

## Life Events & Stress

	Stressful Life Events	Able to Change? (Yes/No)	Priority	How to deal with the stressor	How to cope with the unchangeable stressors
<b>High Level Stressors</b>	Death of spouse				
	Divorce				
	Marital separation				
	Death of close family member				
	Personal injury or illness				
	Getting married/Wedding				
	Loss of Job/Retirement				
	Marital problems				
	Change in work shift				
	Family member health problems				
	Other				
<b>Medium Level Stressors</b>	Pregnancy				
	Sexual difficulties				
	Drug/Alcohol abuse				
	Addition of a new family member				
	Significant change in finances				
	Death of close friend				
	Career change				
	Loan for major purchase				
	Foreclosure of mortgage				
	Change in work responsibilities				
	Child leaving home				
	Conflict with in-laws				
	Childcare difficulties				
	Spouse elects to begin or stop work				
	Returning to school				
	Other				
<b>Lower Level Stressors</b>	Disruption in living conditions				
	Trouble with boss				
	Change in work hours				
	Moving				
	Moving to a new school				
	Change in church				
	Sleep difficulty				
	Vacation planning				
	Holidays				
	Minor violations of the law				
	Other				

**SOURCE:**

Holmes TH, Rahe RH (1967). "The Social Readjustment Rating Scale". J Psychosom Res 11 (2): 213-8. Commonly known as the Holmes and Rahe Stress Scale. Adapted by [TheSolutionForMarriages.com](http://TheSolutionForMarriages.com) for use in mentoring.