



THE PEACEFUL EATING WAY™

The Rebellion

Trance

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



A Companion Workbook

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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:

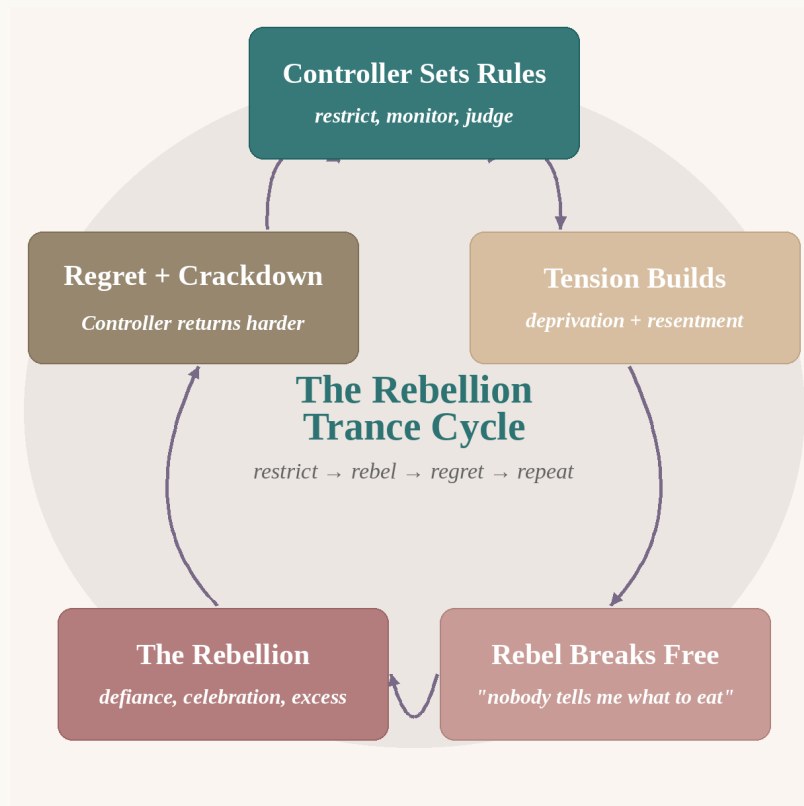
Go slowly. Write honestly. And when you notice yourself judging what you've written, pause. That judgment is itself a part, and it's not the one we're listening to right now.

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.

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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 Rebellion Trance, the promise isn't comfort or escape — it's freedom.

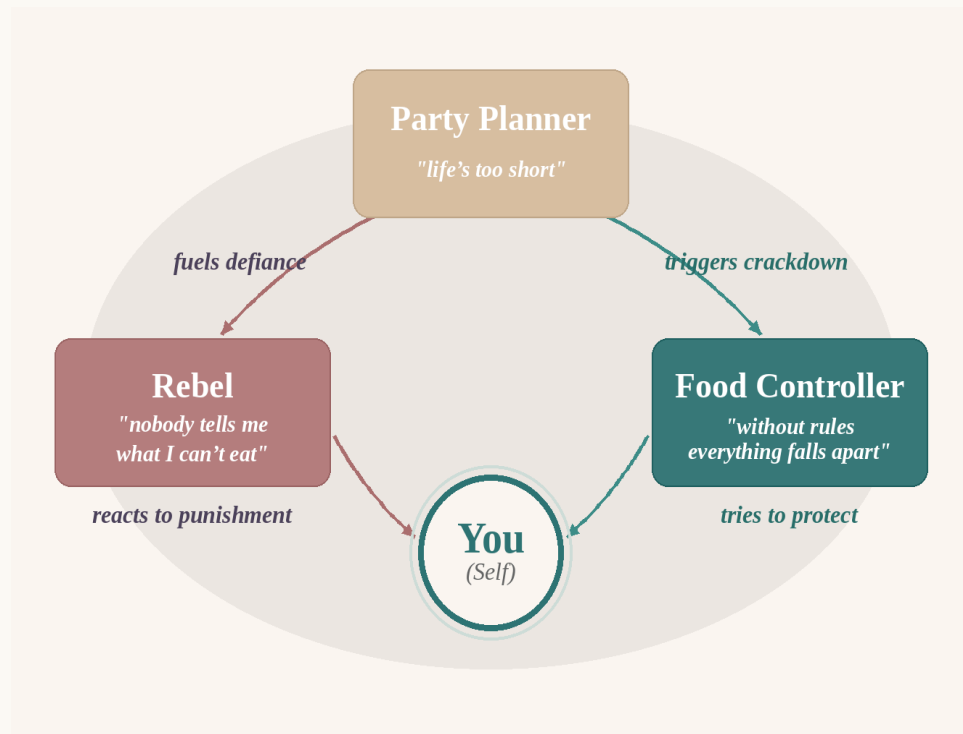
Why This Happens: The Neuroscience

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.

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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

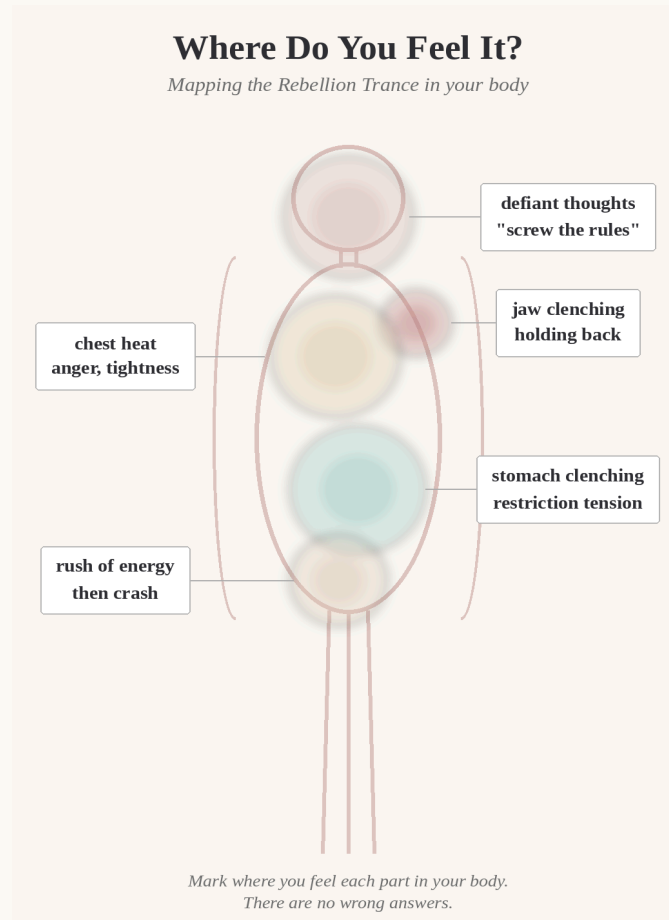
What did the eating look like? Defiant, celebratory, angry, relieved? How did the Party Planner show up?

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

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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.

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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.

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