

LIFE STRESS TEST

LIFE EVENT (STRESSOR)	VALUE	#/YR	TOTAL
1. DEATH OF SPOUSE	100	X	=
2. DIVORCE	73	X	=
3. MARITAL SEPARATION	65	X	=
4. JAIL TERM	63	X	=
5. DEATH OF CLOSE FAMILY MEMBER	63	X	=
6. MAJOR PERSONAL INJURY OR ILLNESS	53	X	=
7. MARRIAGE	50	X	=
8. FIRED FROM WORK	47	X	=
9. MARITAL RECONCILIATION	45	X	=
10. RETIREMENT	45	X	=
11. MAJOR CHANGE IN HEALTH OF A FAMILY MEMBER	44	X	=
12. PREGNANCY	40	X	=
13. SEX DIFFICULTIES	39	X	=
14. GAIN OF NEW FAMILY MEMBER	39	X	=
15. MAJOR BUSINESS READJUSTMENT	39	X	=
16. MAJOR CHANGE IN FINANCIAL STATE	38	X	=
17. DEATH OF A CLOSE FRIEND	37	X	=
18. CHANGE TO DIFFERENT LINE OF WORK	36	X	=

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LIFE EVENT (STRESSOR)	VALUE	#/YR	TOTAL
19.MAJOR CHANGE IN ARGUMENTS WITH SPOUSE	35	X	=
20.MORTGAGE OVER \$100000	31	X	=
21.FORCLOSURE OF LOAN	30	X	=
22.MAJOR CHANGE IN REPONSIBILTIES AT WORK	29	X	=
23.SON OR DAUGHTER LEAVING HOME	29	X	=
24.TROUBLE WITH INLAWS	29	X	=
25.OUTSTANDING PERSONAL ACHIEVEMENT	28	X	=
26. SPOUSE BEGINS OR STOPS WORK	26	X	=
27. BEGIN OR END SCHOOL	26	X	=
28.MAJOR CHANGE IN LIVING CONDITIONS	25	X	=
29.REVISION OF PERSONAL HABITS	24	X	=
30.TROUBLE WITH BOSS	23	X	=
31. MAJOR CHANGE IN WORK HOURS	20	X	=
32.CHANGE IN RESIDENCE	20	X	=
33. MAJOR CHANGE IN RECREATION	19	X	=
34.MAJOR CHANGE IN CHURCH ACTIVITIES	19	X	=
35.MAJOR CHANGE IN SOCIAL ACTIVITIES	18	X	=
36.LOAN LESS THAN \$10000	17	X	=

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LIFE EVENT (STRESSOR)	VALUE	#/YR	TOTAL
37.MAJOR CHANGE IN SLEEPING HABITS	16	X	=
38.MAJOR CHANGE IN FAMILY TOGETHERNESS	15	X	=
39.MAJOR CHANGE IN SLEEPING HABITS	15	X	=
40.VACATIONS,CHRISTMAS	13	X	=
41.MINOR VIOLATIONS OF THE LAW	11	X	=
	YOUR TOTAL		=