

Stress Management

How much stress is there in your life?

Event during the past year	Score
Death of a family member?	100
Divorce or separation (parents or yourself)?	73
Break-up of a relationship?	65
Court appearance or jailing?	63
Death of a close friend?	63
Major injury or illness?	63
Fired from a job?	47
Reconciliation after a break-up?	45
Major change in behaviour or health of a loved one?	44
Pregnancy?	40
Sexual concerns?	39
Gaining a new family member?	39
Major business change?	39
Major change in financial status?	38
Major education change?	35
Trouble with friends or relatives?	31
Change in living conditions?	28
Change in eating habits?	26
Trouble with a housemate/roommate?	25
Change in personal habits?	21
Lack of a break or holiday?	18
Major change in social activities?	15

Total

If any of these events have occurred in your life in the past 12 months, circle the stress factor number which is to the right of the event.

After circling all of the numbers which apply to you, add them all up and put the total in the space at the bottom.

These events are EXTERNAL and, as such, are almost always NOT controllable.