

	Life Event	Points
1	Death of a spouse	100
2	Divorce	73
3	Separation from a mate	65
4	Detention in jail or other institution	63
5	Death of a close family member	63
6	Major personal injury or illness	53
7	Marriage	50
8	Getting fired from your job	47
9	Reconciliation with a mate	45
10	Retirement from work	45
11	Major changes in the health (physical or mental) of a family member	44
12	Pregnancy	40
13	Sexual difficulties	39
14	Adding a new family member to the household (birth, adoption, aging parent)	39
15	Major business changes	39
16	Major change in financial state (much worse or much better)	38
17	Death of a close friend	37
18	Making a career change to a new line of work	36
19	Major change in number of arguments with mate (a lot more or less)	35
20	Taking on a new mortgage	31
21	Foreclosure on a mortgage	30
22	Major changes in work responsibilities	29
23	Son or daughter leaving home	29
24	In-law troubles	29
25	Outstanding personal achievement	28
26	Mate beginning or ceasing work	26
27	Beginning or ceasing formal schooling	26
28	Major changes in living conditions (new home, remodeling, neighbor or neighborhood deterioration, etc.)	25
29	Changes in personal habits (smoking or drinking cessation, joining or quitting associations, personal makeover)	24
30	Trouble with the boss	23
31	Major changes in work hours or conditions	20
32	Changing residence	20
33	Change to a new school	20
34	Major change in type or amount of recreation (doing more or less)	19
35	Major change in church activity (doing more or less)	19
36	Big changes in amount of social activities (more or less)	18
37	Taking on a new loan (vehicle, television, etc.)	17
38	Major change in sleep habits (sleeping a lot more or less than normal)	16
39	Major changes in the number of family get-togethers	15
40	Major changes in eating habits (eating a lot more or less food, taking on a new diet, changing meal hours or surroundings)	15
41	Vacation	13
42	Major holidays	12
43	Minor law violations (traffic ticket)	11

150 points or less is relatively low life stress

150 to 300 points is moderate to moderately high stress

300 or more points is high life stress