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Life Stress Test

Based on The Holmes and Rahe Stress Scale Test. In the past 12 to 24 months, which major life events have taken place in your life. Mark down the points for each event that you have experienced this year. Divorce – 73 points. 2 x Moving = 40. Write down the points for each event then add up the points = Total Life Stress Score.

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 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 CLOSE FRIEND _____	37	X	____ = ____
18 CHANGE TO DIFFERENT LINE OF WORK _____	36	X	____ = ____
19 MAJOR CHANGE IN NUMBER OF ARGUMENTS WITH SPOUSE _____	35	X	____ = ____
20 MORTGAGE OVER \$100,000 _____	31	X	____ = ____
21 FORCLOSURE OF MORTGAGE OR LOAN _____	30	X	____ = ____
22 MAJOR CHANGE IN RESPONSIBILITIES AT WORK _____	29	X	____ = ____
23 SON OR DAUGHTER LEAVING HOME _____	29	X	____ = ____
24 TROUBLE WITH IN-LAWS _____	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 OR CONDITIONS _____	20	X	____ = ____
32 CHANGE IN RESIDENCE OR SCHOOLS _____	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 MORTGAGE OR LOAN LESS THAN \$10,000 _____	17	X	____ = ____
37 MAJOR CHANGE IN SLEEPING HABITS _____	16	X	____ = ____
38 MAJOR CHANGE IN NUMBER OF FAMILY GET-TOGETHERS _____	15	X	____ = ____
39 MAJOR CHANGE IN EATING HABITS _____	15	X	____ = ____
40 VACATIONS , CHRISTMAS _____	13	X	____ = ____
41 MINOR VIOLATIONS OF THE LAW _____	11	X	____ = ____
YOUR TOTAL			_____

0-149 Low susceptibility to stress-related illness

150-299 Medium susceptibility to stress-related illness. Practice relaxation and stress management skills.

300 and over High susceptibility to stress-related illness

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