

■ **TABLE 11.5** Social Readjustment Rating Scale

RANK	LIFE EVENT	LIFE CHANGE UNITS	RANK	LIFE EVENT	LIFE CHANGE UNITS
1	Death of spouse or child	119	23	Mortgage or loan greater than \$10,000	44
2	Divorce	98	24	Change in responsibilities at work	43
3	Death of close family member	92	25	Change in living conditions	42
4	Marital separation	79	26	Change in residence	41
5	Fired from work	79	27	Begin or end school	38
6	Major personal injury or illness	77	28	Trouble with in-laws	38
7	Jail term	75	29	Outstanding personal achievement	37
8	Death of close friend	70	30	Change in work hours or conditions	36
9	Pregnancy	66	31	Change in schools	35
10	Major business readjustment	62	32	Christmas	30
11	Foreclosure on a mortgage or loan	61	33	Trouble with boss	29
12	Gain of new family member	57	34	Change in recreation	29
13	Marital reconciliation	57	35	Mortgage or loan less than \$10,000	28
14	Change in health or behavior of family member	56	36	Change in personal habits	27
15	Change in financial state	56	37	Change in eating habits	27
16	Retirement	54	38	Change in social activities	27
17	Change to different line of work	51	39	Change in number of family get-togethers	26
18	Change in number of arguments with spouse	51	40	Change in sleeping habits	26
19	Marriage	50	41	Vacation	25
20	Spouse begins or ends work	46	42	Change in church activities	22
21	Sexual difficulties	45	43	Minor violations of the law	22
22	Child leaving home	44			

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