# Video Discussion Questions

## "No Pain, No Gain: A Conversation with Gabby Taylor"

**1.** What do you think a "coping mechanism" is? Why do you think that Gabby says her "coping mechanism" is to speak about her injury?

**2.** What is Gabby's opinion of the "no pain, no gain" mentality? Why is that her belief?

**3.** What information did you learn in the video that you didn't learn in the article?

**4.** Choose one detail you listed above. Where in the article could that information be inserted?

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**5.** Why do you think the author didn't include the details you listed in your answer to Question 3?

**6.** Do you think the author of "Dazzle and Danger" would agree with Gabby about the "no pain, no gain" mentality? Explain, using evidence from both the video and the article.

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