1. Death of a spouse (or child\*): 100
2. Divorce: 73
3. Marital separation: 65
4. Imprisonment: 63
5. Death of a close family member: 63
6. Personal injury or illness: 53
7. Marriage: 50
8. Dismissal from work: 47
9. Marital reconciliation: 45
10. Retirement: 45
11. Change in health of family member: 44
12. Pregnancy: 40
13. Sex difficulties: 39
14. Gain of a new family member: 39
15. Business readjustment: 39
16. Change in financial state: 38
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. Mortgage over $20,000 *(updated for 2018 = ~$150,000):* 31
21. Foreclosure of mortgage or loan: 30
22. Change in responsibilities at work: 29
23. Son or daughter leaving home: 29
24. Trouble with in laws: 29
25. Outstanding personal achievement: 28
26. Spouse begins or stop work: 26
27. Begin or end school: 26
28. Change in living conditions: 25
29. Revisions of personal habits: 24
30. Trouble with boss: 23
31. Change in work hours or conditions: 20
32. Change in residence: 20
33. A school change: 20
34. Change in recreational, social, or religious activities: 19
35. Mortgage or loan less than $20,000 *(updated for 2018 = ~$150,000)*: 17
36. Changes in sleeping habits: 16
37. Change in number of family get-togethers: 15
38. Change in eating habits: 15
39. Vacation: 13
40. Christmas approaching: 12
41. Minor violation of the law: 11
42. Death of a parent: 100
43. Unplanned pregnancy/abortion: 100
44. Getting married: 95
45. Divorce of parents: 90
46. Acquiring a visible deformity: 80
47. Fathering a child: 70
48. Jail sentence of a parent for over one year: 70
49. Marital separation of parents: 69
50. Death of a sibling:  68
51. Change in acceptance by peers:  67

List is an adjusted Holmes and Rahe scale,