

Personal Life Stress Test

Directions

Read each of the major life events listed below and put a check mark next to the events that have taken place in your life in the past 12 to 24 months. When you are done looking at the whole list, add up the points for each event you put a check mark by and put the total next to “Your Total Score”. Remember, there is no right or wrong answers. The purpose is to help identify which of these events you have experienced in the past two years that can be stressful. You may want to consider extending the timeline (e.g. 5 years), if you believe it might be more relevant to your current situation.

Points	Major Life Event
_____ 100	Death of a partner
_____ 73	Divorce
_____ 65	Separation from relationship partner
_____ 63	Jail term
_____ 63	Death of a close family member
_____ 53	Personal injury or illness
_____ 50	Marriage
_____ 47	Fired from work
_____ 45	Retirement
_____ 45	Reconciliation with a relationship partner
_____ 44	Change in family member’s health or behavior
_____ 40	Pregnancy
_____ 40	Sexual difficulties
_____ 39	Addition to family
_____ 39	Business readjustments
_____ 38	Change in financial status
_____ 37	Death of close friend
_____ 36	Change to a different line of work
_____ 35	Change in number of arguments with partner
_____ 31	Mortgage or loan over \$30,000
_____ 30	Foreclosure of a mortgage or loan
_____ 29	Change in work responsibilities
_____ 29	Trouble with partner’s parents
_____ 28	Outstanding personal achievement
_____ 26	Partner begins or stops work
_____ 26	Starting or finishing school
_____ 25	Change in living conditions
_____ 24	Revision to personal habits
_____ 23	Trouble with boss
_____ 20	Change in work hours or conditions
_____ 20	Change in residence
_____ 20	Change to schools
_____ 19	Change in recreational habits
_____ 19	Change in spiritual activities
_____ 18	Change in social activities
_____ 17	Mortgage or loan under \$20,000
_____ 16	Change in sleeping habits
_____ 15	Change in number of family gatherings
_____ 15	Change in eating habits
_____ 13	Vacation
_____ 12	Holiday observance
_____ 11	Minor violations of the law
_____	Your Total Score

Personal Life Stress Test

This scale shows the kind of life pressure that you are facing. Depending on your coping skills or the lack thereof, this scale can predict the likelihood that you will fall victim to a stress related illness. The illness could be mild - frequent tension headaches, acid indigestion, and loss of sleep to very serious illness like ulcers, cancer, migraines and the like.

LIFE STRESS SCORES

0-149 = Low susceptibility to stress-related illness

35% chance of illness or accident within 2 years

150-299 = Medium susceptibility to stress-related illness

51% chance of illness or accident

Learn and practice relaxation and stress management skills and a healthy well life style.

300 and Over = High susceptibility to stress-related illness

80% chance of illness or accident

Daily practice of relaxation skills is very important for your wellness.

Take care of it now before a serious illness erupts or an affliction becomes worse.

Adapted from: Conscious Living Foundation
<http://www.cliving.org/lifestresstest.htm>