

Life event	Life change units	I have experienced this
Death of a spouse / sibling / parent during our childhood	100	
Unplanned pregnancy	100	
Divorce / separation	73	
Being imprisoned	63	
Death of a close family member / friend	63	
Serious injury or illness in self / immediate family / being a victim of a crime	53	
Getting married	50	
Losing job / retirement	47	
Gaining a new family member (e.g. a new baby) / someone new moving into the home	40	
Changes at work (a promotion or any change of role)	39	

Changes in financial status (having a lot less money or a lot more)	39	
Child leaving home	29	
Family conflict	29	
Outstanding personal achievement	28	
Recently moving house/school	20	
Change in social activities	19	
Going on holiday	12	