



# CLAIRE GODWIN COACHING

passionate about people - passionate about life

## LIFE EVENT STRESS INVENTORY

<u>LIFE EVENT</u>	<u>CHANGE UNIT</u>
Death of spouse or partner	100
Divorce	73
Marital Separation	65
Imprisonment	63
Death of close family member	60
Personal injury or illness	55
Marriage	50
Moving House	49
Dismissal from work	47
Retirement	45
Change in health of family member	44
Pregnancy – self or partner	40
Sexual difficulties	39
Gaining a new family member	39
Business/work changes	39
Change in financial state	38
Death of a close friend	37
Changes in amount of arguments with spouse	36
Major mortgage change	32
Son or daughter leave home	29
Outstanding personal achievement	29
Trouble with in-laws	28
Spouse/partner begins or stops work	27
Change in living conditions	27
Change in social activities	26
Change in recreational activities	25
Change in school	24
Holidays	15
Christmas	14
Minor violation of the law	11
<b>TOTAL SCORE</b>	

### INTERPRETATION

Life events can function as stressors that influence the body through activation of the stress response. An accumulation of 150 or more points (see point ranges below) in a 1 year period may lead to increased physical illness during the coming year. Of course, you must remember that, for a given person, certain events may be more or less stressful than the point values indicated.

Less than 100: limited likelihood of stress related illness  
101-200: moderate likelihood of stress related illness  
201 or above: high likelihood of stress related illness

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