

# Personal life events analysis

To learn the level of stress (distress) in your life, circle the value to the right of each of the following events if it has occurred within the past 12 months. Then add the values of all the items you identified with:

## Event (Value)

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 job (47)  
Marital reconciliation (45)  
Retirement (45)  
Change in family member's health (44)  
Pregnancy (40)  
Sexual difficulties (39)  
Addition to family (39)  
Business readjustment (39)  
Change in financial status (38)  
Death of close friend (37)  
Career change (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)

## Event (Value)

Son or daughter leaving home (29)  
Trouble with in-laws (29)  
Outstanding personal achievement (28)  
Spouse begins or ceases 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 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)

**Total Rating of Life Events:** \_\_\_\_\_