

COPING WITH THE LOSSES OF LIFE

THE CHANGE SCALE (Lesson 3)

INSTRUCTIONS: The list below shows many life changes that can add to our stress. The events are listed on the left and the number of points that each has is in the middle. Write in the number of points on the line on the right for each of the events that you have experienced in the past year. When finished, add up all the points and write your answer at the bottom. Then wait for the group to finish. We will then be discussing what the numbers mean.

Life Event	Mean Value	Points
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 at work	47	_____
Marital reconciliation	45	_____
Retirement	45	_____
Change in health of family member	44	_____
Pregnancy	40	_____
Sex difficulties	39	_____
Gain of new family member	39	_____
Business readjustment	39	_____
Change in financial state	38	_____
Death of close friend	37	_____
Change to different line of work	36	_____

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enter total here and on page 2
(continue on to the next page)

Change in number of arguments with spouse	35	_____
Mortgage over \$10,000	31	_____
Foreclosure of mortgage or loan	30	_____
Change in responsibilities at work	29	_____
Son or daughter leaving home	29	_____
Trouble with in-laws	29	_____
Outstanding personal achievement	28	_____
Wife begins or stops work	26	_____
Begin or end school	26	_____
Change in living conditions	25	_____
Revision of personal habits	24	_____
Trouble with boss	23	_____
Change in work hours or conditions	20	_____
Change in residence	20	_____
Change in schools	20	_____
Change in recreation	19	_____
Change in church activities	19	_____
Change in social activities	18	_____
Mortgage or loan less than \$10,000	17	_____
Change in sleeping habits	16	_____
Change in number of family get-togethers	15	_____
Change in eating habits	15	_____
Vacation	13	_____
Christmas	12	_____
Minor violations of the law	11	_____
	Total this page	_____
	Total from previous page	_____
	Grand Total	_____