

LiveMind Personal Transitions

Personal Transitions was assembled by Robert Weidner, and is based on:

The Social Readjustment Rating Scale, created by Thomas Holmes and Richard Rahe.

The Social Readjustment Rating Scale

A mild life crisis is defined as 150-199 life change units. A moderate crisis is 200-299.

A major life crisis is defined as more than 300 life change units.

Rank	Life event	Mean
1	Death of spouse	100
2	Divorce	73
3	Marital separation	65
4	Jail term	63
5	Death of close family member	63
6	Personal injury or illness	53
7	Marriage	50
8	Sacked from work	47
9	Marital reconciliation	45
10	Retirement	45
11	Change in health of family member	44
12	Pregnancy	40
13	Sexual difficulties	39
14	Gain of a new family member (child or 'oldster' moving in)	39
15	Business readjustment	39
16	Change in financial status	39
17	Death of a close friend	37
18	Change to a different line of work	36
19	Change in number of arguments with spouse	35
20	Taking on a large mortgage (for example for house purchase)	31
21	Foreclosure of mortgage or loan	30
22	Change in responsibilities at work	29
23	Son or daughter leaves home	29
24	Trouble with in-laws	29
25	Outstanding personal achievement	28
26	Spouse beginning or ceasing work	26
27	Begin or end school (formal education)	26
28	Change in living conditions	25
29	Revision of personal habits (dress, manners, associations and so on)	24
30	Trouble with boss	23
31	Change in work hours or conditions	20
32	Change in residence	20
33	Change in schools/college	20
34	Change in recreation	19
35	Change in church (mosque) activities	19
36	Change in social activities	18
37	Taking on medium level loan (for TV, computer and so on)	17
38	Change in sleeping habits (amount, time of day and so on)	16
39	Change in number of family get-togethers	15
40	Change in eating habits	15
41	Holidays	13
42	Christmas	12
43	Minor violations of the law	11

People may react to the same organizational change in different ways, because for some it is an isolated event, whereas for others it is one of a number of changes, at work and elsewhere, that push them towards a major life crisis.