

**Signed, Sealed and Delivered**

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| **Episode 04 Confessionals** | |
| **Castaway** | **Count** |
| Michele | 0 |
| Aubry | 0 |
| Tai | 1 |
| Cydney | 2 |
| Joe | 0 |
| Jason | 2 |
| Julia | 0 |
| Scot | 0 |
| Debbie | 3 |
| Nick | 0 |
| Neal | 0 |
| Peter | 1 |
| Anna | 0 |
| Alecia | 2 |
| Caleb | 0 |

Day 8

1. **Debbie (1/3):** Tonight at Tribal Council, it went down exactly as I expected. I gathered my intelligence. I made observations, then made objectives -- knew how to carry them out. I guess, you would have to call me the mastermind. (02:10 → 02:19 = 9s) Peter’s position in the tribe has knocked his ego down ten notches. He’s a total narcissist, but he knows he’s still on the periphery.
2. **Peter (1/1):** Tribal Council tonight was a complete surprise. *(scoffs)* I-- I’m still-- I’ve got knots in my stomach. We’re now the “Pea Brains,” not the Brain tribe. We’re screwed. Uh, we don’t have a strong tribe anymore, physically or strategically. You know, I’m dejected, but I’m happy I’m still here, and once there’s a merge or a swap, I’m gonna take them out one by one.

Day 9

1. **Debbie (2/3):** When I go through Ranger training at Hawk Mountain Ranger School, we’re taught first aid. Because of my training, I actually knew I was heat stroked. Heat stroke is like being roasted alive. You feel dizzy, exhausted, and you feel hot. And after the first few seconds of shade and water, I immediately felt better. I knew I wasn’t getting pulled from the game.
2. **Tai (1/1):** Without Caleb, it’s very sad. He’s going to be in my heart for a long time. And I’m sure I’ll see him again. And, uh, I still want to have that kiss from him. Before Caleb was gone… three boys against three girls. But now, only Nick and I. Now, the girls have their choice of who to kick out. So, the idol’s more important now… because, if we go to Tribal… there’s a 50-50 chance I’m going home, but I’m not going to go home with an idol in my pocket.
3. **Debbie (3/3):** My biggest fear was not only would I appear weak to my tribe, but that I would appear weak to my daughters back home. I’d like to think of myself as a role model to my daughters. My daughters often tell me that they are… *(sighs, pauses and wipes away tear)* My daughters often tell me how proud they are of me. And I’ve done a lot of stupid stuff in my life. Crystal always tells me, *“You’re the best mom.”* And Jade says, *“You’re Wonder Woman,”* and… they were really proud of me to-to come here and I… *(pauses)* I just don’t want to disappoint them.
4. **Alecia (1/2):** I wasn’t trying to start drama with Scot, but I just wanted to, you know, confront him about the situation. In the Reward Challenge, I kept saying, *“Come on, guys. We can do this.”* And Scot goes, *“Let her keep being a cheerleader. That’s all she’s good at.”* (27:18 → 27:33 = 15s)
5. **Alecia (2/2):** I’m not intimidated by him ‘cause he's bigger than me or stronger than me. I’m gonna let him know how I feel, and I want our tribe to work more as a team, and to not put each other down, and with me, you know, they just keep doing it.
6. **Cydney (1/2):** Coming back to camp after my little spells, it was just like, recoup, that’s my main thing. Next thing I know, people start hollerin’ and I’m just like, *“(indistinct) Y’all messing my recuperation.”* (28:32 → 28:33 = 11s)
7. **Cydney (2/2):** The Brawn team is-- we just do everything intensely and, like, I do not think Alecia is aware of pretty much… anything. And I’m just like, *“Girl, come on. Just listen and pay attention.”*
8. **Jason (1/2):** I definitely do not think Alecia gets the big picture of what’s going on around her in this world, but I went a little overboard. I get angry. You know, I raised two daughters that are the absolute world to me. I want them to be strong, very educated, independent females that are able to take care of themselves without their dad, ever. And it upsets me to see a girl like Alecia, who you can’t even hold a conversation with her. Alecia is so far on the bottom now, we’re just waiting. That Tribal Council is signed, sealed and delivered.

Day 11

1. **Jason (2/2):** Jeff asks Alecia a question, and Alecia responded back with her famous words, *“I did my best.”* It’s all about her, her, her, her, her.