

All the events in your life, both good and bad, exact a penalty in the form of stress. The amount of stress you experience could affect your health. This test was developed to help predict (and prevent) physical problems that can come from too much change and stress in your life.

Under *Number of Occurrences*, indicate how many times in the past year each of the events has occurred. Multiply the number under *Life Change Units (LCU)* by the number of occurrences in each event, and place the answer under *Your Score*. Add the figures under *Your Score* to find your total for the past year.

Life Event	Number of Occurrences	LCU	Your Score
1. Death of a spouse	_____	100	_____
2. Divorce	_____	73	_____
3. Marital separation	_____	65	_____
4. Detention in jail or other institution	_____	63	_____
5. Death of a close family member	_____	63	_____
6. Major personal injury or illness	_____	53	_____
7. Marriage	_____	50	_____
8. Loss of job	_____	47	_____
9. Marital reconciliation	_____	45	_____
10. Retirement from work	_____	45	_____
11. Major change in the health or behavior of a family member	_____	44	_____
12. Pregnancy (self or spouse)	_____	40	_____
13. Sexual difficulties	_____	39	_____
14. Gaining a new family member	_____	39	_____
15. Major business readjustment	_____	39	_____
16. Major change in financial state	_____	38	_____
17. Death of a close friend	_____	37	_____
18. Changing to a different line of work	_____	36	_____
19. Major change in the number of arguments with spouse	_____	35	_____
20. Taking on a large mortgage or loan for a major purpose	_____	31	_____
21. Foreclosure on a mortgage or loan	_____	30	_____
22. Major change in responsibilities at work	_____	29	_____
23. Son or daughter leaving home	_____	29	_____
24. Trouble with in-laws	_____	29	_____
25. Outstanding personal achievement	_____	28	_____
26. Spouse beginning or ceasing work outside the home	_____	26	_____
27. Beginning or ceasing formal schooling	_____	26	_____
28. Major change in living conditions	_____	25	_____
29. Revision of personal habits	_____	24	_____
30. Trouble with boss	_____	23	_____
31. Major change in working hours	_____	20	_____
32. Change in residence	_____	20	_____
33. Changing to a new school	_____	20	_____
34. Major change in usual type and/or amount of recreation	_____	19	_____
35. Major change in church activities	_____	19	_____
36. Major change in social activities	_____	18	_____
37. Taking on a small mortgage or loan	_____	17	_____
38. Major change in sleeping habits	_____	16	_____
39. Major change in number of family get-togethers	_____	15	_____
40. Major change in eating habits	_____	15	_____
41. Vacation	_____	13	_____
42. Major Holiday	_____	12	_____
43. Minor violations of the law	_____	11	_____
This is your total life change score for the past year			_____