

CURRENT LIFE STRESSORS WORKSHEET

Dr. Jane Bolton, PsyD, LMFT
Psychotherapy and Master Results Life Coaching

Understanding your current life stressors is one of the first things a therapist will want to do. See for yourself the standard life events that cause our stresses, and assess how many of the stressful things are going on in your life right now.

When you add up your stressors it may help you realize all that you are going through and may help you validate yourself for how you are feeling. Once you get a clear view, you can make a plan for how to handle what you are dealing with.

It may surprise you that some of them are really good things.

Life Event	Points
1. Death of spouse	100
2. Divorce	73
3. Marital Separation	65
4. Jail Term	63
5. Death of a close family member	63
6. Personal injury or illness	53
7. Marriage	50
8. Being Fired from work	47
9. Reconciliation with spouse	45
10. Retirement	45
11. Change in health of family member	44
12. Pregnancy	40
13. Sexual difficulties	39
14. Addition of family member	39
15. Major business readjustment	39
16. Major change in financial state	38
17. Death of a close friend	37
18. Changing to a different line of work	36
19. Change in frequency of arguments with spouse	35
20. Mortgage for loan or major purchase over \$ 15,000	31
21. Foreclosure on a mortgage or loan	30
22. Major change in responsibilities at work	29
23. Children leaving home	29
24. Trouble with in-laws	29

25. Outstanding personal achievement	28
26. Spouse begins or stops work	26
27. Starting or ending school	26
28. Change in living conditions	25
29. Revision of personal habits (dress, manners, associations)	24
30. Trouble with boss	23
31. Change in work hours, conditions	20
32. Change in residence	20
33. Change in school	20
34. Change in recreational activities	19
35. Change in church activities	19
36. Change in social activities	18
37. Mortgage or loan under \$15,000	17
38. Change in sleeping habits	16
39. Change in number of family gatherings	15
40. Change in eating habits	15
41. Vacation	13
42. Christmas	12
43. Minor violation of the law	11
Totals	

You probably have noticed that not all of these events are "bad." In fact, some of the top stressful offenders are down right happy events, such as getting married and winning the lottery. So, how many of the events in the list have you encountered in past 12 months? Identify them and add up.

Statistics regarding your score: 1) If you have a total below 15, you have a 35% chance of illness or accident within the next two years. 2) If you have a total between 150-300, your chance increases to 51% 3) If you have a total over 300: Your chance increases to 80%

Dr. Jane Bolton, a marriage and family therapist, master results coach and contemporary psychoanalyst is dedicated to supporting people in the fullest self expression of their Authentic Selves. This includes Discovery, Understanding, Acceptance, Expression, and Empowerment of the Self. Call 310.838.6363 or visit www.Dr-Jane-Bolton.com