

YOUR STRESS SCORE

<u>LIFE EVENTS</u>	<u>POINTS</u>
Death of spouse	100 _____
Divorce	73 _____
Marital separation	65 _____
Jail term	63 _____
Death of a close family member	63 _____
Personal injury or illness	53 _____
Marriage	50 _____
Job loss	47 _____
Marital reconciliation	45 _____
Retirement	45 _____
Change in family members health	44 _____
Pregnancy	40 _____
Sexual difficulties	39 _____
Addition to family	39 _____
Business readjustment	38 _____
Change in financial status	38 _____
Death of a close friend	37 _____
Change to a different line of work	36 _____
Change in number of arguments with spouse	35 _____
Mortgage loan over \$100,000	31 _____
Foreclosure on mortgage or loan	30 _____
Change in work responsibilities	29 _____
Son or daughter leaving home	29 _____
Trouble with in-laws	29 _____
Outstanding personal achievements	28 _____
Spouse begins or stops working	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 religious activities	19 _____
Change in social activities	18 _____
Mortgage or loan less than \$30,000	17 _____
Change in sleeping habits	16 _____
Change in number of family get-togethers	15 _____
Change in eating habits	15 _____
Vacation	13 _____
Christmas/Holiday season	12 _____
Minor violation of the law	11 _____

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