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HOLMES AND RAHE STRESS SCALE

Holmes and Rahe found that a score of 150 gives you a 50-50 chance of developing an illness. A score of 300+ gives you a 90% chance of developing an illness, having an accident or "blowing up". Notice that "positive times" like Christmas, marriage and vacations are stressful.

multiply event by the number of times you have experienced it in the last year

	LIFE EVENT (STRESSOR)	VALUE		#/YR		TOTAL
1	DEATH OF SPOUSE	100	X	____	=	_____
2	DIVORCE	73	X	____	=	_____
3	MARITAL SEPARATION	65	X	____	=	_____
4	JAIL TERM	63	X	____	=	_____
5	DEATH OF CLOSE FAMILY MEMBER	63	X	____	=	_____
6	MAJOR PERSONAL INJURY OR ILLNESS	53	X	____	=	_____
7	MARRIAGE	50	X	____	=	_____
8	FIRED FROM WORK	47	X	____	=	_____
9	MARITAL RECONCILIATION	45	X	____	=	_____
10	RETIREMENT	45	X	____	=	_____
11	MAJOR CHANGE IN HEALTH OF FAMILY MEMBER	44	X	____	=	_____
12	PREGNANCY	40	X	____	=	_____
13	SEX DIFFICULTIES	39	X	____	=	_____
14	GAIN OF NEW FAMILY MEMBER	39	X	____	=	_____
15	MAJOR BUSINESS READJUSTMENT	39	X	____	=	_____
16	MAJOR CHANGE IN FINANCIAL STATE	38	X	____	=	_____
17	DEATH OF CLOSE FRIEND	37	X	____	=	_____
18	CHANGE TO DIFFERENT LINE OF WORK	36	X	____	=	_____
19	MAJOR CHANGE IN NUMBER OF ARGUMENTS WITH SPOUSE	35	X	____	=	_____
20	MORTGAGE OVER $100,000	31	X	____	=	_____
21	FORCLOSURE OF MORTAGE OR LOAN	30	X	____	=	_____
22	MAJOR CHANGE IN RESPONSIBILITIES AT WORK	29	X	____	=	_____
23	SON OR DAUGHTER LEAVING HOME	29	X	____	=	_____
24	TROUBLE WITH IN-LAWS	29	X	____	=	_____
25	OUTSTANDING PERSONAL ACHIEVEMENT	28	X	____	=	_____
26	SPOUSE BEGINS OR STOPS WORK	26	X	____	=	_____
27	BEGIN OR END SCHOOL	26	X	____	=	_____
28	MAJOR CHANGE IN LIVING CONDITIONS	25	X	____	=	_____
29	REVISION OF PERSONAL HABITS	24	X	____	=	_____
30	TROUBLE WITH BOSS	23	X	____	=	_____
31	MAJOR CHANGE IN WORK HOURS OR CONDITIONS	20	X	____	=	_____
32	CHANGE IN RESIDENCE OR SCHOOLS	20	X	____	=	_____
33	MAJOR CHANGE IN RECREATION	19	X	____	=	_____
34	MAJOR CHANGE IN CHURCH ACTIVITIES	19	X	____	=	_____
35	MAJOR CHANGE IN SOCIAL ACTIVITIES	18	X	____	=	_____
36	MORTGAGE OR LOAN LESS THAN $10,000	17	X	____	=	_____
37	MAJOR CHANGE IN SLEEPING HABITS	16	X	____	=	_____
38	MAJOR CHANGE IN NUMBER OF FAMILY GET-TOGETHERS	15	X	____	=	_____
39	MAJOR CHANGE IN EATING HABITS	15	X	____	=	_____
40	VACATIONS , CHRISTMAS	13	X	____	=	_____
41	MINOR VIOLATIONS OF THE LAW	11	X	____	=	_____
				YOUR TOTAL		_____

R&M SEMINARS

OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.