

Life Stress Management Test

1. Make a check mark next to each event that you have experienced this year.
2. When you're done, add up the points for each event.
3. Check your score at the bottom.

- 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 work 47**
- Marital reconciliation 45**
- Retirement 45**
- Change in family member's health 44**
- Pregnancy 40**
- Compatibility difficulties 39**
- Addition to family 39**
- Organization conversion 39**
- Change in financial status 38**
- Death of close friend 37**
- Change to a different line of work 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**
- 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, 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**
- Worries about holiday season 12**
- Minor violations of the law 11**

- Your Total Score**