

# ROB MACHADO

## DISCUSSION QUESTIONS



Want to share your natural high with Rob Machado? Tweet him @rob\_machado with #LiveNaturallyHigh. He might tweet back!

1. Have you ever attempted anything that required you to be totally brave to try? Explain.
2. Rob says that people retreat into a different world when they use drugs and that drugs can distort your view. Have you known someone to abuse drugs and retreat? Talk about your experience.
3. Surfing isn't always easy for Rob. Talk about a time when something you enjoyed wasn't easy. Did you persevere? Did you give up? What would you do again? What would you change?
4. Rob says that he needs to ease into things. Do you think that typically you are the type of person who jumps into things or do you prefer to ease in? Have there been times you've had to do one or the other and it made you uncomfortable? Explain.
5. Rob's dad was someone Rob could look up to and also who Rob says brought him "back down to Earth." What do you think he means by that? Who does that for you? Who do you do it for?



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