

**Take the time now to review the rating of each event that applies to you at this time. Add the number of points to receive a total score.**

- 100-----Death of a spouse
- 73-----Divorce
- 65-----Marital separation
- 63-----Jail term
- 63-----Death of a close family member (except spouse)
- 58-----Major personal injury or illness
- 50-----Marriage
- 47-----Fired at work
- 45-----Marital reconciliation
- 44-----Change in health of family member (not self)
- 40-----Pregnancy
- 39-----Sex difficulties
- 39-----Gain of new family member
- 39-----Business readjustment
- 38-----Change in financial state
- 37-----Death of a close friend
- 36-----Change to a different occupation
- 35-----Change in number of arguments with spouse
- 31-----Mortgage over \$50,000
- 30-----Foreclosure of mortgage or loan
- 29-----Change in responsibilities at work
- 29-----Son or daughter leaving home
- 29-----Trouble with in-laws
- 28-----Outstanding personal achievement
- 26-----Spouse begin or stop work
- 26-----Begin or end school
- 25-----Change in living conditions
- 24-----Change in personal habits
- 23-----Trouble with the boss
- 20-----Change in work hours or conditions
- 20-----Change in residence
- 20-----Change in schools
- 19-----Change in recreation
- 19-----Change in church activities
- 18-----Change in social activities
- 17-----Mortgage or loan less than \$50,000
- 16-----Change in sleeping habits
- 15-----Change in number of family get-togethers
- 13-----Change in eating habits
- 13-----Vacation
- 12-----Christmas or other major holiday of its kind
- 11-----Minor violations of the law

**TOTAL POINTS FOR YOU: \_\_\_\_\_**

**A score of 300 or more indicates significant stress in your life which may have serious health consequences. If you are experiencing difficulty in thinking positively about your circumstances, experience sleep disturbances, loose interest in everyday activities, feel or actually are tearful and/or angry the majority of the time and these symptoms persist more days than not for a month or more, please consult a mental health professional.**

**A score between 150-300, carries the potential for serious health consequences. A consultation with a mental health professional can help you determine the need for mental health services.**

**A score of less than 150 indicates that you are probably in good health. Should you find yourself with any of the symptoms mentioned above more days than not for more than one month, it would be in your best interest to consult with a mental health professional.**

Provided by Dr. Pamela Horton