

Hi, I'm Olivia. I'm _____ (origins / originally) from Washington, DC, and right now I live ____ (at / in) London. And my question is, what is _____ (some things / something) that stresses me ____ (out / over)?

Unfortunately, I am _____ (probe / prone) to stress. I consider myself an _____ (anxiety / anxious) person. And because of _____ (them / that), I tend to plan and plan and plan _____ (ahead / about) so that everything is in _____ (place / places) and I've considered everything that can _____ (possibly / possible) go wrong and I've mapped ____ (up / out) my day and I know how long it's going to _____ (take / took) me. And I get really stressed out if _____ (other / another) people don't _____ (adhere / adherence) to the plan that I have in my head, which is a _____ (problem / probably) because I don't often _____ (communication / communicate) my plan because I'll just _____ (assumed / assume) we're all on the same page _____ (about / over) something. And then if the timing is _____ (slight / slightly) off or someone has a slightly _____ (difference / different) idea, I get really stressed out because I've _____ (built / build) up all of my _____ (expectations / expectedly) on my own plan, and how that's _____ (going / goes) to go and I'm not very _____ (flexible / flexing) to change.

So I'm really _____ (working / walking) on one, _____ (communicate / communicating) what I have in my mind, and ____ (two / too), not getting _____ (super / supper) anxious when plans change.