

STRESS QUESTIONNAIRE

Instructions:

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

In the past 12 months, which of the following major life events have taken place in your life?

Holmes and Rahe Social Readjustment Scale

Your score	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 work	47
_____	Marital reconciliation	45
_____	Retirement	45
_____	Change in family member's health	44
_____	Pregnancy	40
_____	Sex difficulties	39
_____	Addition to family	39
_____	Business readjustment	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
_____	Christmas season	12
_____	Minor violations of the law	11
_____	Your Total Score	

This scale shows the kind of life pressure that you are facing. Depending on your coping skills or the lack thereof, this scale can predict the likelihood that you will fall victim to a stress related illness. The illness could be mild - frequent tension headaches, acid indigestion, and loss of sleep to very serious illness like ulcers, cancer, migraines and the like.

Life Stress Scores

0 – 149 : Low susceptibility to stress related illness.

150 - 299 : Medium susceptibility to stress related illness. Learn and practice relaxation and stress management skills and a healthy well life style.

300 and over : High susceptibility to stress related illness. It's highly beneficial to learn and practice relaxation and stress management skills.