

## Stress Test

<u>Event</u>	<u>Value</u>	<u>Your Score</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	_____
Fired from work	47	_____
Marital reconciliation	45	_____
Retirement	45	_____
Change in family member's health	44	_____
Pregnancy	40	_____
Sex difficulties	39	_____
Addition to family	39	_____
Business readjustment	39	_____
Change in financial status	38	_____
Death of close friend	37	_____
Change to different line of work	36	_____
Change in number of marital arguments	35	_____
Mortgage or loan over \$10,000	31	_____
Foreclosure of mortgage or loan	30	_____
Change in work responsibilities	29	_____
Son or daughter leaving home	29	_____
Trouble with in-laws	29	_____
Outstanding personal achievement	28	_____
Spouse begins or stops work	26	_____
Starting or finishing school	26	_____
Change in living conditions	25	_____
Revision of personal habits	24	_____
Trouble with boss	23	_____
Change in work hours, conditions	20	_____
Change in residence	20	_____
Change in schools	20	_____
Change in recreational habits	19	_____
Change in church activities	19	_____
Change in social activities	18	_____
Mortgage or loan under \$10,000	17	_____
Change in sleeping habits	16	_____
Change in number of family gatherings	15	_____
Change in eating habits	15	_____
Vacation	13	_____
Christmas season	12	_____
Minor violation of the law	11	_____
<b>Total</b>		_____

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Smolensky, Jack. *A Guide to Child Growth and Development*, Dubuque, Iowa: Kendall/Hunt Publishing Company, 1977.