

Patient Name _____ **Date of Birth** ____/____/____

Social Readjustment Scale

Taken from *Mind as Healer, Mind as Slayer*, Kenneth Pelletier, Dell Publishing Co., New York, 1977 pp 109-111

Please circle all events that have occurred from present time to the previous year back.

Event	Value
Death of a spouse	100
Divorce	73
Marital separation	65
Jail term	63
Death of a close family member	63
Personal injury or illness	53
Marriage	50
Fired from work	47
Marital reconciliation	45
Retirement	45
Change in family member's health	44
Pregnancy	40
Sex difficulties	39
Addition to family	39
Change in financial status	38
Change in number of marital arguments	35
Mortgage or loan over \$100,000	31
Foreclosure of mortgage or loan	30
Change in work responsibilities	29
Son or daughter leaving home	29
Trouble with in-laws	29
Outstanding personal achievement	28
Spouse begins or stops work	26
Starting or finishing school	26
Change in living conditions	25
Revision in personal habits	24
Trouble with boss	23
Change in work hours, conditions	20
Change in residence	20
Change in schools	20
Change in recreational activities	19
Change in church activities	19
Change in social activities	18
Mortgage or loan under \$100,000	17
Change in sleeping habits	16
Change in eating habits	15
Vacation	13
Christmas season	12
Minor violation of the law	11

If nothing applies to you please initial here _____ **Date** ____/____/____