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The Life-Change Scale

How much stress have you had in the past 24 months? Note which events have happened in your life, then record your score in the “Your score” column. If your particular life event isn’t listed, add it and assign an estimated value. If an event happened more than once, score that number of points for each time that it happened.

Event Value	Your score	Life event
100	_____	Death of a spouse
73	_____	Divorce
65	_____	Marital separation
63	_____	Jail term
53	_____	Death of a close family member
50	_____	Personal injury or illness
47	_____	Marriage
45	_____	Losing a job
45	_____	Marital reconciliation
44	_____	Retirement
40	_____	Change in health of a family member
39	_____	Pregnancy
39	_____	Sexual difficulties
39	_____	Gain of new family members
38	_____	Business adjustment
37	_____	Change in financial status
36	_____	Death of a close friend
35	_____	Change to a different line of work
31	_____	Increased arguing with spouse
30	_____	Taking on a large mortgage
29	_____	Foreclosure of mortgage or loan
29	_____	Change in work responsibilities
29	_____	Child leaving home
28	_____	Conflict with in-laws
26	_____	Outstanding personal achievement
26	_____	Spouse begins or stops working
25	_____	Beginning or ending school
24	_____	Change in living conditions
23	_____	Drastic change in personal habits
20	_____	Trouble with your boss
20	_____	Change in work hours or conditions
20	_____	Change in residence
19	_____	Change in schools
19	_____	Change in recreation habits
18	_____	Change in social activities
17	_____	Taking on a small loan or mortgage
16	_____	Change in sleeping habits
15	_____	Change in eating habits
13	_____	Vacation

12

Christmas holidays

11

Minor violations of the law

Total:

If you scored over 200 points, you've been under excessive amounts of stress. Your physical and emotional well-being are likely to suffer as a result of the changes in your life. Explore an array of options to reclaim control and manage your stress level. Seek professional help to get the support and information you need.