

OptimalHealthSecrets.Com
LIA Lifestyle Instruction Aid

abcd9. Social Readjustment Rating Scale

Compiled and formatted by Dr. Victor Jean Ouellette

Modified March 6, 2008

Dr. Thomas Holmes & Dr. Richard Rahe

People who accumulate more than 300 points in one year have an 80 % chance of becoming ill in the near future. Fifty percent of those scoring between 150 and 300 soon will become ill.

Check off all the events that are present now in your life, then add up the scores.

Life Crisis Event

	Unit Scores
Death of wife or husband	100
Divorce	73
Marital separation	65
Jail term	63
Death of close family member	63
Personal injury or illness	53
Marriage	50
Getting fired	47
Marital reconciliation	45
Retirement	45
Change in health of family member	44
Pregnancy	40
Sexual problems	39
Addition of new family member	39
Major business problems	39
Change in financial state	38
Death of close friend	37
Change to different kind of work	36
Change in living arrangements with spouse	35
Taking on a large mortgage	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
Spouse starts/stops work	26
Starting or leaving school	26

Change in living conditions	25
Revision of personal habits	24
Trouble with the boss	23
Change in working hours or conditions	20
Change in residence	20
Change in school	20
Change in recreation	19
Change in church activities	19
Change in social activities	18
Taking on a bank loan or other debt	17
Change in sleeping habits	16
Change in number of family reunions	15
Change in eating habits	15
Vacation	13
Christmas	12
Minor violations of the law	11

Copyright, Dr. Thomas Holmes & Dr. Richard Rahe, All Rights Reserved