

WORKBOOK – THE RED-EYED MARTIAN

Mission: Stand in the Moment Together

Sit face to face with no distractions.

Take a few minutes to settle in and gather your thoughts.

If you feel comfortable, you may hold hands.
This is not required, but it can help create connection.

This will be your first attempt at telling your stories to each other.

Do not struggle with it.

Do not try to make it long.

If it is only a few sentences, that is enough.

Take a moment, think about it, and then tell your story.

The Mission

One person begins.

Tell your story as if you are there again.

The other person listens without interrupting.

When the story is finished, respond with:

“I understand why that would shape you.”

Then switch.

Questions

**1. As a child, do you remember a time when you were frightened?
**

What happened?

2. What was the outcome of that fear?

How did you get through it?

3. Who or what helped you in that moment?

Was it something you did yourself, or did someone come alongside you?

**4. As you listen to each other's story, what differences do you notice in how you each experienced fear?

**5. What does this begin to show you about how each of you thinks, reacts, or processes situations?

Final Thought

There is no right or wrong.

This is the first step in understanding each other.

Some respond with independence.

Some respond with connection.

Both matter.

Over time, you will begin to see how these early moments shaped who you are today.

WORKBOOK – THE RED-EYED MARTIAN

Mission: Stand in the Moment Together

As you begin, think back to a time in your childhood—typically between the ages of four and eight—when you experienced fear or uncertainty. Sit face to face with no distractions. Take a few minutes to settle in and gather your thoughts. If you feel comfortable, you may hold hands—this is not required, but it can help create connection. This will be your first attempt at telling your stories to each other, so do not struggle with it or try to make it long. If it is only a few sentences, that is enough. Take a moment, think about it, and then tell your story.

The Mission

One person begins and tells their story as if they are there again. The other person listens without interrupting. When the story is finished, respond with, “I understand why that would shape you.” Then switch.

Questions

**1. As a child, do you remember a time when you were frightened?

**

What happened?

2. What was the outcome of that fear?

How did you get through it?

3. Who or what helped you in that moment?

Was it something you did yourself, or did someone come alongside you?

**4. As you listen to each other's story, what differences do you notice in how you each experienced fear?

**5. What does this begin to show you about how each of you thinks, reacts, or processes situations?

Final Thought

There is no right or wrong. This is the first step in understanding each other. Some respond with independence. Some respond with connection. Both matter. Over time, you will begin to see how these early moments shaped who you are today.