

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 MORTGAGE 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			_____



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.