

Red Circle Project

ending cycles of abuse through education

Questions from a Storyteller

BOOK CLUB DISCUSSION GUIDE

BOOK CLUB _____

MEETING DATE _____

End-of-book questions to encourage moving towards kinder stories.



Dear Reader,

Thank you for reading Questions from a Storyteller.

I hope this book has given you more than a set of warning signs to watch for in other people. I hope it has invited you to turn that same attention inward, toward the beliefs you carry, the stories you have absorbed without noticing, and the small breadcrumbs that are often easier to see in someone else's life than in our own.

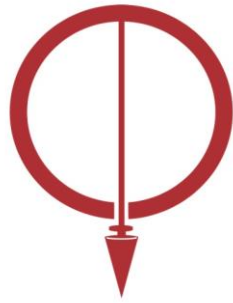
This book was never written to convince you that you are broken, or that you were foolish for missing something in the past. It was written because I have lived through two separate experiences of grooming and exploitation myself, and because I have come to believe that the beliefs underneath extreme exploitation are often the same ones quietly held by people who have never experienced anything like it. We are not as different from one another as we think.

If you are reading this book with others, I encourage you to approach these conversations with openness rather than certainty. Some of these questions will bring up memories or feelings you did not expect. There are no perfect answers here, and no one in your group needs to have it all figured out. The value is in asking the questions together, and in creating space for one another's stories the way Someone and Aperson created space for mine.

Thank you for allowing this book to become part of your journey.

*With gratitude,
Ehren Elliott*





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Offered Discussion Questions

Discuss these prompts in order or choose the ones that best fit your gathering. Leave room for pauses, different perspectives, and personal reflection.

- 01** The book introduces the idea of a vulnerability fingerprint made up of three pieces: information gaps, harmful beliefs, and fantasy-centered living. Which of these three felt the most present in your own life as you read? Has there been a time when your “vulnerability fingerprint” looked different and something else was the most present?

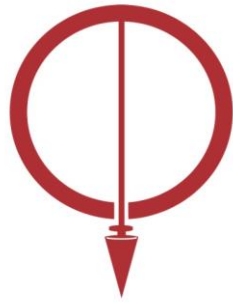
- 02** Ehren writes that we are often taught to look outward at the fault or danger in other people’s behavior, and rarely taught to examine what is hidden in our own mind. What hidden power do you see in examining ourselves and our beliefs after reading this book? What is the difference between examining our beliefs with shame versus examining our beliefs with compassion?

- 03** Rather than writing directly about her own experiences, Ehren built a fantasy world around two characters, Someone and Aperson, which also allowed the reader to think outside of psychology-based language or cultural buzzwords. Did learning through allegory allow you to notice or feel something that might have been harder to access through a more direct approach? What does this show you about the power of stories?

- 04** The book describes how harmful beliefs are often disguised as beliefs that feel fun, familiar or safe to us, and we typically decide how “true” or “safe” something is by how many people, or which people, support it. If you look at the consistent types of storytelling in your life, what ideas do you see them typically centering around?

- 05** One of the book’s central realizations is that the same harmful beliefs found in extreme exploitation are often quietly held by people who have never experienced anything like it. Ehren consistently returns to the idea that survivors and everyday people are far more alike than we may assume. Did you recognize any new similarities between your own beliefs in the stories of Someone and Aperson, and those of your friends who come from different backgrounds or experiences? How does it feel to notice or realize this?





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- 06** Each week of the workbook pairs a story with reflection questions and activities. Was there one week's story or activity in particular that stayed with you, or that you found yourself returning to? What resonated with you about it?
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- 07** Ehren describes coming to believe that surviving something once does not automatically protect you from it happening again. How did this idea sit with you, especially if you have ever assumed you were already too aware or too experienced to be deceived?
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- 08** This book explores how fantasy beliefs and looking for a fantasy can affect the choices we make and impact the way we form relationships. After reading these seven stories, consider the following two questions: What is one type of fantasy that I might want others to be? What is one type of fantasy I might want myself to experience?
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- 09** Week Two touched directly on how shame affects us, but examples can be seen within the other stories too, if we look close enough. Which specific struggle with shame felt most relatable to you throughout the examples provided in this book?
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- 10** By the end of the book, Ehren does not offer a simple list of warning signs to memorize. Instead, she offers a set of questions to keep asking yourself. What is one question from this book you hope to keep carrying with you, and what would it look like to start writing a kinder story for yourself?
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Thank you for making Questions from a Storyteller part of your book club.

If this book sparked meaningful conversation, I would love to hear about it. Please consider leaving a review wherever you purchased the book. Your review helps other readers find this book at the moment they need it most.

If you would like to stay connected, hear about Part Two of this series, or explore additional resources and reflections, I invite you to visit redcircleproject.com and sign up to be the first to know when it becomes available.

You are not the only one who has believed a story that was not true. And you do not have to face the next one alone. Thank you again for reading.

*With gratitude,
Ehren Elliott*

