

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.