

1. Read the following biographies and put the verbs in brackets correctly by using PRESENT PERFECT or PAST SIMPLE.

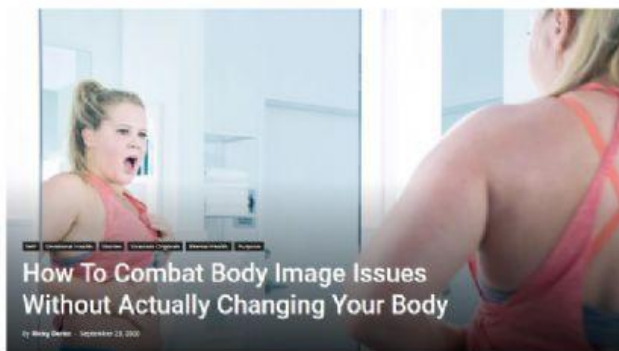


John C at his young age, 20 years old, _____ (START) in the music's world since he and his friends had uploaded the iconic song that _____ (MAKE) viral very fast and also launched his career. Even though he _____ (NEVER, PARTICIPATE) in any freestyle competition as many other famous artists _____ (DO), his success was not a stroke of luck but it _____ (TAKE) several years to reach it. Preparation and hard work _____ (MAKE) him one of the biggest exponents of Argentinian rap. However, he _____ (NEVER, IMAGINE) that he could build a name in the music industry. He _____ (WORK) as a hairdresser in Villa Mariano Moreno, Tucuman. Cutting hair _____ (BE) something he liked, not as much as music but he _____ (KNOW) he had to work and earn some money. He _____ (START) to write and compose since 16 years old in his free time, but it was in 2017 when he _____ (OPEN) his YouTube channel to post his work. Later on, when he _____ (BECOME) more known and liked, he _____ (START) to receive some offers from the biggest discographic firms in Buenos Aires. So, he _____ (TRAVEL) to take a look at those proposals and for a year he _____ (MAKE) some shows up and _____ (BE) related with famous figures of the industry. From collaborations with BZRP to making a song with TINI _____ (BE) some of his opportunities and definitely we do not think this will be all of him. On the contrary, his hard work and charisma have made him grow as a composer, singer and as a figure in the media and he will continue ascending for sure.



Jacob Elordi is an Australian actor, best known for his role of 'Noah Flynn' in the critically acclaimed 'Netflix' film, 'The Kissing Booth.' He _____ (BE) Born and raised in Brisbane, Australia, Jacob _____ (BE) fascinated with the world of acting since childhood. He _____ (BEGIN) acting during his school years and _____ (PARTICIPATE) in many stage shows since then. One of his initial acting projects _____ (BE) a musical called 'Seussical,' where he _____ (PLAYED) the role of 'Cat in the Hat' and sang for his part, too. As he _____ (GROW UP), his love for acting _____ (INTENSIFY). He _____ (BE) highly _____ (INSPIRE) by Heath Ledger, another Australian actor who had already made his mark in Hollywood.

2. Read the article written by Ricky Derizs from GOALCAST blog and then do the following activities.



When coronavirus lockdown and social restrictions were announced worldwide, my first reaction was that it wouldn't cause a huge change to my lifestyle. I have a simple life, I work as a freelancer in my home office and cafes, I spend lots of time in solitude and my social calendar is fairly low-profile. Then it *dawned on me*: the gym's closed. My sacred space between the dumbbells and the squat racks, closed, *for months*.

It might be a conflict for a meditation teacher and coach who emphasizes our identity is not *linked* to the body. While (1) *I have said I knew I will miss the gym exclusively for the mental health benefits* (of which there are many) I also knew it was going to challenge my relationship with my body, a familiar *foe* from the past.

Bigorexia, body image, and self-worth

(2) *I've been a regular gym-goer* for over 10 years. The longest (3) *I've spent without going to the gym* in this time was just under two months, when I first moved to Berlin. (4) *I've grappled with various issues in my relationship to exercise*, from *unintentionally* punishing my body, to obsessively trying to get as muscular and defined as (super)humanly possible.

It's a risk that comes with a hobby linked to the way you look. Combined with Hollywood images of the *hyper-jacked*, from Chris Evans to Hugh Jackman, and links between physical appearance and *self-worth*, it's no surprise body image issues are a huge cause of emotional distress.

(5) *Women have been most commonly associated with bodily insecurity*, though (6) *eating disorders in men have risen 70 percent*, and 45 percent of men said (7) *they've experienced "bigorexia,"* the term given to an obsession with muscle-building. With the lack of gym access, high levels of stress, change to routine, and comfort eating, (8) *lockdown has created what Mayo Clinic psychologist Leslie Sim refers to as a "perfect storm" for body image issues.*

Gyms are open again, and it's good to be back. However, towards the end of the three months' with no access, (9) *the return of familiar thinking-patterns* and feelings towards my body (not to mention the noticeable change in how my body felt and looked) *led me to return to a familiar issue with a fresh perspective.*

So what's the link with body image and identity, and how do we develop a skillful approach that will benefit, not hinder, spiritual growth?

Developing a healthy relationship with the body

The body is a beautiful thing: it's incredibly intelligent, wise, and



adaptable. (10) I have undergone a lot of work to improve my relationship with my body. I can tell you meditation is a powerful tool. I can also tell you that saying "you are not your body" as an antidote offers very little value. It's one thing

knowing this, but it doesn't offer a practical solution to what can be a life-altering challenge. I believe in making spiritual practice practical and accessible. So here are 5 steps I find helpful in improving your relationship with your body:

Challenge judgmental thoughts: Mindfulness allows you to gain greater clarity on your thoughts. Notice how often judgemental thoughts arise: remember, they aren't truths, but inherited thoughts from cultural values. When these thoughts arise, as well as observing them, challenge them gently. (11) I changed thoughts by talking to myself in the same manner I would talk to a close friend.

Meditate on the feeling of the body: Use meditation to simply sit and notice the rich universe of sensations that ebb and flow throughout the body. See if you can notice without labeling "good" or "bad" or "pleasant" or "unpleasant." See how the body communicates and

sense its aliveness. You can do this now: close your eyes, breathe deeply, and spend a few moments paying attention to the sensations in your hands.

Communicate with the body: You might feel a bit silly, but this works. (12) One of my big breakthroughs came during meditation. (13) I started an inner-dialogue with my body. (14) and apologised for the way I had been treating it. I was taking it for granted, exercising excessively, and taking little time to send appreciation. When I said the words "I'm sorry, thank you for all you do for me," I burst into tears — (15) my body responded to my apology and expression of gratitude with a chorus of chills.

Develop a mindset of fascination: When we view through the perspective of physical appearance, we look at the body with a judgemental eye, looking for imperfection. Instead, see if you can shift your mindset to one of fascination. Explore the magic of the body: how it heals, how it provides you with the nutrients you need to stay alive. If you sense a change in your appearance, try and apply the same mindset. For example, "ah, look at how my body has adapted to less exercise."

Send loving-kindness towards your body: The loving-kindness meditation is a powerful practice that opens your heart. In meditation, (16) I have found a shift in the way I connected to my body when (17) I visualized a bright, white light (representing unconditional love) throughout my body, while extending gratitude for all it offers.

Learning to change your relationship is a slow process, which involves exploring the body from the perspective of gratitude and fascination. Though it may seem irrational to be concerned about physical appearance during a global pandemic, body image issues are one of the most frequent causes of emotional distress — so be easy on yourself.

Rather than aiming to sculpt your body to perfection or learn to love your physical appearance, aim to gradually improve your relationship over time. Listen to your body's form of communication. Be inquisitive. Sooner or later, this leads to greater harmony, connection, and gratitude, as you become receptive to the body's inherent wisdom.

A. Look at the underlined words in the text and then match each one with their meaning.

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|----------------------------|-----------------------------|
| 1. DAWNED ON ME () | 25. MINDSET () |
| 2. LINKED () | 26. LOVING-KINDNESS () |
| 3. FOE () | 27. BE EASY ON YOURSELF () |
| 4. GOER () | 28. INQUISITIVE () |
| 5. GRAPPLED WITH () | 29. WISDOM () |
| 6. UNINTENTIONALLY () | |
| 7. HYPER-JACKED () | |
| 8. THINKING-PATTERNS () | |
| 9. FRESH () | |
| 10. SKILLFUL () | |
| 11. HINDER () | |
| 12. UNDERGONE () | |
| 13. IMPROVE () | |
| 14. ANTIDOTE () | |
| 15. LIFE-ALTERING () | |
| 16. MINDFULNESS () | |
| 17. INHERITED () | |
| 18. EBB AND FLOW () | |
| 19. LABELLING () | |
| 20. ALIVENESS () | |
| 21. BREAKTHROUGHS () | |
| 22. TAKING FOR GRANTED () | |
| 23. BURST INTO TEARS () | |
| 24. SHIFT () | |

1. Noun- way of thinking of a person and his/her opinions
2. Adjective- wanting to discover as much as you can about things
3. Participle verb (ing)-characteristics or qualities that we give to people, activities or things in an unfair way.
4. Idiom-when you suddenly or abruptly start to cry
5. Noun- property of being animated or having life
6. Noun-solution of a problem or way of preventing something
7. Adverb-doing something without intentions
8. Noun- something that is a problem
9. verb phrase-when you realize about something
10. Noun phrase- manner/way of thinking that has not changed
11. Adjective phrase- when someone is very attractive
12. Adjective-something that is connected to something else
13. Participle verb(ed)- when you experience something unpleasant
14. Phrase-the way in which the level of something changes from becomes higher and lower regularly.
15. Noun- ability to use your knowledge and make good decisions based on that.
16. Verb-getting or becoming better at something
17. Adjective- something new
18. Verb phrase- deal with some situation or problem
19. Noun phrase- type of meditation that focuses on cultivating positive and good feelings.
20. Adjective- when you receive something from someone or when you become responsible for dealing with a situation/problem
21. Adjective- when something has a strong effect on someone's life.
22. Noun- someone that goes or attends regularly to some place
23. Plural noun- an important discovery that helps to improve something.
24. Noun- practice that gives you calm by being aware of your body, mind and feelings
25. Phrase- not to punish or treat yourself bad or in a severe way
26. Verb-when you change your opinions and ideas about something
27. Verb- when you limit some ability instead of developing it.
28. Phrase-when you never think about something because you believe it will be always available
29. Adjective-when you are good at sth because you have practiced it a lot

B. Look at the sentences highlighted in the text with orange and then choose their correct function.

A. A COMPLETED ACTION IN THE PAST

B. AN ACTION THAT GOES UP TO THE PRESENT TIME.

C. LIFE EXPERIENCE

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- 2.
- 3.
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- 17.

C. Find the following terms in the text and provide a definition using your own words and give your personal opinion about each. You can also use a dictionary as a guide. (Not more than 40 words)

Bigorexia:

Body image:

Self-worth :

D. In your opinion, which is the main topic or the aim of the article written by Ricky Derizs?
