

Stress Inventory

**LAST 18
MONTHS**

<u>EVENT</u>	<u>VALUE</u>	<u>YOUR SCORE</u>
Divorce	100	_____
Death of spouse	73	_____
Marital Separation	65	_____
Jail Term	63	_____
Death of close family member	63	_____
Personal injury or illness	63	_____
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 a close friend	37	_____
Change to different line of work	36	_____
Change in number of marital arguments	35	_____
Mortgage or loan over \$75,000	31	_____
Foreclosure of mortgage or loan	30	_____
Change in work responsibility	29	_____
Son or daughter leaving home	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, condition	20	_____

**LAST 18
MONTHS**

<u>EVENT</u>	<u>VALUE</u>	<u>YOUR SCORE</u>
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 \$75,000	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	_____
	TOTAL	_____

(From Thomas H. Holmes, M.D., "Social Readjustment Rating Scale.")

The Stress of Adjusting to Change

The list you just scored are events in life which have been found to produce individual stress reactions in a cross section study conducted by Dr. Thomas H. Holmes at the University of Washington. The scale value of each event reflects the amount of stress and disruption they cause in the life of the average person's life. If your total score is less than 150 your chance of getting sick in the next two years is 37%, a score of 150 - 300 raises the odds to 51%; with a score of more than 300 points, your chances of illness rises to 80% and continues to increase as your score goes up. Remember, these figures are of possible illness, not certain illness.