

COMPLETE THE FOLLOWING AND ADD UP THE NUMBER OF POINTS FROM THE EVENTS WHICH HAVE OCCURED TO YOU IN THE PAST 12 MONTHS.

HOLMES-RAHE STRESS TEST

In the past 12 months, which of these have happened to you?

EVENT	VALUE SCORE	EVENT	VALUE SCORE
Death of spouse	100	Son or daughter leaving home ..	29
Divorce	73	Trouble with in-laws.....	29
Marital separation	65	Outstanding personal achieve-	
Jail term	63	ment.....	28
Death of close family member ..	63	Spouse begins or starts work	26
Personal injury or illness	53	Starting or finishing school	26
Marriage	50	Change in living conditions	25
Fired from work	47	Revision of personal habits.....	24
Marital reconciliation.....	45	Trouble with boss	23
Retirement	45	Change in work hours, conditions	20
Change in family member's health	44	Change in residence	20
Pregnancy	40	Change in schools.....	20
Sex difficulties	39	Change in recreational habits ...	19
Addition to family.....	39	Change in church activities	19
Business readjustment	39	Change in social activities.....	18
Change in financial status	38	Mortgage or loan under \$10,000 .	18
Death of close friend	37	Change in sleeping habits.....	16
Change in number of marital		Change in number of family	
arguments	35	gatherings	15
Mortgage or loan over \$10,000 ..	31	Change in eating habits.....	15
Foreclosure of mortgage or loan	30	Vacation.....	13
Change in work responsibilities	29	Christmas season	12
		Minor violation of the law	11
		TOTAL	_____

Scores

150 or less = 30% chance of physical illness or depression.

150 - 300 = 50% chance of " " " "

over 300 = 80-85% chance of " " " "

Football Players

150 or less = 9% had injuries

150 - 300 = 25% " "

300 or more = 50% " "

Stresses:

1. Financial - servants + possessions
2. Family - 7 sons & daughters
3. Status - felt like a failure
4. Health - painful sores

14

Job's stresses = over 700

His response:

1. Worshipped God
2. Obeyed God (He felt struggled about yielding)
3. Accepted - they didn't mean we sign it @ we it question: I (2:11) would son...

We can anticipate many changes ahead of time & deal with them. i.e. (long term sickness = death)