

## Self-Assessment

### Stable Is Your Life?

#### Chapter Resource

Please refer to section [Section 7.1 Emotions and Intelligence](#) of *Conflict Management*.

#### Instructions

Place a check mark next to each event you experienced within the past year. Then add the scores associated with the various events to derive your total life stress score.

Life Event	Scale Value
<input type="checkbox"/> Death of spouse	100
<input type="checkbox"/> Divorce	73
<input type="checkbox"/> Marital separation	65
<input type="checkbox"/> Jail term	63
<input type="checkbox"/> Death of a close family member	63
<input type="checkbox"/> Major personal injury or illness	53
<input type="checkbox"/> Marriage	50
<input type="checkbox"/> Fired from work	47
<input type="checkbox"/> Marital reconciliation	45
<input type="checkbox"/> Retirement	45
<input type="checkbox"/> Major change in health of family member	44
<input type="checkbox"/> Pregnancy	40
<input type="checkbox"/> Sex difficulties	39
<input type="checkbox"/> Gain of a new family member	39
<input type="checkbox"/> Business readjustment	39
<input type="checkbox"/> Change in financial state	38
<input type="checkbox"/> Death of a close friend	37
<input type="checkbox"/> Change to a different line of work	36
<input type="checkbox"/> Change in number of arguments with spouse	35
<input type="checkbox"/> Mortgage or loan for big purchase (home, etc.)	31
<input type="checkbox"/> Foreclosure of mortgage or loan	30
<input type="checkbox"/> Change in responsibilities at work	29
<input type="checkbox"/> Son or daughter leaving home	29
<input type="checkbox"/> Trouble with in-laws	29
<input type="checkbox"/> Outstanding personal achievement	28



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—— Spouse begins or stops work	26
—— Begin or end school	26
—— Change in living conditions	25
—— Revision of personal habits	24
—— Trouble with boss	23
—— Change in work hours or conditions	20
—— Change in residence	20
—— Change in schools	20
—— Change in recreation	19
—— Change in church activities	19
—— Change in social activities	18
—— Mortgage or loan for lesser purchase (car, etc.)	17
—— Change in sleeping habits	16
—— Change in number of family get-togethers	15
—— Change in eating habits	15
—— Vacation	13
—— Christmas	12
—— Minor violations of the law	11
<b>Total Score =</b> ——	

*Source: Adapted from "Scaling of Life Change: Comparison of Direct and Indirect Methods" by L. O. Ruch and T. H. Holmes, Journal of Psychosomatic Research 15 (1971): 224, 1971.*

### Scoring

This instrument attempts to assess your rate of life change—that is, how much activity and change do you have that may cause stress? To score this instrument, add up the score or units assigned to the various life units assigned to the events listed in the past year.

- If your total score is less than 150, this suggests that you should remain generally healthy during the next year.
- If your total score is 150 to 300, this suggests that there is a 50 percent chance that you will experience illness during the coming year.
- If your total score is over 300, this suggests that there is a 70 percent chance of impending illness during the coming year.

Remember that when evaluating your result, a high score does not automatically mean an illness is imminent. Rather, it means that statistically speaking an illness is more likely for you than for those with lower scores. Where did you score? Is this a reasonable description of your current situation? If so, what actions could you undertake to reduce your score?



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## CONFLICT MANAGEMENT

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