

# HOLMES/RAHE LIFE CHANGE INDEX

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The following list of events has been rated according to the ability to create stress for most people. Please enter the score numbers corresponding to those events that have occurred in your life during the past 12 months. Then total your score. If something has happened multiple times, **multiply the score number of that specific event, by the number of times it occurred.** (Example: Celebrate 3 major holidays—4<sup>th</sup> of July, Christmas, Thanksgiving—score of 12 x 3 = 36 total points for Holiday.)

<u>Event</u>	<u>Score</u>
Minor violation of the law.....	11 _____
Major holiday season.....	12 _____
Vacation (1 week or more).....	13 _____
Change in eating habits.....	15 _____
Change in number of family gatherings.....	15 _____
Change in sleeping habits.....	16 _____
Moderate debts & loans (under \$120,000, include. mortgage).....	17 _____
Change in social activities.....	18 _____
Change in religious activities.....	19 _____
Change in recreational habits.....	19 _____
Change in schools for close family member.....	20 _____
Change of residence or major remodeling.....	20 _____
Change in work hours or conditions.....	20 _____
Trouble with boss or superiors.....	23 _____
Change in personal habits.....	24 _____
Change in quality of living conditions.....	25 _____
Starting or finishing school.....	26 _____
Mate beginning or stopping work.....	26 _____
Outstanding personal achievement.....	28 _____
Trouble with close relatives.....	29 _____
Son or daughter leaving home or marrying.....	29 _____
Change in responsibilities at work.....	29 _____
Foreclosure of mortgage or loan; bankruptcy.....	30 _____
Large debt load (over \$120,000 include. mortgage) .....	31 _____
Change in number of arguments with mate.....	35 _____
Change to a different line of work.....	36 _____
Death of a close friend.....	37 _____
Change in financial status.....	38 _____
Business readjustment/reorganization.....	39 _____
New member in close family.....	39 _____
Sex difficulties.....	39 _____
Pregnancy (self or mate) .....	40 _____
Change in health of close family member.....	44 _____
Retirement (self or mate) .....	45 _____
Reconciliation with separated mate.....	45 _____
Lost job (laid off or fired) .....	47 _____
Marriage.....	50 _____
Personal injury or serious illness.....	53 _____
Death of close family member other than mate.....	63 _____
Jail term.....	63 _____
Separation from mate.....	65 _____
Divorce.....	73 _____
Death of mate.....	100 _____
<b>TOTAL SCORE</b> _____	

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During the last 4 decades, the Holmes/Rahe scale has been given to millions of people. It has a very high degree of accuracy with predicting the potential of having health issues arise.

It was discovered that the stressors you've experienced in the last 12 months of your life, can be a strong and accurate predictor of possible illnesses during the coming 12 months of your life.

Here's a summary of what was found:

- **If you have less than 150 points—results were too variable**
- **150-199 points = 50% chance of a serious illness in the next 12 months**
- **200-299 points = 70% chance of a serious illness in the next 12 months**
- **Over 300 points = 90% chance of a serious illness in the next 12 months.**

The only thing that they found that consistently overcame the negative effects of stress and pressure (and these numbers), were deep relaxation techniques, i.e., meditation, hypnosis, yoga, eliminating negative thinking, deep breathing, slow melodic music, etc.

To learn more about this, and for books, CD's, etc. that can help you overcome these negative potential outcomes—go to [www.DrLarryIverson.com](http://www.DrLarryIverson.com) and look in Success Thoughts and in the Products sections.