

Social Readjustment Rating Scale
(Holmes & Rahe)

Life Events	Life Change Units
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 a different line of work	36
Change in number of arguments with spouse	35
Taking on large mortgage (>\$10,000++)	31
Foreclosure of mortgage or loan	30
SUB-TOTAL	

SUB-TOTAL	(from	page	1)
Change in responsibility at work		29	
Son or daughter leaving home			29
Trouble with in-laws		29	
Outstanding personal achievement		28	
Wife/husband begins or stops work		26	
Children 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 patterns		19	
Change in social activities		18	
Taking on small mortgage or loan (<\$10,000)		17	
Change in sleeping habits		16	
Change in no. of family get-togethers		15	
Change in eating habits		15	
Holiday		13	
Christmas		12	
Minor violations of the law		11	

TOTAL

It has been found that there is an increased risk of a serious illness if a total of 300 or more Life Change Units are obtained by an individual over a two-year period!