



HOW — To Escape The Illusion

Chapter 01 Workbook — The Illusion

What if what we call reality is only our current Bowl?



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What if what we call reality is only our current Bowl?

This workbook makes a pattern visible — not a plan, not answers. Just what's actually happening: the shape of an ordinary day, the moment it slips, the voice that brings you back. Nothing to get right. Observe and name, in your own words. Specific days and sentences over abstractions.

Give it one to two weeks, not one sitting. Section 2 asks you to watch for a few days before you can answer it.

This is a coaching tool, not a therapeutic one. If something heavier than observation surfaces, bring it to someone equipped for that — not to these pages alone.



Watch the fish descend into The Illusion, anytime.

Choose Your Area



Work. A relationship. A city. An expectation. A definition of success you never chose. Something else, in your own words.

Choose the one running quietly longest — not the loudest, not the one that sounds best written down.

The area I am choosing to look at in this chapter is:

Everything that follows stays pointed at this one area through Section 6. Map one first.

Section 1 — The Orbit

What the actual shape of a day looks like, where the area you chose actually lives in it



A day can become so familiar that its shape disappears. This section makes that shape visible — specifically where it touches the area you chose.

OBSERVE

Describe an ordinary day from waking to sleep. Where does the area you chose show up in it — which hours, which moments, how much space does it actually take?

NAME

What version of yourself does the day require around that area? Is that version one you chose, or one that arrived gradually?

NOTICE

What does your evening actually look like, between the end of the day and sleep — and does the area you chose appear in it, or disappear from it?

OPTIONAL DEEPER PROMPT

What would change about the shape of the day if you removed one obligation tied to the area you chose — one that has simply always been there?

Section 2 — The Cracks

The moments when the routine briefly stops feeling automatic



A routine can hold its shape until one small moment makes it visible. This section asks you to watch for that moment over the next few days — rather than remembering one from the past — so what you write is close to what actually happened, not reconstructed afterward.

Give this a few days. One week, maximum.

OBSERVE

Over the next few days, notice if there's a moment — while driving, scrolling, sitting across from someone, doing something routine — when you feel suddenly outside your own life, and it touches the area you chose. What's happening just before it?

NAME

What do you reach for immediately after that moment? How quickly does the ordinary sequence return?

NOTICE

How long did the moment last before something replaced it? If nothing surfaced this week, what did you notice about the area you chose during that time?

OPTIONAL DEEPER PROMPT

If this kind of moment happens more than once this week, what do the moments have in common?

Section 3 — *The Voice*

The specific arguments that redirect attention toward the familiar



Write the exact words — not a summary, but the actual sentences as you hear them, specifically when they concern the area you chose.

OBSERVE

What does the voice say when you think about changing something in the area you chose? Write the exact words.

NAME

What real evidence does the voice use? Name one specific event or experience it draws on most often.

NOTICE

What do you notice when you hear those words? Do you recognise them as your own thought, a sentence that appears automatically, or something else in your own words? What happens in the moment just before you turn back toward the familiar?

OPTIONAL DEEPER PROMPT

Think of one specific decision where you went against the voice and chose differently. Was the voice right about what would happen — or wrong?

Section 4 — The Bowl

The reality you stopped questioning



You named an area at the start of this chapter. This section asks you to look at it again — now with what Sections 1 through 3 have shown you about how it actually occupies your days, where it cracks, and what the voice says to protect it.

The Bowl is the area of life that has stopped feeling like a choice. You are mapping it as it exists from the inside.

OBSERVE

Look again at the area you named at the start. Has anything about it changed since you began observing — does it still feel like the right area, or has something else surfaced as heavier? Then describe what it looks like from the inside.

NAME

What would you stop accepting, maintaining, or working around in this area if change were genuinely available to you?

NOTICE

How long has this area looked the way it currently looks? When did it stop feeling like a choice?

OPTIONAL DEEPER PROMPT

If someone who did not know you looked at this area of your life, what would they see that you no longer notice?

Section 5 — *The Delay*

First not yet becomes later. Then later becomes eventually. And eventually becomes the way things are.



One delay can look reasonable on its own. A repeated delay can begin to shape the life around it. This section looks at one thing that keeps moving into the future, in the area you chose, and the condition that is always supposed to come first.

OBSERVE

Name one thing you have been telling yourself you will do, in this area, once conditions are right. How long has that been the plan?

NAME

What makes delaying this feel like the comfortable choice? Does that feeling stay the same each time you delay, or does it build the longer it continues?

NOTICE

What is this pattern of waiting costing you — in time, attention, relationships, or options? And on the other side: what becomes possible if you stop waiting?

OPTIONAL DEEPER PROMPT

What do you notice when you think about delaying this again? Is there a specific moment, situation, or sentence that tends to come right before you choose to put it off?

Section 6 — *The Conclusions*

The belief that has been treated as a fact



The Bowl is the environment — the area of life that stopped feeling like a choice. The Conclusions are what live inside that environment — the specific statements about what is unavailable to you there.

OBSERVE

Name one thing you have decided is unavailable to you, in the area you chose. Write it as a statement — the way you actually carry it.

NAME

When did you first notice yourself carrying that conclusion? What was happening around that time?

NOTICE

Is the evidence still current, or does it belong to a version of you living in different circumstances? Use the two fields below to separate the event from the conclusion you carried forward.

What happened? — Write the observable event or experience.

What I concluded — Write the meaning you assigned to that event or experience.

OPTIONAL DEEPER PROMPT

What would you attempt, in this area, if that conclusion turned out to be wrong?

Section 7 — *The Illusion Map*

One page: the full portrait in one place



Complete each line in one sentence. Do not explain. Do not justify. Just name it.

The Bowl I have been living inside:

The moments when I notice it:

The voice usually says:

The action I keep delaying:

The condition I am waiting for:

The Conclusion I have been treating as fact:

What happened / What I concluded:

The cost of keeping the pattern unchanged:

What becomes possible if the pattern changes:

The question I cannot fully dismiss:

Section 8 — *The Closing Question*

The first signal of direction

One question remains open. The answer does not need to become a plan here. It only needs to be written clearly enough to carry forward.

What would I be considering right now if I believed the voice was not telling me the truth about what is possible for me?

Write the first answer that arrives. Do not edit it. Do not explain it. Do not decide what to do with it yet. Just write it and carry it forward.

Section 9 — Carrying It Into Direction



The bridge from Chapter 01 to Chapter 02

We have mapped the shape that has been calling itself reality. We have identified the voice that protects it, the delay that preserves it, and the Conclusion that makes its limits feel permanent.

The next question is smaller than a life plan. It is simply this: when the old conclusion loosens for a moment, what begins to appear?

The area I can no longer see as neutral is:

The conclusion I am beginning to question in this area is:

The possibility I find myself returning to in this area is:

I do not know how to reach it yet, but in this area I keep coming back to:

The question I am carrying into the next chapter is:

If You Want to Work Through What This Revealed

Send your completed workbook to hello@nomadesworld.com.

No pitch. No obligation. The author will read what you wrote and respond.

End of Chapter or Workbook — The Illusion

