

1)  $w = a^{m+1}b^m c^m$

$|vxy| \leq m$  :  $vxy$  contains only 1 or 2 unique letters. Thus pumping will cause number of b's to be different than number of c's or number of b's or c's to be greater than number of a's.

2)  $L = a^n b^{2^n}, n > 0$

3) In every substring of consecutive a's, change every even 'a' to 'b'. Existing b's stay the same.