



Online Relationship Academy

Course: Managing Stress Together

Worksheet (2 of 2) for Lesson 2
Recognizing the Effects of Stress

Instructions

- On the Holmes Rahe Life Stress Inventory, mark down the point value of each of the life events that you have experienced during the past 12 months.
- Total these associated points.
Refer to *Instructions for Couple Conversation* to share your score with your partner.

Based on research by psychiatrists [Thomas Holmes and Richard Rahe](#) in 1967, this index scale examines the link between stress and illness.

The body is a finely tuned instrument that does not like surprises. Any sudden change in stimuli which affects the body, or the reordering of important routines that the body becomes used to, can cause needless stress, throwing your whole physical being into turmoil.

The higher your score, the more susceptible you are to developing stress-related illnesses. It's crucial that, during intense times of change, that you take tangible steps to manage your stress.

Scoring Key According to the Holmes Rahe Life Stress Inventory:

150 total points or lower represents a relatively low amount of life change and a low susceptibility to stress-induced health break down.

150-300 total points represents a moderate amount of life change and a moderate susceptibility to stress-induced health break down. It implies about a 50% chance of a major health breakdown in the next 2 years.

300 total points or more represents a relatively high amount of life change and a high susceptibility to stress-induced health break down. It implies about an 80% chance of a major health breakdown in the next 2 years.

Holmes-Rahe Life Stress Inventory

In the past 12 months, which of the following *major life events* have taken place in your life? Make a check mark next to each event that you have experienced. When you are done, add up the points for each event. Calculate your score at the end.

Event	Stress Scores
<input type="checkbox"/> Death of Spouse	100
<input type="checkbox"/> Divorce	73
<input type="checkbox"/> Marital Separation	65
<input type="checkbox"/> Jail Term	63
<input type="checkbox"/> Death of close family member	63
<input type="checkbox"/> Personal injury or illness	53
<input type="checkbox"/> Marriage	50
<input type="checkbox"/> Fired from work	47
<input type="checkbox"/> Marital reconciliation	45
<input type="checkbox"/> Retirement	45
<input type="checkbox"/> Change in family member's health	44
<input type="checkbox"/> Pregnancy	40
<input type="checkbox"/> Sex difficulties	39
<input type="checkbox"/> Addition to family	39
<input type="checkbox"/> Business readjustment	39
<input type="checkbox"/> Change in financial status	38
<input type="checkbox"/> Death of close friend	37
<input type="checkbox"/> Change to a different line of work	36
<input type="checkbox"/> Change in number of marital arguments	35
<input type="checkbox"/> Mortgage or loan over \$10,000	31
<input type="checkbox"/> Foreclosure of mortgage or loan	30

__ Change in work responsibilities	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 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

CALCULATE

Your total score: _____

This scale shows the kind of life pressure that you are facing. Depending on your coping skills or the lack thereof, this scale can predict the likelihood that you will fall victim to a stress-related illness. The illness could range from mild problems like frequent tension headaches, acid indigestion, loss of sleep to more serious problems like ulcers, migraines, hypertension, etc.

See page 1 for scoring scale.