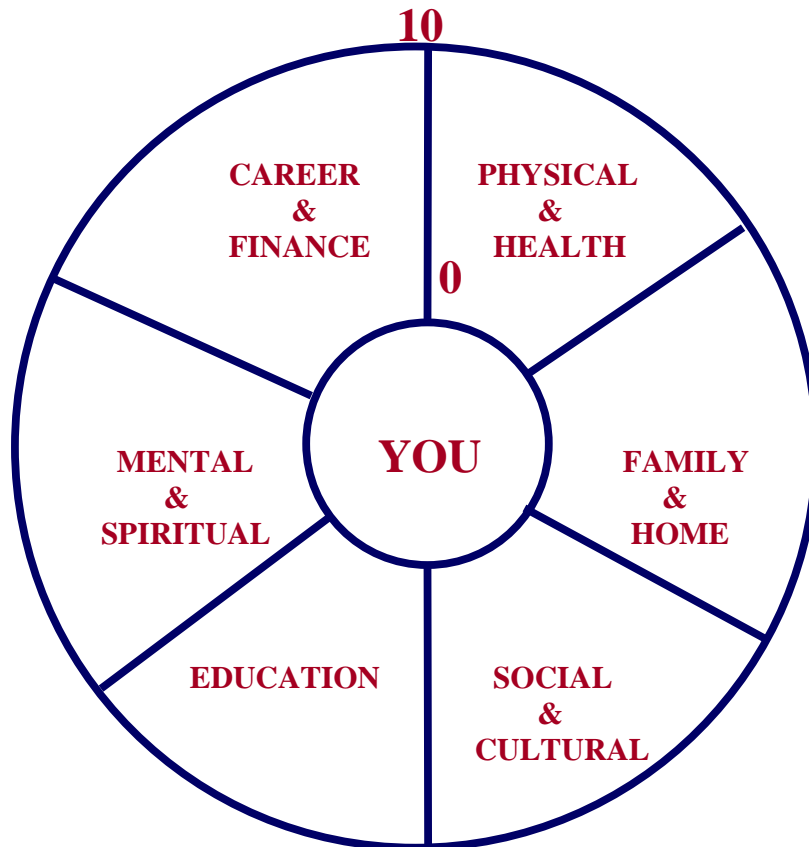


Your Life Wheel



**“It's amazing how far you can go,
when you quit stepping on the brakes!”**

Dr. Larry Iverson (on Good Earth Tea - Bag Tags)

Thrive--Don't Just Survive

Dr. Larry Iverson

The Holmes/Rahe Life Change Index

The following list of events has been rated according to the ability to create stress for most people. Please enter the score numbers corresponding to those events that have occurred in your life during the past 12 months. Then total your score. If something has happened multiple times, **multiply the score number of that specific event, by the number of times it occurred.** (Example: Celebrate 3 major holidays—4th of July, Christmas, Thanksgiving—score of 12 x 3 = 36 total points for Holiday.)

<u>Event/Experience</u>	<u>Score</u>
Minor violation of the law.....	11 _____
Major holiday season.....	12 _____
Vacation (1 week or more).....	13 _____
Change in eating habits.....	15 _____
Change in number of family gatherings.....	15 _____
Change in sleeping habits.....	16 _____
Moderate debts & loans (under \$120,000, include. mortgage).....	17 _____
Change in social activities.....	18 _____
Change in religious activities.....	19 _____
Change in recreational habits.....	19 _____
Change in schools for close family member.....	20 _____
Change of residence or major remodeling.....	20 _____
Conflict in important relationship.....	20 _____
Trouble with boss or superiors.....	23 _____
Change in personal habits.....	24 _____
Change in quality of living conditions.....	25 _____
Starting or finishing school.....	26 _____
Mate beginning or stopping work.....	26 _____
Outstanding personal achievement.....	28 _____
Trouble with close relatives.....	29 _____
Son or daughter leaving home or marrying.....	29 _____
Change in responsibilities at work.....	29 _____
Foreclosure of mortgage or loan; bankruptcy.....	30 _____
Large debt load (over \$120,000 include. mortgage).....	31 _____
Change in number of arguments with mate.....	35 _____
Change to a different line of work.....	36 _____
Death of a close friend.....	37 _____
Change in financial status.....	38 _____
Business readjustment/reorganization.....	39 _____
New member in close family.....	39 _____
Sex difficulties.....	39 _____
Pregnancy (self or mate).....	40 _____
Change in health of close family member.....	44 _____
Retirement (self or mate).....	45 _____
Reconciliation with separated mate.....	45 _____
Lost job (laid off or fired).....	47 _____
Marriage.....	50 _____
Personal injury or serious illness.....	53 _____
Death of close family member other than mate.....	63 _____
Jail term.....	63 _____
Separation from mate.....	65 _____
Divorce.....	73 _____
Death of mate.....	100 _____
TOTAL SCORE _____	
