

# Life Stressors Inventory

1. Marriage
2. Death of Spouse
3. Divorce
4. Marital separation from spouse
5. Death of close family member (other than spouse)
6. Detention in jail or other institution
7. Major Personal injury or illness
8. Being fired from work
9. Retirement
10. Major change in health or behavior of family member
11. Marital reconciliation
12. Pregnancy
13. Major business adjustment (career move, bankruptcy, merger)
14. Gaining new family member (birth, adoption, moving in a relative)
15. Sexual difficulties
16. Major change in financial state
17. Change to a new line of work
18. Death of a close friend
19. Major change in number of arguments with mate (more or less)
20. Foreclosure on mortgage or loan
21. Taking out a mortgage or major loan
22. Trouble with in-laws
23. Outstanding personal achievement
24. Son or daughter leaving home
25. Major changes in responsibilities at work (transfer, demotion, promotion)
26. Major change in living conditions (remodeling, building new home)
27. Beginning or ceasing schooling

## Scoring

For each time this happened in the past 12 months, give yourself the assigned point value and add up your total. For example, if you got married twice last year, you give yourself 1002 points (501 x 2)

1. 501
2. 100
3. 73
4. 65
5. 63
6. 63
7. 53
8. 47
9. 45
10. 44
11. 45
12. 40
13. 39
14. 39
15. 39
16. 38
17. 36
18. 37
19. 35
20. 30
21. 31
22. 29
23. 28
24. 29
25. 29
26. 26
27. 25

TOTAL = \_\_\_\_\_