

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.