

Life Event Stress Scale

In the past 12 months, which of the following *major life events* have taken place in your life?

- ⇒ Make a check mark next to each event that you have experienced this year
- ⇒ When you are done, add up the points for each event.
- ⇒ Calculate your score at the end.

Event	Stress Scores
___ Death of Spouse	100
___ Divorce	73
___ Marital Separation	65
___ Jail Term	63
___ Death of close family member	63
___ Personal injury or illness	53
___ Marriage	50
___ Fired from work	47
___ Marital reconciliation	45
___ Retirement	45
___ Change in family member's health	44
___ Pregnancy	40
___ Sex difficulties	39
___ Addition to family	39
___ Business readjustment	39
___ Change in financial status	38
___ Death of close friend	37
___ Change to a different line of work	36
___ Change in number of marital arguments	35
___ Mortgage or loan over \$10,000	31
___ Foreclosure of mortgage or loan	30
___ Change in work responsibilities	29
___ Trouble with in-laws	29
___ Outstanding personal achievement	28
___ Spouse begins or stops work	26
___ Starting or finishing school	26
___ Change in living conditions	25
___ Revision of personal habits	24
___ Trouble with boss	23
___ Change in work hours, conditions	20
___ Change in residence	20
___ Change in schools	20
___ Change in recreational habits	19
___ Change in church activities	19
___ Change in social activities	18
___ Mortgage or loan under \$10,000	17
___ Change in sleeping habits	16
___ Change in number of family gatherings	15
___ Change in eating habits	15
___ Vacation	13

___	Christmas season	12
___	Minor violation of the law	11

CALCULATE

Your total score: _____

This scale shows the kind of life pressure that you are facing. Depending on your coping skills or the lack thereof, this scale can predict the likelihood that you will fall victim to a stress related illness. The illness could be mild-frequent tension headaches, acid indigestion, loss of sleep to more serious problems like ulcers, migraines, lower back pain, etc..

SCORE SCALE:

0-149	Low susceptibility to stress-related illness
150-299	Medium susceptibility to stress-related illness
300 and over	High susceptibility to stress related illness