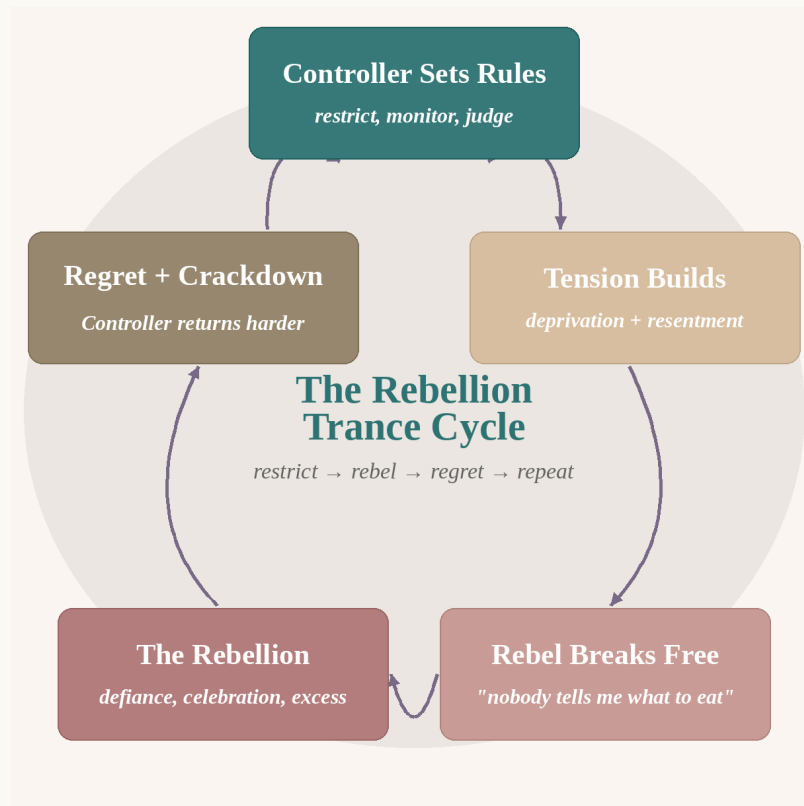
Go slowly. Write honestly. And when you notice yourself judging what you've written, pause. That judgment is itself a part, and it's not the one we're listening to right now.

PART ONE · UNDERSTANDING THE TRANCE

*“Your Rebel isn’t the problem.
It’s responding to the problem—
a voice that learned to punish
instead of nurture.”*

Part One: Understanding the Rebellion Trance

The Rebellion Trance is the cycle of restrict, rebel, regret, repeat. A part of you sets rules about food and another part pushes back with equal force.



The Rebellion Trance Cycle

The answer isn't to throw out all structure. It's to change where the structure comes from. When your food choices are guided by a part that actually cares about you — not one that's trying to control you — the Rebel doesn't need to show up.

“

The Food Trance Equation: when the promise of food becomes louder than the awareness of consequences, the trance begins. In the Rebellion Trance, the promise isn't comfort or escape — it's freedom.

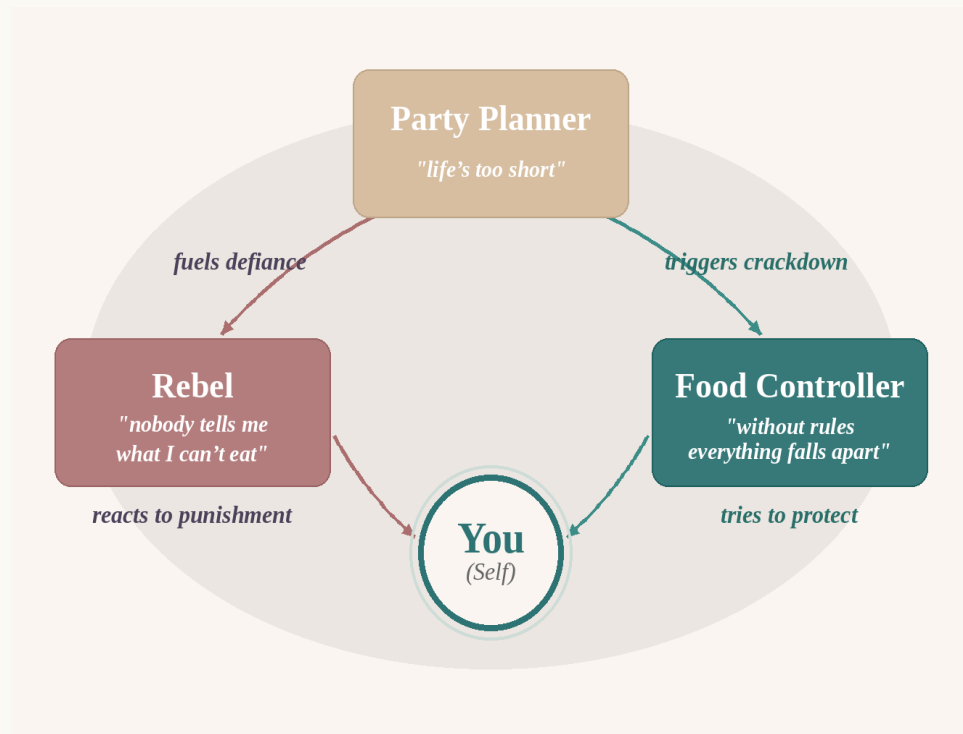
Why This Happens: The Neuroscience

Here's the sequence: the Controller sets a rule. Your emotional brain registers a threat to autonomy. Dopamine spikes — not for the food itself, but in anticipation of the relief that comes from breaking the rule. Neuroscience confirms that caloric restriction increases activity in reward prediction circuits, amplifying the signal that food is urgent. Meanwhile, rigid control relies on the prefrontal cortex, which fatigues under stress, decision load, and emotional strain. When it gives way, the limbic system doesn't just resume normal eating — it overcorrects. Your brain is built to push back against deprivation with equal and opposite force.

“

The restrict-rebel cycle feels all-or-nothing because your neurobiology is designed to fight deprivation. You're not failing. You're wired.

Meet Your Parts



How your Rebellion Trance parts interact

The Rebel — This part says *nobody tells me what I can't eat*. It pushes back against anyone — including you — who tries to control your eating. It's not self-destructive. It's protecting your autonomy.

The Party Planner — This part turns eating into celebration, freedom, and defiance. It says *life's too short for rules*.

The Food Controller — This part makes the rules. It counts, restricts, monitors, and judges. It's often operating from someone else's playbook: a diet culture message, a parent's voice, a doctor's comment.



A note from Everett:

Here's what surprises most people: the Rebel and the Controller usually want the same thing — for you to be okay. They just have completely opposite strategies. The Rebel protects your freedom. The Controller protects your safety. Neither one is wrong. They're just stuck.



PART TWO · WHERE THE RULES CAME FROM

*“Some of the rules
you’re rebelling against
were never yours to begin with.”*

Exercise 1: Your Rebellion Trance Map

Think about a recent restrict-rebel cycle. Walk through both sides.

THE RESTRICTION

What rules had you been following? How long had you been “good”? What was the Controller saying?

THE BREAKING POINT

What triggered the rebellion? Was it a specific moment, or a slow buildup?

THE REBELLION

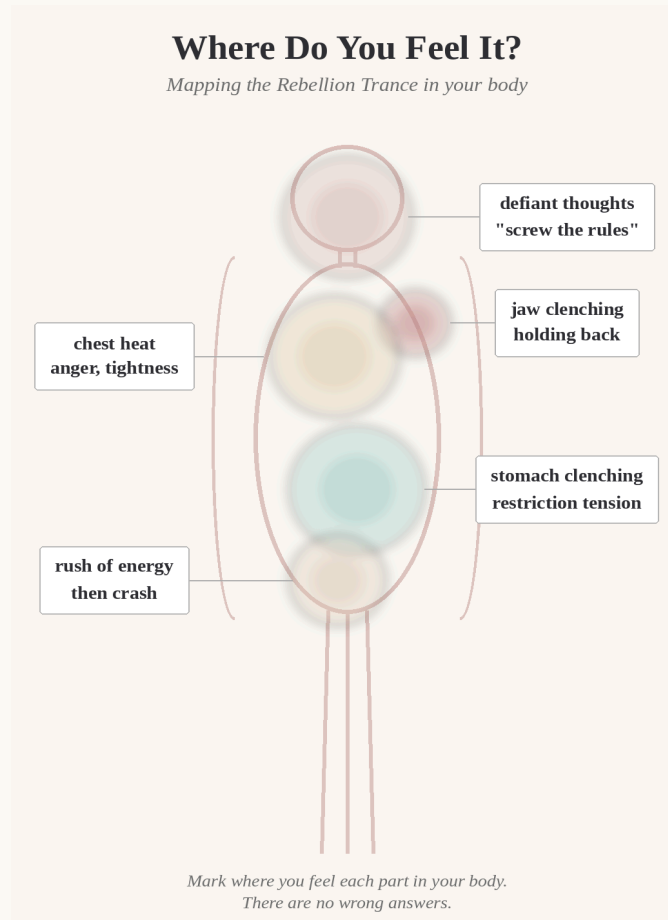
What did the eating look like? Defiant, celebratory, angry, relieved? How did the Party Planner show up?

THE AFTERMATH

Did the Controller come back harder? What rules did it make next?

Part Two: Where the Rules Came From

The Food Controller didn't invent its rules from scratch. It absorbed them — from diet culture, from family, from experiences where your appetite was treated as a problem.



Where the Rebellion Trance lives in your body

“

Some of the rules you're rebelling against were never yours to begin with.

Exercise 2: The Rules Inventory

Map the food rules your Controller enforces. Some are so embedded they feel like facts.

THE EXPLICIT RULES

What are the food rules you consciously follow or try to follow?

THE HIDDEN RULES

What rules do you enforce internally without saying out loud? (Examples: eating = weakness, good people have discipline)

THE ORIGIN STORY

For each rule, ask: where did I learn this? Who first taught me this was true?

THE AUDIT

Mark any rules that didn't originate with you — that came from someone else's voice, fear, or body story.



PART THREE · THE CONVERSATION

*“The Rebel and the Controller
have never actually talked.
Let’s change that.”*

Part Three: The Conversation They've Never Had

In most systems, the Rebel and the Controller have never actually spoken. They've been locked in war, each reacting to the other, neither listening.

Exercise 3: Rebel Meets Controller

Write a dialogue. Let each one speak fully before the other responds.

CONTROLLER SPEAKS FIRST

Let the Controller say everything it's afraid of. What does it think will happen if it relaxes?

REBEL RESPONDS

Let the Rebel say everything it's been pushing back against. What does it need? What has it been fighting for?

WHAT THEY AGREE ON

Read both sides. Is there anything they agree on? (Usually they both want you to be okay.)

PART FOUR · YOUR FRAMEWORK

*“Freedom with food doesn’t mean
no structure. It means structure
that comes from care.”*

Part Four: Your Freedom Framework

Freedom with food doesn't mean no structure. It means structure from self-care rather than self-punishment. The goal is an approach the Rebel doesn't need to fight — because it's not punitive, it's nurturing.

“The question that breaks the trance: “What is this food promising me right now?” In the Rebellion Trance, the answer is usually: “It's promising me freedom.” But real freedom doesn't come from defiance. It comes from choice.

The Craving Wave

In the Rebellion Trance, the urge to eat doesn't feel like a craving — it feels like a declaration. But neurologically, it follows the same pattern: a wave that rises fast, peaks intensely, and falls on its own within 90 seconds to 3 minutes. The Rebel doesn't want you to know this, because the urgency is part of its power. But if you can stay with the wave without acting on it, something interesting happens: you get to choose whether you actually want to eat, rather than eating to prove a point.



A note from Everett:

The difference between rebellion and freedom is timing. Rebellion is reactive — it happens instantly. Freedom requires a pause. Just 90 seconds of pause changes the entire equation.

Exercise 4: Rebuilding from Care

Design a new relationship with food structure — from the part of you that genuinely cares about your wellbeing.

THE PROMISE

When the Rebellion Trance begins, ask: *What is this food promising me right now?* Write down the promises. Is it promising freedom? Pleasure? Proof that nobody controls you?

NURTURING GUIDELINES

If a loving, wise part were setting the guidelines — not a punishing one — what would they sound like? Write as invitations, not rules.

THE REBEL'S REAL NEEDS

The Rebel doesn't actually want unlimited food. What does it want? (Common: autonomy, pleasure, being trusted.) How could you honor that without blowing up your food choices?

THE CONTROLLER'S RETIREMENT PLAN

If the Controller didn't have to monitor every bite, what could it do for you instead?

YOUR FIRST EXPERIMENT

Choose one area to try the nurturing approach this week. Make it small and specific.

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. The Rebel hates pauses — that's how you know it's working.
- 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. You might still eat. But eating from choice is fundamentally different from eating from rebellion.

“

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 Rebel

“Nobody tells me what I can’t eat.”

What it does: Pushes back against food rules and anyone who tries to control your eating. Protects your autonomy.

What it needs: Freedom, trust, the right to choose. To know that structure can come from care, not punishment.

How to respond: Ask: are you reacting to a rule, or to the voice behind the rule? What would you choose if nobody was watching?

The Party Planner

“Life’s too short. Let’s celebrate.”

What it does: Turns eating into freedom, celebration, defiance. Makes the rebellion feel exciting.

What it needs: Joy and pleasure that aren’t tied to breaking rules. Permission to enjoy food without it being an act of war.

How to respond: Notice when pleasure in food is genuine vs. when it’s fueled by defiance. Both are information.

The Food Controller

“Without rules, everything falls apart.”

What it does: Creates and enforces food rules. Counts, restricts, monitors, judges. Believes control = safety.

What it needs: To feel safe without rigidity. A new job that uses its organizational skill without the punishment.

How to respond: Ask: whose voice are you actually using? Is this rule mine, or did I inherit it?

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.

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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

“

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

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

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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

THE COMPLETE FOOD TRANCE COMPANION

Closing

After the workbooks

A short word from Everett at the end of the work.

You've done real work

If you've worked through these three workbooks — even partway — you've done something most people who struggle with food never do. You've gone looking for the *why* behind the eating instead of trying to override it. You've taken the part of you that's been blamed and shamed for years and started, instead, to listen to it.

That changes things. Not in the dramatic transformation-arc way, but in a slow, durable, deeply real way. The kind of change that doesn't reverse the moment your willpower gets tired.

What people often notice

There are patterns that show up over and over again in people who work this material. You may have started to feel some of them already.

- The Food Trance starts to announce itself before it takes over. You catch a *here it comes* moment that you didn't used to catch.
- The pause between trigger and food gets longer. Not always. But sometimes — and that's where the change lives.
- The voice that used to say *what's wrong with me* gets quieter. The voice that says *what is this part trying to do for me* gets louder.
- The diet logic — that you just need to try harder, eat less, find the right plan — starts to feel less true. Not because it's been argued out of you, but because you've seen something underneath it.
- You notice when one Food Trance hands off to another. The Comfort person catching themselves shifting to Escape under stress. The Rebel realizing they're really comforting after a long day of self-control.

None of this is a finish line. It's the shape of what's beginning.

The Trance Tracker

The work in these pages isn't meant to live only in these pages. Most of what you've practiced here happens in real time — at the kitchen counter, in a hotel room at midnight, in the half-second before you walk into the break room.

The Trance Tracker app is where this work continues between workbook sessions. Log a Food Trance moment as it happens — what triggered it, which Food Trance is running, what the part of you driving it might be needing — and over time you build a body of evidence about your own patterns. Patterns you can study. Patterns you can work with.

“

Pair the app with what you've learned here. The workbooks are where the deep thinking happens. The Tracker is where the noticing happens, day after day.

Returning to The Peaceful Eating Way™

I mentioned at the beginning that the Food Trance framework is one piece of a larger system. You've now done the foundational piece. The Peaceful Eating Way™ is what comes next when you're ready for it — the comprehensive program where this work continues into deeper practices, longer-term changes, and the kind of work that takes you the rest of the way to a peaceful relationship with food.

There's no rush. Stay with what you've started. Let the Food Trance work go deeper. When you feel a pull toward more — when the practices in these workbooks are working but you sense there's another layer waiting — that's when The Peaceful Eating Way™ becomes the next door.

For now, what you've already done is plenty.

Before you close the book

The work doesn't end when you put these workbooks down. It keeps working on you. The questions you wrote answers to come back in different forms a month later. The patterns you saw on page 12 show up at the diner on a Tuesday. The part of you that runs your dominant Food Trance keeps showing up — but now you know its name, and you know what it's been trying to do.

That's the difference. Not the absence of the patterns — the *presence* of you, in a new relationship with them.

Thank you for doing this work. Genuinely. Most people don't.

— *Everett*