

# RECENT LIFE CHANGES

To answer the questions below, mark in one or more boxes to the right of each question. If the event in question happened to you within the past two years, indicate when it occurred by marking in the appropriate column: 0-6 months ago, 7-12 months ago, etc. If you experienced an event more than once over the past two years, mark all appropriate boxes. If the event did not occur over the last two years (or never occurred), leave all the boxes empty.

<b>Health</b>	<b>12-24 mo. ago</b>	<b>13-18 mo. ago</b>	<b>7-12 mo. ago</b>	<b>0-6 mo. ago</b>
An illness or injury that kept you in bed for more than a week or sent you to the hospital?				
An illness or injury that was less serious than above?				
Major dental work?				
A major change in eating habits?				
A major change in sleeping habits?				
A major change in your usual type and/or amount of recreation?				
<b>Work</b>	<b>12-24 mo. ago</b>	<b>13-18 mo. ago</b>	<b>7-12 mo. ago</b>	<b>0-6 mo. ago</b>
A change to a new type of work?				
A change in your work hours or conditions?				
More work responsibilities?				
Fewer work responsibilities?				
A promotion?				
A demotion?				
A transfer?				
Trouble with your boss?				
Trouble with your coworkers?				
Trouble with those you supervise?				
Other work troubles?				

<b>Work</b>	<b>12-24 mo. ago</b>	<b>13-18 mo. ago</b>	<b>7-12 mo. ago</b>	<b>0-6 mo. ago</b>
Major business readjustment?				
Retirement?				
Laid off work?				
Fired from work?				
Took a course to help your work?				
<b>Home and family</b>	<b>12-24 mo. ago</b>	<b>13-18 mo. ago</b>	<b>7-12 mo. ago</b>	<b>0-6 mo. ago</b>
A major change in your living conditions (home improvements or a decline in your home or neighborhood)?				
Move within same city or town?				
Move to different town, city, or state?				
Major change in living conditions?				
Change in family get-togethers?				
Major change in health or behavior of a family member (illness, accidents, drug or disciplinary problems, etc.)?				
Marriage?				
A pregnancy?				
A miscarriage or abortion?				
Birth of a child?				
Adoption of a child?				
Relative moves in with you?				
Spouse begins or stops work outside the home?				
Child leaves home to attend college?				
Child leaves home for marriage?				
Child leaves home for other reasons?				
Change in arguments with spouse?				

<b>Home and family</b>	<b>12-24 mo. ago</b>	<b>13-18 mo. ago</b>	<b>7-12 mo. ago</b>	<b>0-6 mo. ago</b>
Problems with relatives or in-laws?				
Parents divorce?				
A parent remarries?				
Separation from spouse due to work?				
Separation from spouse due to marital difficulties?				
Divorce?				
Birth of grandchild?				
Death of spouse?				
Death of your child?				
Death of your brother or sister?				
Death of your parent?				
<b>Personal and social</b>	<b>12-24 mo. ago</b>	<b>13-18 mo. ago</b>	<b>7-12 mo. ago</b>	<b>0-6 mo. ago</b>
Change in personal habits (your dress, friends, life-style, etc)?				
Beginning or ending school?				
Change of school or college?				
Change in political beliefs?				
Change in religious beliefs?				
Change in social activities (clubs, movies, visiting, etc)?				
A vacation?				
A new, close personal relationship?				
An engagement to marry?				
Girlfriend or boy friend problems?				
Sexual difficulties?				
A "falling out" of a close personal relationship				

<b>Personal and social</b>	<b>12-24 mo. ago</b>	<b>13-18 mo. ago</b>	<b>7-12 mo. ago</b>	<b>0-6 mo. ago</b>
An accident?				
A minor violation of the law (traffic ticket, etc)?				
Being held in jail (DUI, felony, etc.)?				
The death of a close personal friend?				
A major decision about immediate future?				
A major personal achievement?				
<b>Financial</b>	<b>12-24 mo. ago</b>	<b>13-18 mo. ago</b>	<b>7-12 mo. ago</b>	<b>0-6 mo. ago</b>
A major loss of income?				
A major increase in income?				
Investment and/or credit difficulties?				
A loss/damage to personal property?				
A moderate purchase (such as an automobile)?				
A major purchase (such as a house)?				
A foreclosure on mortgage or loan?				