

**No Pain, No Gain**

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| **Episode 03 Confessionals** | | |
| **Castaway** | **Old Count** | **New Count** |
| Vecepia | 4 | - |
| Neleh | 3 | - |
| Kathy | 4 | - |
| Paschal | 2 | - |
| Sean | 2 | - |
| Robert | 3 | - |
| Tammy | 4 | - |
| Zoe | 1 | - |
| John | 5 | - |
| Rob | 3 | 5 (+2) |
| Gina | 3 | - |
| Gabriel | 5 | 3 (-2) |
| Sarah | 0 | - |
| Hunter | 6 | - |

Day 6

1. **Vecepia (1/4):** Coming back with six people is definitely a checkup from the neck up. And, um, for us to come back to the camp and just act like business as usual was something we knew we couldn't do.
2. **Gina (1/3):** Sarah and Sean, um, they don't want you to ask them to do anything. They think they should know to do it and if you ask them they're going to get pissed off. So I don't know what kind of communication they want, um, maybe telecommunication, I don't know.
3. **Hunter (1/6):** The thing that bothers me is-is the complaining going on in camp. You know, you signed on to do this. This is a 39-day survival game, but you still have to survive. Otherwise, you're just going to dwindle out and peter out and you're not going to have any energy.

Day 7

1. **Tammy (1/4):** Got a lot of rain last night. Our shelter leaked. Our heads and our feet got wet. It was dripping all over the place. The wind was up. It was coming in from both sides of the shelter. I think everybody basically just froze their butts off.
2. **Kathy (1/4):** We don't even have blankets, so it's cold at night. Blankets make all the difference in the world. So it's... it's hard.
3. **Tammy (2/4):** Nobody slept very well, so the first thing that, uh, you know, a couple people jumped on was repairing the shelter.
4. **Gabriel (1/3):** There's something about this tribe, I-I mean, there really is. We get a lot of strength from the good cheer and the kindness and the strong spirits that we have here. Being with Kathy the first couple of days was rough, but she has turned on 100% and now I love it.
5. **Kathy (2/4):** I switched it around. I'm also playing a little low-key. Go with the flow and-and not worry so much.
6. **Paschal (1/2):** Neleh, she's just got that-that little pixie look. Her attitude, her vivaciousness, just reminds me of, uh, my two daughters at home.
7. **Neleh (1/3):** Every single person on this tribe calls me “Sweet Pea.” I don't know why. Paschal has the greatest heart of anybody on the whole entire team. He's like the father figure of the group.
8. **Paschal (2/2):** They just call me “Pappy.” So I think that's probably the name I'm known now is Pappy.
9. **Neleh (2/3):** He's just always smiling and winking and just giving tons and tons of love. I mean, of anybody on the whole team that I would have the toughest time voting off, it would definitely be him.
10. **John (1/5):** I landed right on the top of a sea urchin, and embedded about 12 sea urchin needles in my fingers... and I got to get somebody to pee on it. That's supposed to be what you're supposed to do for that kind of venomous sting from a sea urchin is to urinate on it. It's supposed to help with the swelling and the pain.
11. **Kathy (3/4):** Paschal went out to try to pee. *(laughs)* He did that performance anxiety thing, I think. So it just was just good timing that I had to go to the bathroom.
12. **John (2/5):** I mean, that could have been like peroxide as far as I was concerned. I didn't think of it being weird that she was squatting down and I had my hand between her legs. I mean, it was like do what it takes to make it feel good, I don't care what you have to do.
13. **Kathy (4/4):** Finally when I think I was pulling up my pants I suddenly got very embarrassed, *(laughs)* but it made me feel good. At least I performed in the call of duty.
14. **Vecepia (2/4):** After last night's tension, it almost seems like the rain was a way of flushing out all of the tension that had transpired yesterday.
15. **Rob (1/5):** A nono is spelled N-O-N-O, is a little bug that's about a thousand times more vicious than a mosquito and it's about the size of a flea. You can't even see it. It bites you. You don't even know it bites you. And they itch like crazy.
16. **Robert (1/3):** A big rock got in between my shoe and my foot and just sliced up my toe nicely.
17. **John (3/5):** I am a registered nurse and everyone has confidence that I know what I'm doing and I know what I'm looking for in case something bad should happen.
18. **Robert (2/3):** It's pain, you know? You gotta deal with it. It's only pain, you know? Pain is easy. Life is hard, man. *(chuckles)*
19. **Gabriel (2/3):** The raft was a really fun project.
20. **Zoe (1/1):** Rob and Gabriel, uh, were working on the raft, and Gabriel had a really good plan. It was sort of like a, uh, Kon-Tiki deal.
21. **Robert (3/3):** I don't care if my toe is bleeding or falling off, I'm not going to let my teammates down. You know, it's not just, uh, fun and games out here. You know, you got-- you gotta keep on surviving still, and you gotta keep on working to help the group. Two heads are definitely better than one, especially when you're out here. You need every idea you can get your hands on.
22. **Gabriel (3/3):** As far as the other team, I don't think we'll be up against anything like what we've got going on here. This is, this is a really cool craft. Just getting to make this has been an absolute blast. We're all just having a really fun time out here. We'd love to win some more challenges.
23. **Hunter (2/6):** The morning after the Tribal Council after we had the kind of big blowout at the campfire, uh, you know, everyone seems like, you know, *"Hey, a whole new beginning,* *you know, there's been a rebirth. Everything, you know, we're good to go now.”* Um, to me, it didn't really seem that clear.
24. **Sean (1/2):** It wasn't a problem of Hunter stepping up. Take the lead. I don't have a problem with him leading. I just have a problem with whomever. I don't like overconfidence when it comes-- when I'm in your tribe or I'm on your team. So I refuse to-to sit back and watch the golden boy just smile and make suggestions and look like the leader and people not know that he's here to play a game.
25. **Rob (2/5):** It's weird. You might not believe it, but I am totally 100% like Hunter, without a doubt. I would not let it show out here for the life of me because I know that people are not going to take kindly to that type of a atmosphere. Everybody wants to think that they're the big man. So the smart guy will sit back and let everybody step up to be the big man, and then in the end just bank in on their mistakes.
26. **Neleh (3/3):** A bunch of us were out, you know, gathering shells today. John actually stuck his hand underneath a rock and an eel bit it.
27. **John (4/5):** Just lacerated the underside of my finger. Really, I mean, just ripped it open in just jagged shreds and it cracked my fingernail almost to the bed.
28. **Tammy (3/4):** He was panicked. I mean, he was on the verge of tears. He was in pain. It was obvious.
29. **John (5/5):** I was scared. If my energy and, uh, what I'm contributing to the tribe diminishes, then that may put me at risk. And that just kind of hit me really hard.
30. **Tammy (4/4):** Everything can change in a heartbeat. Here John has gotten hurt twice today. Things change just like that *(snaps fingers)* out here.
31. **Vecepia (3/4):** After being out in the... the sun for a while, we all got hot and we all felt that it was time to take a break.
32. **Hunter (3/6):** Sometimes it does feel like, you know, you're camping with a bunch of kids that don't know what they've gotten into. I mean, if you could pick a bunch of people you want to go camping with, I don't think this is the group you're going to accomplish the most with just because everybody thinks that this is a vacation.
33. **Hunter (4/6):** The constant complaining about food and things being wet and dirty is driving me nuts. And I don't say anything, but it's like, what do you expect? I mean we're not at a Ritz-Carlton. We're not in a five-star hotel.
34. **Sean (2/2):** People felt excited after eating that nasty raw fish. I wasn't. I'm sure it was a source of protein, but I would rather eat a bowl of my own doo-doo than that stuff again.
35. **Hunter (5/6):** You don't come here to complain and when you complain, it just makes life miserable. Just suck it up and deal with it.
36. **Gina (2/3):** I don't think we could survive if we lost another challenge. Our morale could not survive. In the Reward Challenge, whatever it is, we need it.

Day 8

1. **Vecepia (4/4):** Zero for four totally sucks. We have four-four L's. Four big L's. *(deep sigh)* And, um, we need a W bad. And sometimes you need a-a fierce competitor to just keep harping it into you. We got four L's! It's not a good thing, but we have to go on.
2. **Hunter (6/6):** Everyone is like, *"What is the problem?"* And, you know, I don't have the heart to say it. But to me winning is an attitude you carry around 100% of the time, every day, all the time. It's not something you turn off and you turn on an hour before you go to a challenge. We would be winning more of these things if we were working together as a team to accomplish things around the camp. There's where your basis of teamwork begins. So, I mean, I think that's where our problem is stemming from right now, and that we're having a real tough time. You know, with some individual personalities that, uh, either aren't willing to work or do not take this game seriously.

Day 9

1. **Gina (3/3):** It feels like crap going to the third straight Tribal Council. I-- it's the worst feeling that I've had since I've gotten here. I mean, then again this could be my last night, or it could be, you know, we gotta go Tribal Council again today and we might have to go in three days again. You know? You just don't ever know. It's a difficult situation. It's very difficult.
2. **Rob (3/5):** It's important for me to have people on my team that are going to do what I tell them to do and not know that I'm telling them to do it.
3. **Rob (4/5):** It doesn't matter if my team is stronger physically or even stronger mentally. But just that they obey. *(smirks)*
4. **Rob (5/5):** It's all in how smart these people are. If they realize if they need you, that's what'll keep ‘em loyal. Right? Fear, basically, it's a tough principle, but fear keeps people loyal. If they're afraid they have something to lose, then they'll do what they tell you to do. That's straight out of *The Godfather*. It's true.