Scene 9

Lindsey: [00:32:51] Probably. Just trying to build a fire to how we get done getting our food.

Dana: [00:32:57] I [00:33:00] feel like you should give a class on what that's like to learn.

Phil: [00:33:06] Everything's pretty much like sleeping.

Guide 1: [00:33:10] You go.

Matt: [00:33:10] First. Go ahead.

Guide 1: [00:33:12] I'll go first.

Denis: [00:33:13] No, no, I'll go first. Well.

Dana: [00:33:16] One of my highlights was the silent float. It's something that I didn't really realize how much I needed that until we were in it, because I kind of expected a lot more of that coming [00:33:30] out here, being with nature. And I've been spending so much amazing time connecting with everyone, which has been really, really wonderful, but having that silent time just was. Really good for me. So.

Matt: [00:33:50] That's quite impressive.

Lars: [00:33:52] Three, two, one, down.

Roy: [00:33:53] Yeah, that's the best rock we've seen tonight. Spartan training starts [00:34:00] today. Right on top. Right in there, big boy. Well done, sir. You're coming to work today. No problem. Pass me another rock over there. Are you good?

Roy: [00:34:17] Ready to let go of the fear of. Leaving [00:34:30] my wife and my kids without a father or a husband.

Lindsey: [00:34:41] I'm ready to let go of. Go of the anger that I showed towards the people that didn't want to stay to see me live. My [00:35:00] mom's bathroom. She has a huge bathtub, and it's it's surrounded by mirrors. And I just remember sitting in there, and I was surrounded by mirrors so you could see I. I would sit in that bathtub and I would be surrounded by the mirror. So I had to [00:35:30] face myself. I had to face the way that my body changed. I hated I hated looking at myself in the mirror. I hated it. And so I never did. And then she started putting me in that tub and I was surrounded by the mirror. So I'd have to face the way I looked, because I would have to I would have to face the scars. I would have to face the changes. Now, I love my scars. I didn't at first, but now I love my scars. It's just another way to show that I survived. [00:36:00] I used to hold a lot of anger, a lot of anger towards the whole situation. The one thing I can't stand is when somebody tells me I'm too young to have gone through what I've gone through.