

**The Recent Life Changes Questionnaire (R-RLCQ)** was first used to collect information on life changes. It has since been updated to better reflect the impact of today's stress.

To use the questionnaire, use a 6-month or 12-month time span and then, for any events that happened to you in that time, copy the number of Life Change Units (LCU) into 1. 'My LCU'.

**Total the score at the bottom and then follow the steps for columns 2 & 3.**

<b>WORK</b>	<b>LCU</b>	<b>1. My LCU</b>	<b>2. Hi/Med/Lo</b>	<b>3. ✓ / ✗</b>
Change to a new type of work	51			
Change in your work hours or conditions	35			
More work responsibilities	29			
Fewer work responsibilities	21			
A promotion	31			
A demotion	42			
A transfer	32			
Trouble with your boss	29			
Trouble with your co-workers	35			
Trouble with those you supervise	35			
Other work troubles	28			
Major business readjustment	60			
Retirement	52			
Laid off	68			
Fired	79			
Took a course to help work	18			
<b>HOME AND FAMILY</b>	<b>LCU</b>			
Move within same city or town	25			
Move to different town, city, or province	47			
Major change in living conditions	42			
Change in family get-togethers	25			
Major change in health or behaviour of a family member	55			
Marriage	50			
Pregnancy	67			
Miscarriage or abortion	65			
Birth of a child	66			
Adoption of a child	65			
Relative moves in with you	59			
Spouse begins or stops work	46			
Child leaves home for college or marriage	41			
Child leaves home for other reasons	45			
Change in arguments with spouse	50			
Problems with relatives/in-laws	38			
Parents divorce	59			
A parent remarries	50			
Separation from spouse due to work	53			
Separation from spouse due to marital difficulties	79			
Divorce	96			
Birth of a grandchild	43			
Death of a spouse	119			
Death of a child	123			
Death of a parent	100			

Death of a sibling	102		
<b>HEALTH</b>	<b>LCU</b>		
An illness or injury that kept you in bed for more than a week or sent you to the hospital	74		
An illness or injury that was less serious than above	44		
Major dental work	26		
Major change in eating habits	27		
Major change in sleeping habits	26		
Major change in your usual type and/or amount of recreation	28		
<b>PERSONAL AND SOCIAL</b>	<b>LCU</b>		
Change in personal habits	26		
Beginning or ending school	38		
Change in school or college	35		
Change in political beliefs	24		
Change in religious beliefs	29		
Change in social activities	27		
Vacation	24		
New, close personal relationship	37		
Engagement to marry	45		
Girlfriend or boyfriend problems	39		
Sexual difficulties	44		
An accident	48		
'Falling out' of a close personal relationship	47		
Minor violation of the law	20		
Being held in jail	75		
Major decision about immediate future	51		
Major personal achievement	36		
Death of a close personal friend	70		
<b>FINANCIAL</b>	<b>LCU</b>		
Major loss of income	60		
Major increase in income	38		
Investment and/or credit difficulties	56		
Loss/damage to personal property	43		
Major purchase	37		
Moderate purchase	20		
Foreclosure on a mortgage or loan	58		

### Scoring

Total the scores in column 1. My LCU. A 6-month score of 300 or more, or a year score of 500 or more, indicates the **potential** for high stress in your life. **Your reaction** to the stressor, however, is the key to successful 'Stress Defense'. In column 2, review each LCU score and determine whether the stressor is HI, MED or LO with regards to its impact in your life. In column 3, Write a ✓ if you have a 'Stress Defense' in place, or an ✖ if the stressor has control over aspects of your life.

Adapted from MA Miller and RH Rahe (1997). Life changes scaling for the 1990s. *Journal of Psychomatic Research*, 43(3): 279-292. Revised by Michelle Cederberg, 2005.

**Recent Life Changes 'Stress Defense Plan' – pause and reflect**

1. As you went through the list above, were there any events that really stood out for you, as things, for example, that you might not have considered as stressors? **Y** **N**

If Yes, which one(s)? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Many people have difficulty recognizing the impact of events on stress. *Awareness of key stressors and your reaction to them are the first steps to building your 'Stress Defense'.* List your "top three" stressors, your CURRENT coping mechanism with them, and brain storm a possible 'defence tactic'.

**Stress #1** \_\_\_\_\_

My current coping mechanism is: \_\_\_\_\_

Defense tactic #1 \_\_\_\_\_  
\_\_\_\_\_

**Stress #2** \_\_\_\_\_

My current coping mechanism is: \_\_\_\_\_

Defense tactic #2 \_\_\_\_\_  
\_\_\_\_\_

**Stress #3** \_\_\_\_\_

My current coping mechanism is: \_\_\_\_\_

Defense tactic #3 \_\_\_\_\_  
\_\_\_\_\_

*The next time stress starts to creep in hopefully you'll recognize some of the signs and 'put up your defences' before things get out of hand. It's a process that takes time and patience, but the end result will be worthwhile.*

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