Life Events Checklist

Life events refers to experiences such as moving, getting married, the death of a loved one, or having a baby. Some life events are more stressful than others; for example, getting a divorce is usually more stressful than changing jobs.

To see how many life events you have experienced in the past year, complete the following checklist:

Life Events Checklist

Put a check mark next to each event that you have experienced in the past year.

___ Moving
___ Getting married
___ New baby
___ Divorce or separation
___ Injury
___ Illness
___ New job
___ Loss of a job
___ Inheriting or winning money
___ Financial problems
___ Injury or illness of a loved one
___ Death of a loved one
___ Victim of a crime
___ Legal problems
___ New boyfriend or girlfriend
___ Broke up with a boyfriend or girlfriend
___ Stopped smoking
___ Went on a diet
___ New responsibilities at home
___ New responsibilities at work
___ No place to live
___ Hospitalisation
___ Drinking or using street drugs caused problems
___ Other: ________________________________

___ Total number of life events checked off.

moderate stress = 1 event
high stress = 2-3 events
very high stress = more than 3 events

Adapted from SAMHSA Illness Management and Recovery Workbook