

Use of English

How to Stay Positive When Things Get Tough

Read the text below, choose the correct answer (A, B, C, D)



Being a teen influencer is exciting, but it also comes with challenges, especially when (1) _____ criticism. It's important to recognize that not all feedback will be positive, but that doesn't mean you should let it bring you (2) _____. Remember that criticism often reflects the other person's (3) _____, not your worth. Focus on the positive support from your followers and the milestones you've achieved. Surround yourself with people who lift you up and help you stay motivated during tough times.

When things get overwhelming, taking (4) _____ from social media can help you recharge and maintain your well-being. Step back, spend time with loved ones, and do activities that make you happy. Don't forget why you started — whether it's to inspire others or express your creativity, stay true to your purpose. This will help you keep a positive (5) _____ and build resilience even when things get challenging.

1. _____

- A) facing
- B) heading
- C) handing
- D) eyeing

2. _____

- A) up
- B) back
- C) down
- D) forward

3. _____

- A) mindset
- B) advice
- C) direction
- D) instruction

4. _____

- A) shifts
- B) gaps
- C) turns
- D) breaks

5. _____

- A) status
- B) attitude
- C) distance
- D) position

