

## HOLMES & RAHE SOCIAL READJUSTMENT SCALE (SRS)

Mark down the point value of each of these life events that has happened to you during the previous year. Total these points at the end.

LIFE EVENT	MEAN VALUE	MY SCORE
1. Death of a spouse/partner	100	
2. Divorce/breakdown of relationship	73	
3. Separation from partner	65	
4. Detention in jail or other institution	63	
5. Death of a close family member	63	
6. Major personal injury or illness	53	
7. Marriage	50	
8. Being fired at work	47	
9. Reconciliation with partner	45	
10. Retirement from work	45	
11. Major change in the health or behaviour of a family member	44	
12. Pregnancy	40	
13. Sexual difficulties	39	
14. Gaining a new family member (eg birth, adoption/fostering, older adult moving in)	39	
15. Major business readjustment	39	
16. Major change in financial state (ie a lot worse or better off than usual)	38	
17. Death of a close friend	37	
18. Changing to a different line of work	36	
19. Major change in the number of arguments with partner (a lot more or a lot less than usual)	35	
20. Taking on a mortgage	31	
21. Foreclosure on a mortgage or loan	30	
22. Major change in responsibilities at work (eg promotion or demotion)	29	
23. Son or daughter leaving home	29	
24. In-law troubles	29	
25. Outstanding personal achievement	28	
26. Partner beginning or ceasing work outside the home	26	
27. Beginning or ceasing formal schooling	26	
28. Major change in living conditions (eg new home, remodelling, deterioration of home or neighbourhood etc)	25	
29. Revision of personal habits (eg quitting smoking, drinking, fitness etc)	24	
30. Troubles with a boss	23	
31. Major changes in working hours or conditions	20	
32. Changes in residence	20	
33. Changing to a new school	20	
34. Major change in usual type of, and/or amount of, recreation	19	
35. Major change in church attendance/activity (a lot more or less than usual)	19	
36. Major change in social activities	18	
37. Taking on a loan	17	
38. Major change in sleeping habits (a lot more or less than usual)	16	
39. Major change in number of family get-togethers (a lot more or less than usual)	15	
40. Major change in eating habits (a lot more or less food intake, significant change in dietary habits, or very different meal hours or surroundings)	15	
41. Vacation	13	
42. Major holidays	12	
43. Minor violations of the law (eg speeding or parking fine)	11	
<b>TOTAL SCORE</b>	<b>(1466)</b>	

## **YOUR FINAL SCORE**

<b>150 POINTS OR LESS</b>	means a relatively low amount of life change and a low susceptibility to stress-induced health breakdown
<b>150-300 POINTS</b>	implies about a 50% chance of a major health breakdown in the next 2 years
<b>300 POINTS OR MORE</b>	raises the odds to about 80%, according to the Holmes-Rahe statistical prediction model

## SPECIFIC STRESSES FOR THOSE IN THE COUNSELLING PROFESSION

EVENT	YES OR NO?
Increase in number of clients	
Decrease in number of clients	
Difficulties in working environment	
Change of working environment	
Needing to increase fees in low income area	
Relationship difficulties with manager	
Relationship difficulties with people you manage	
Relationship difficulties with supervisor	
Relationship difficulties with therapist	
Relationship difficulties with clients	
Relationship difficulties with accrediting body	
Accreditation difficulties	
Client threatening to 'report you'	
Supervisee threatening to 'report you'	
Loss of client notes	
Loss of supervisee notes	
Forgetting a client's appointment	
Forgetting a client's name	
Forgetting /confusing a client's history	
Double-booking more than 1 appointment	
Feeling anxious about a client's state of mind	
Working with a more 'intelligent' client	
Working with clients who trigger your own unsorted stuff	
Exhaustion	
Compassion fatigue	
Feeling detached	
Feeling angry with clients	
Feeling overwhelmed by clients	
Other:	