

## List of Common Stressful Events

The following is a list of common stressful events. Check off the ones you're currently experiencing and add more to the list:

- Death of a spouse
- Death of a close family member
- Divorce
- Marital separation
- Jail term
- Personal injury or illness
- Poverty
- Fired from work
- Being in debt
- Death of close friend
- Marriage
- Marital reconciliation
- Retirement
- Change in health of family member
- Child leaving home
- Spouse begins or stops work
- Change in financial state
- Outstanding personal achievement
- Frequent arguments with spouse or partner
- Sex difficulties
- Change in responsibilities at work
- Change in work hours or conditions
- Trouble with boss

- Trouble with in-laws
- Harassment or bullying from others
- Change in living conditions
- Difficult neighbors
- Change in residence
- Change in sleeping habits or sleep schedule
- Vacation
- Major holiday (such as Thanksgiving or Christmas)
- Speaking in public or to a group of people
- Minor violations of the law
- Exams or job interviews
- Excess noise (crying babies, car horns, etc.)
- Bureaucracy or office politics
- Misplaced or lost items (keys, phone, etc.)
- House repairs
- Car troubles
- Deadlines at work or school
- Pollution
- Traffic jams
- Cooking/food preparation
- Exposure to negative news stories
- Colds and allergies
- Waiting in lines
- Bad or extreme weather
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My Top Sources of Stress:

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2. \_\_\_\_\_

3. \_\_\_\_\_

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5. \_\_\_\_\_