

# LIFE EVENTS STRESS QUESTIONNAIRE

Put the point value indicated for each life event you have personally experienced in the **past 18 months** in the shaded box. If you have experienced any event twice or more during the past 18 months, then double, triple etc. For example, if you have experienced divorce twice in the last 18 months, the score in that shaded box would be 146. Once complete, add your numbers to obtain your Total Stress Score. You may send your completed questionnaire to [RodgerRuge@protonmail.com](mailto:RodgerRuge@protonmail.com) for a complementary analysis!

1.	Death of spouse, partner, or child	100	
2.	Divorce	73	
3.	Marital or partnership separation	65	
4.	Detention in jail	63	
5.	Death of a close family member or close friend	63	
6.	Personal injury or illness	53	
7.	Marriage	50	
8.	Fired from job	47	
9.	Marital reconciliation	45	
10.	Retirement	45	
11.	Change in health of family member	44	
12.	Pregnancy (you or your spouse/ partner)	40	

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13.	Sexual difficulties	39	
14.	Addition of new family member (e.g., birth, adoption)	39	
15.	Significant business adjustment (e.g., reorganization)	39	
16.	Change in financial status	38	
17.	Death of close friend	37	
18.	Changing to a different type of work	36	
19.	Significant change in number of arguments with spouse or partner (e.g. a lot more or a lot less)	35	
20.	Acquiring a significant loan or mortgage	31	
21.	Foreclosure of mortgage or loan	30	
22.	Significant change in responsibilities at work (e.g., promotion, transfer, demotion)	29	
23.	Son or daughter leaving home (e.g., marriage, college)	29	
24.	In-law troubles	29	
25.	Outstanding personal achievement	28	
26.	Spouse or partner begins or stops work	26	
27.	Beginning or ceasing formal schooling	26	

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28.	Homeschooling children	26	
29.	Significant change in living conditions (e.g. new roommates, renovation, downsizing, upgrading)	25	
30.	Revision of personal habits (e.g., smoking, alcohol use)	24	
31.	Troubles with boss	23	
32.	Change in residence	20	
33.	Change in Work Hours, Conditions	20	
34.	Changing to a new school	20	
35.	Significant change in type or number of recreational activities	19	
36.	Significant change in amount of church or spiritual activities	19	
37.	Change in social activities	18	
38.	Acquiring a loan or mortgage for small purchase	17	
39.	Change in sleeping habits	16	
40.	Change in number of family get-togethers	15	
41.	Change in eating habits	15	
42.	Vacation / significant time away from home	13	

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43.	Major holiday (Christmas, Hanukkah, etc.) 12 points if the holiday is a minor part of your life, 53 points if the holiday is a large part of your life (e.g., shopping, planning parties, extra trips)	12 (53)	
44.	Minor violations of law (e.g., traffic or parking citations)	11	

## Your Total Stress Score

The manifestation of physical stress symptoms is not the beginning of a path, but in fact the end. It is your body and mind waving a red flag to get your attention before something becomes a chronic condition requiring disease management instead of resolution. Learning to pay attention to the messages from the body is a critical aspect of stress awareness. Remember, the number is just a number, a way to build awareness. **KNOW THIS**; no matter what your number the stress you are experiencing can be counterbalanced through individually targeted resilience practices!

**If you score below 150 points**, chances are about *one in three* that a stress-related health problem will happen to you in the next two years.

**If the total score is between 150 and 300**, your chance of stress-related health problems increases to about *one in two*.

**If the score is over 300 points**, you are operating at maximum performance and your chances for a major stress-related illness in the next two years increases to about **90%**.

Once complete, send your completed questionnaire to [RodgerRuge@protonmail.com](mailto:RodgerRuge@protonmail.com) for a complementary analysis!

This questionnaire was adapted from the research of: Thomas Holmes and Richard Rahe and updated to reflect modern times by Dr. L. John Mason and Rodger Ruge, CHPC.