



HOLMES-RAHE SURVEY OF RECENT EXPERIENCES

LIFE CHANGES	LIFE CHANGE UNITS (LCU'S)
Death of spouse	100 <input type="radio"/>
Divorce	73 <input type="radio"/>
Marital Separation	65 <input type="radio"/>
Jail Term	63 <input type="radio"/>
Death of close family member	63 <input type="radio"/>
Personal injury or illness	53 <input type="radio"/>
Marriage	50 <input type="radio"/>
Fired at work	47 <input type="radio"/>
Marital reconciliation	45 <input type="radio"/>
Retirement	45 <input type="radio"/>
Change in health of family member	44 <input type="radio"/>
Pregnancy	40 <input type="radio"/>
Sex difficulties	39 <input type="radio"/>
Gain of new family member	39 <input type="radio"/>
Business readjustment	39 <input type="radio"/>
Change of financial state	38 <input type="radio"/>
Death of close friend	37 <input type="radio"/>
Career change	36 <input type="radio"/>
Change in number of arguments with spouse	35 <input type="radio"/>
Mortgage over \$30,000	31 <input type="radio"/>
Foreclosure of mortgage or loan	30 <input type="radio"/>
Change in responsibilities at work	29 <input type="radio"/>
Child leaving home	29 <input type="radio"/>
Trouble with in-laws	29 <input type="radio"/>
Outstanding personal achievement	28 <input type="radio"/>
Partner begins or stops work	26 <input type="radio"/>
Begin or end school	26 <input type="radio"/>
Change in living conditions	25 <input type="radio"/>
Revision of personal habits	24 <input type="radio"/>
Trouble with the boss	23 <input type="radio"/>
Change in work hours or conditions	20 <input type="radio"/>
Change in residence	20 <input type="radio"/>
Change in schools	20 <input type="radio"/>
Change in recreation	19 <input type="radio"/>
Change in church activities	19 <input type="radio"/>
Change in social activities	18 <input type="radio"/>
Mortgage or loan of less than \$30,000	17 <input type="radio"/>
Change in sleeping habits	16 <input type="radio"/>
Change in number of family get-togethers	15 <input type="radio"/>
Change in eating habits	15 <input type="radio"/>
Vacation	13 <input type="radio"/>
Christmas	12 <input type="radio"/>
Minor violations of the law	11 <input type="radio"/>
TOTAL	

Add up the numbers
you have choose to
obtain your LCU'S.

300 + suggests a higher
possibility of physical illness
in the near future.

200 - 300 is mid-range.

-200 suggests that it is
unlikely that you will suffer
physical illness in the near
future.

