

## Exercise #1 Change Checklist

In this exercise, you will inventory the kinds of changes you have experienced during the past year of your life and determine the impact of these life events on your stress level.

1. Place a checkmark in the column labeled "Happened or Will Happen Soon" for events that have occurred in your life recently or that you expect to occur soon.
2. Total your score by adding the event numerical values, and circle the scoring category in which your score falls.

LIFE EVENT	HAPPENED or WILL HAPPEN SOON	NUMERICAL VALUE
Death of a spouse/partner		100
Divorce		73
Marital/Relationship Separation		65
Detention in Jail or Institution		63
Death of close family member		63
Major personal injury/illness		53
Marriage/Becoming domestic partners		50
Being fired at work		47
Marital/Relationship Reconciliation		45
Retirement		45
Major change in the health or behavior of a family member		44
Pregnancy		40
Sexual Difficulty		40
Gaining a new family member through birth, adoption, or remarriage		39
Major business readjustments		39
Major change in financial state		38
Death of a close friend		37
Change to a different line of work		36
Major increase in fights with spouse/partner		35
Taking on a mortgage		31

Foreclosure on mortgage or loan		30
Major change in responsibility at work		29
Son or daughter leaving home		29
In-Law troubles		29
Outstanding personal achievement		28
Spouse/partner begins to cease work outside of home		26
Go back to school		26
Major change in living condition (rebuilding, remodeling)		25
Revision of personal habits		24
Troubles with boss		23
Major change in working hours, conditions		20
Change in residence		20
Change to a new school		20
Major change in usual type and/or amount of recreation		19
Major change in church activities		19
Major change in social activities		18
Purchasing a new car, or other big purchase		17
Major change in sleeping habits		16
Major change in number of family get-togethers		15
Major change in eating habits		15
Vacation		13
Christmas or holiday observance		12
Minor violations of the law		11

**TOTAL SCORE** \_\_\_\_\_

### **Scoring the Change Checklist**

**Below 150 – Mild Stress**

**Between 150 and 300 – Moderate Stress**

**Over 300 – Severe Stress**

Note: The original Social Readjustment Scale, published in 1967 by Holmes and Rahe in the *Journal of Psychosomatic Research*, is from a 15-year research of stress in adults conducted by insurance companies. It was designed to assess possible health risks, and the scores indicated likelihood of illness or accident.