

# Stress Right Assessment form

If you have experienced/suffered from any of the list below within the last year, tick the corresponding box on the right.

Death of a Spouse	
Divorce	
Marital Separation	
Prison Term	
Death of a close family member	
Personal injury or illness	
Marriage	
Sacked from work	
Marital Reconciliation	
Retirement	
Change in family member's health	
Pregnancy	
Sex difficulties	
Addition to family	
Business Readjustment	
Change in Financial Status	
Death of a Close Friend	
Change to a different type of work	
Change in number of marital arguments	
Mortgage or large loan	
Foreclosure of mortgage or loan	
Change in work responsibilities	
Son or daughter leaving home	
Trouble with in-laws	
Outstanding personal achievement	
Spouse begins or stops work	
Starting or finishing education	
Change in living conditions	
Revision of personal habits	
Trouble with the boss	
Change in work hours or conditions	
Change in residence	
Change in educational establishment	
Change in church activities	
Change in social activities	
Small mortgage or loan	
Change in sleeping habits	
Change in number of family gatherings	
Change in eating habits	
Holiday	
Minor Breach of the law	

Once completed email the form to [paula@stressright.co.uk](mailto:paula@stressright.co.uk) and she will email you back with your stress level result. The next step is entirely up to you, we will only email you your result. Obviously, we would love to help you in any way we can but the choice is yours.