

CHANGE CHECKLIST



WORK

- Changed to a new type of work
- Changed work hours or conditions
- Increased or decreased work responsibilities
- Experienced trouble with co-workers
- Retired
- Was fired or laid off
- Took work-related courses
- Organization was merged, acquired or reorganized
- New technology was introduced

HEALTH

- Experienced illness or injury
- Had a change in eating habits
- Had a change in sleeping habits
- Changed amount or type of recreation

FINANCIAL

- Made a major purchase
- Experienced a business reversal or financial loss
- Had a change in personal finances (good or bad)

HOME AND FAMILY

- Had a change of residence
- Changed the way family got together
- Experienced a change in the health or behavior of a family member
- Experienced home improvements or other household change
- Suffered the death of a spouse or family member
- Suffered the death of a close friend
- Got divorced
- Got married
- Had serious argument with spouse
- Had in-law problems
- Experienced a separation or reconciliation with spouse
- Welcomed a new family member (birth, adoption or relative who moved in)
- Had a spouse that started or stopped working outside the home

PERSONAL AND SOCIAL

- Realized a major personal achievement
- Made a major decision regarding the future
- Started or stopped school or college
- Took a vacation
- Experienced a change in religious beliefs
- Changed social activities
- Had legal difficulties
- Had a change in political beliefs
- Developed a new, close personal relationship
- Had a falling out in a close personal relationship
- Experienced loss, theft, or damage of personal property
- Had an accident