

LIFE CHANGE UNITS¹

	<u>EVENT</u>	<u>IMPACT</u>
[]	DEATH OF SPOUSE	100
[]	DIVORCE	73
[]	MARITAL SEPARATION	65
[]	JAIL TERM	63
[]	DEATH OF CLOSE FAMILY MEMBER	63
[]	PERSONAL INJURY OR ILLNESS	53
[]	MARRIAGE	50
[]	LOSS OF JOB	47
[]	MARITAL RECONCILIATION	45
[]	RETIREMENT	45
[]	CHANGE IN HEALTH OF FAMILY MEMBER	44
[]	PREGNANCY	40
[]	SEX DIFFICULTIES	39
[]	GAIN OF NEW FAMILY MEMBER	39

¹ This checklist was adapted from the “life change units” scale by Dr. Thomas Holmes. Based on his actuarial data, it would be predicted that persons with a total of 300 or more points are at risk for the development of a major illness within the next two years.

[]	BUSINESS READJUSTMENT	39
[]	CHANGE IN FINANCIAL STATE	38
[]	DEATH OF CLOSE FRIEND	37
[]	CHANGE TO DIFFERENT LINE OF WORK	36
[]	CHANGE IN NUMBER OF ARGUMENTS WITH SPOUSE	35
[]	DEBT OF MORE THAN \$10,000	31
[]	FORECLOSURE OF MORTGAGE OR LOAN	30
[]	CHANGE IN RESPONSIBILITIES AT WORK	29
[]	SON OR DAUGHTER LEAVING HOME	29
[]	TROUBLE WITH IN-LAWS	29
[]	OUTSTANDING PERSONAL ACHIEVEMENT	28
[]	SPOUSE BEGINS OR STOPS WORK	26
[]	BEGIN OR END SCHOOL	26
[]	CHANGE IN LIVING CONDITIONS	25
[]	REVISION OF PERSONAL HABITS	24
[]	TROUBLE WITH BOSS	23
[]	CHANGE IN WORK HOURS OR CONDITIONS	20
[]	CHANGE IN RESIDENCE	20
[]	CHANGE IN SCHOOLS	20

[]	CHANGE IN RECREATION	19
[]	CHANGE IN CHURCH ACTIVITIES	19
[]	CHANGE IN SOCIAL ACTIVITIES	19
[]	DEBT OF LESS THAN \$10,000	17
[]	CHANGE IN SLEEPING HABITS	16
[]	CHANGE IN NUMBER OF FAMILY GET-TOGETHERS	15
[]	CHANGE IN EATING HABITS	15
[]	VACATION	13
[]	CHRISTMAS	12
[]	MINOR VIOLATIONS OF THE LAW	11
