



Adolescent Life-Change Event Scale

Read each statement and circle the points to the right if you have experienced that event in the past year. When you finish, add the points circled to get your score.

<u>Rank</u>	<u>Event</u>	<u>Points</u>
1.	A parent died	98
2.	Brother or sister died	95
3.	Close friend died	92
4.	Parents divorced or separated	86
5.	Failed one or more subjects in school	86
6.	You were arrested by the police	85
7.	Flunked a grade in school	84
8.	Family member had trouble with alcohol	79
9.	Taking drugs or drinking alcohol	77
10.	Losing a favorite pet	77
11.	Parent or relative got very sick	77
12.	Losing a job	74
13.	Breaking up with a girl / boy friend	74
14.	Quitting school	73
15.	A close friend getting pregnant	69
16.	Parent losing a job	69
17.	Getting very sick or badly hurt	64
18.	Hassling with parents	64
19.	Trouble with teacher or principal	63
20.	Having problems with acne, weight, height	63
21.	Attending a new school	57
22.	Moving to a new home	51
23.	Change in physical appearance (braces, eyeglasses)	47
24.	Hassling with a brother or sister	46
25.	Starting your menstrual period	45
26.	Having someone new move in with your family (grandparent, adopted brother or sister or other)	35
27.	Starting a job	34
28.	Mother getting pregnant	31
29.	Starting to date	31
30.	Making new friends	27
31.	Brother or sister getting married	26

TOTAL SCORE: _____

Please turn this sheet over for scoring and suggestions.

SCORING: 80 % of people who score over 300 points will get sick due to stress. With a total score between 150 and 299, people have a 50 % chance of getting sick. People with less than 150 have a 30 % chance of getting sick.

The important point is that you can significantly decrease your chances of serious illness by decreasing the amount of stress in your life. You can control much of the change that occurs. In addition, by anticipating changes and planning for them, you are more prepared to handle stress.

ANALYZE YOUR SITUATION: Look at the list of 31 items. Break them into three categories: 1) those you can control 2) those you may be able to control and 3) those you cannot control. Which events are within your control to avoid on a daily basis? Which ones must you work on to avoid?