

Reading

The Hidden Struggles

Carefully read the text and match the gaps (1-6) with the correct sentence parts (a-h). There are two extra variants you don't need to use.

Michael, a 16-year-old student, has a strong need for symmetry and order. He feels intense discomfort if his belongings are not arranged perfectly. As a result, he spends a lot of time organizing his room. Jake, a 14-year-old soccer player, has negative thoughts related to having an accident on the field and (1) _____. To alleviate his anxiety, he engages in ritualistic behaviors, such as tapping his soccer shoes on the ground a certain number of times (2) _____. Mia, a 15-year-old student, has obsessions related to numbers and evenness. She believes that if she doesn't complete tasks or actions in a specific pattern, something bad will happen. As a compulsion, she performs repetitive behaviors like turning light switches on and off multiple times or (3) _____ before using her right one.

What do these teens have in common? They all suffer from Obsessive-Compulsive Disorder (OCD), a mental health condition (4) _____. OCD is characterized by recurring thoughts (obsessions) and repetitive behaviors (compulsions) that individuals feel driven to perform. Interestingly, several famous individuals throughout history have grappled with OCD. Nikola Tesla, the brilliant inventor, (5) _____ and insisted on performing tasks in sets of three. The renowned author Charles Dickens displayed OCD symptoms, including an intense need for order and strict daily routines. These examples remind us that even exceptional individuals can experience the challenges of OCD.

Fortunately, effective treatments are available to help manage OCD. Cognitive-behavioral therapy, particularly a form called Exposure and Response Prevention is often used. It involves gradually exposing individuals to their fears and preventing the accompanying rituals or compulsions. This process (6) _____, gradually reducing their anxiety and compulsive behaviors. If you or someone you know is struggling with OCD, seeking help from a mental health provider is essential. With proper diagnosis, support, and treatment, individuals can learn to manage their symptoms, regain control over their lives, and pursue their goals and passions.

- A breaking his expensive equipment;
- B before each game or practice;
- C helps individuals learn that their fears are unfounded;
- D stepping on each tile with her left foot;
- E that can significantly impact their lives;
- F that make life a lot harder;
- G being embarrassed in front of his teammates;
- H had an obsession with the number 3.

