

Changes in My Life

Directions

Read each statement and place a check next to the events you've experienced within the last 12 months.

- Moved.
- Went to a new school.
- Death of someone close.
- Was injured.
- Parents got divorced.
- Parent got remarried.
- Regular fights with parents.
- Went on vacation.
- Ended a friendship.
- Started a new friendship.
- Joined a club or sports team.
- Lost a job.
- Was bullied at school.
- Failed a class.

- Earned an A in a class.
- Was seriously ill.
- Family member seriously ill.
- Suspended from school.
- Publicly awarded an honor of school.
- Family member moved away from home.
- Family member returned home to live.
- Mom or dad changed jobs.
- Pet died.
- Became pregnant or got a girl pregnant.
- Got a new pet.
- Got a job.

Recognizing the various changes that occur in your life can help you prepare for and respond to stressors.

Self-Check

- I understand my work.
- I can solve problems myself.
- I can manage my time.

