RED IS MY FAVORITE COLOR

BACKTORY

Sal is a world traveler and free spirit, determined to embrace the adventure and mystery of life. Sal and Marty have just met on a beach in Brazil. Marty is trying to have a vacation, but it has been difficult to relax and let go of the worries of modern life back at home.

PREVIOUS CIRCUMSTANCES

Sal and Marty are sitting on a blanket on the beach, passing a bottle of wine back and forth. Sal is looking out to the water and sees a big red balloon floating on the horizon.

SAL

Do you know why red is my favorite color? It's the color of passion, but also the color of risk. Life is short - you should do what makes you happy. Just this past weekend I hiked two days through the Brazilian jungle to a tiny tribal village where the people served me fish stew called Moqueca Capixaba. It was the best food I have ever tasted in my life. You do everything for other people, but what do you do for yourself, Marty? We all have to embrace the limited time we have left in this world. In three days I leave for the island of Capraia. I have an uncle there who will let me use his sailboat. Come with me. And from there, wherever the wind takes us. Remember, Marty - never underestimate the power of a dream.

EMOTIONAL FLEXIBILITY EXERCISE

1) Emotional/sense memory of a time when your life was filled with adventure.
2) Personalization: someone who you want to rescue from their fear of everything.
3) Sensory condition: overall of a warm bath.