

A. Complete the sentences with the **PRESENT PERFECT** of the verbs in brackets. Make sure to insert the **time expressions** correctly.

I have never been bullied, but I 1. \_\_\_\_\_ (struggle) with self-esteem issues. I 2. \_\_\_\_\_ (suffer) from anorexia for 4 years, and this \_\_\_\_\_ (have) an impact both on my physical and my mental health. It \_\_\_\_\_ (not have / **always**) easy to deal with my condition, but thanks to health professionals and support groups, I \_\_\_\_\_ (start) the road to recovery. I \_\_\_\_\_ (surround) myself with caring and kind people and that, that \_\_\_\_\_ all the difference. What about you, \_\_\_\_\_ (you / **ever** / suffer) from an eating disorder?

B. Complete with the **PAST SIMPLE** of the verbs in brackets.

When my sister \_\_\_\_ (be) in the 8<sup>th</sup> grade, she was bullied about her looks. Some people \_\_\_\_ (be) very unkind to her and they \_\_\_\_ (make) her feel awful. They constantly \_\_\_\_ (criticise) her appearance, and she \_\_\_\_ (begin) to doubt herself. As she \_\_\_\_ (not fit) into their idea of beauty and \_\_\_\_ (not have) the perfect body, she \_\_\_\_ (feel) she \_\_\_\_ (not be) good enough. She \_\_\_\_ (become) more self-conscious and \_\_\_\_ (start) to feel uncomfortable in her own skin. She \_\_\_\_ (find) it harder and harder to feel confident.

C.

When Patrick **was** / **has been** 15, he was slightly overweight, and some people **started** / **have started** making hurtful comments that **caused** / **cause** him to question his self-worth. Over time, Patrick **learned** / **has learned** to accept himself, but back in 2020, he either **tried** / **has tried** to hide his body or he overexercised, hoping to fit in. Despite constant dieting and endless hours at the gym, he **didn't feel** / **hasn't felt** any better. Nothing **seemed** / **has seemed** to help him improve his self-esteem.

However, thanks to professional guidance, he **begun** / **has begun** to heal. In his support group, Patrick got to know teens who **faced** / **have faced** similar challenges and negative comments, which have affected their self-esteem. But like Patrick, they **learned** / **have learned** that their value is not determined by their appearance.

Patrick **used** / **has used** to think that changing his body would change his life, but he now knows that self-acceptance is more important than trying to meet other people's standards, and he no longer lets the others – or the mirror – determine how he sees himself.