

# WHAT CAUSES YOU STRESS?

*Look down the following list and circle the major life events you have encountered over the past year. The accumulation of significant life events in any one year increases your vulnerability to stress-related illness.*

## Scoring

The following scores are loosely based on research carried out by Holmes and Rahe (1967), who studied the relationship between life events and stress-related health problems.

1	Death of your spouse or life partner	100	17	Unexpected accident or trauma	45
2	Divorce or separation	75	18	Changes at work/increased demands	35
3	Major illness or injury	70	19	Outstanding personal achievement or promotion	35
4	Loss of a job	70	20	Caring for an elderly or sick relative or friend	35
5	Problems with the law/imprisonment	70	21	Problems with relatives, family, friends or neighbors	35
6	Death of someone close	60	22	Financial worries	35
7	Marital reconciliation	60	23	Examinations, extra study, or having to speak in public	30
8	Retirement	60	24	Changes in social activities	30
9	Illness in your immediate family	50	25	Changes in recreational activities	30
10	Marriage or moving in with your partner	50	26	Children going or "growing" away	30
11	Moving house or major renovation	50	27	Premenstrual syndrome or menopause	30
12	Gaining a new family member - through birth or adoption	50	28	Starting a new relationship	30
13	Pregnancy	45	29	Going on vacation	20
14	Increase in the number of arguments or disagreements with partner	45	30	Family gatherings, Christmas	20
15	Large mortgage, loan, or debt	45		TOTAL SCORE	
16	Changing jobs or a new job	45			

## INTERPRETING YOUR SCORE

*Add up all your scores to find your total. This will give you an approximate measure of how many life changes you have experienced recently and how vulnerable you are to stress-related problems.*

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### **Over 280 High vulnerability**

You have suffered an unusually high number of stressful life events over the last year, which greatly increases your risk of developing stress-related illnesses. However, illness is not an inevitable result of change. Your personality and ability to cope largely determine how well you react. By improving your life skills, you can be prepared to cope with difficult life events.

### **130-280 Moderate vulnerability**

You have experienced a number of stressful events over the past year, which could increase your risk of stress-related illness. The more you know about these life events and understand the effect they are likely to have on you, the better you will be able to prepare yourself in advance for similar events in the future.

### **Below 130 Low vulnerability**

You have experienced few stressful events over the past year and your life appears to be relatively settled, causing little risk of stress-related illness. However, if you are aware of how you may be affected by major life events, you can ensure that you are well prepared for future changes.

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**Please consult *Free Yourself from Harmful Stress* by Trevor Powell in the event that you score high on any assessment, in order to begin the necessary healing steps outlined in the publication.**