

COMPLETE THE FOLLOWING AND ADD UP THE NUMBER OF POINTS FROM THE EVENTS WHICH HAVE OCCURED TO YOU IN THE PAST 12 MONTHS.

## HOLMES-RAHE STRESS TEST

In the past 12 months, which of these have happened to you?

| EVENT                             | VALUE SCORE | EVENT                              | VALUE SCORE |
|-----------------------------------|-------------|------------------------------------|-------------|
| Death of spouse .....             | 100         | Son or daughter leaving home ..    | 29          |
| Divorce .....                     | 73          | Trouble with in-laws.....          | 29          |
| Marital separation .....          | 65          | Outstanding personal achieve-      |             |
| Jail term .....                   | 63          | ment.....                          | 28          |
| Death of close family member ..   | 63          | Spouse begins or starts work ....  | 26          |
| Personal injury or illness .....  | 53          | Starting or finishing school ..... | 26          |
| Marriage .....                    | 50          | Change in living conditions .....  | 25          |
| Fired from work .....             | 47          | Revision of personal habits.....   | 24          |
| Marital reconciliation.....       | 45          | Trouble with boss .....            | 23          |
| Retirement .....                  | 45          | Change in work hours, conditions   | 20          |
| Change in family member's health  | 44          | Change in residence .....          | 20          |
| Pregnancy .....                   | 40          | Change in schools.....             | 20          |
| Sex difficulties .....            | 39          | Change in recreational habits ...  | 19          |
| Addition to family.....           | 39          | Change in church activities .....  | 19          |
| Business readjustment .....       | 39          | Change in social activities.....   | 18          |
| Change in financial status .....  | 38          | Mortgage or loan under \$10,000 .  | 18          |
| Death of close friend .....       | 37          | Change in sleeping habits.....     | 16          |
| Change in number of marital       |             | Change in number of family         |             |
| arguments .....                   | 35          | gatherings .....                   | 15          |
| Mortgage or loan over \$10,000 .. | 31          | Change in eating habits.....       | 15          |
| Foreclosure of mortgage or loan   | 30          | Vacation.....                      | 13          |
| Change in work responsibilities   | 29          | Christmas season .....             | 12          |
|                                   |             | Minor violation of the law .....   | 11          |
|                                   |             | TOTAL                              | _____       |

### Scores

150 or less = 30% chance of physical illness or depression.

150 - 300 = 50% chance of " " " "

over 300 = 80-85% chance of " " " "

### Football Players

150 or less = 9% had injuries

150 - 300 = 25% " "

300 or more = 50% " "

### Stresses:

1. Financial - servants + possessions
2. Family - 7 sons & daughters
3. Status - felt like a failure
4. Health - painful sores

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### His response:

1. Worshipped God
2. Obeyed God (he felt struggled about yielding)
3. Accepted - they didn't mean we sign it @ we it question: I (2:11) would son...

Job's stresses = over 700

We can anticipate many changes ahead of time & deal with them. i.e. (long term sickness = death)