

## Life Changes for Clergy

| <u>Event</u>  | <u>Average<br/>Value</u> | <u>Your Score</u> |
|---|--------------------------|-------------------|
| Death of spouse   | 100                      | _____             |
| Divorce   | 73                       | _____             |
| Marital separation  | 65                       | _____             |
| Death of close family member  | 63                       | _____             |
| Personal injury or illness  | 53                       | _____             |
| Marriage  | 53                       | _____             |
| A serious decline in church attendance  | 49                       | _____             |
| Geographical relocation   | 49                       | _____             |
| Private meetings by a segment of the congregation<br>To discuss your resignation                            | 47                       | _____             |
| Beginning of heavy drinking by immediate family member  | 46                       | _____             |
| Marital reconciliation  | 45                       | _____             |
| Retirement  | 45                       | _____             |
| Change of health of a family member   | 44                       | _____             |
| Problem with children   | 42                       | _____             |
| Pregnancy   | 40                       | _____             |
| Sex difficulties  | 39                       | _____             |
| Alienation from one's Board/Council/Session/ Vestry   | 39                       | _____             |
| Gain of new family member   | 39                       | _____             |
| New job in new line of work   | 38                       | _____             |
| Change of financial state   | 38                       | _____             |
| Death of close friend   | 37                       | _____             |
| Increased arguing with spouse   | 35                       | _____             |
| Merger of two or more congregations   | 35                       | _____             |
| Serious parish financial difficulty   | 32                       | _____             |
| Mortgage over \$50,000 for home   | 31                       | _____             |
| Difficulty with member of church staff, (associates, organist,<br>Choir director, secretary, janitor, etc.) | 31                       | _____             |
| Foreclosure of mortgage or loan   | 30                       | _____             |
| Destruction of church by fire   | 30                       | _____             |
| New job in same line of work  | 30                       | _____             |
| Son or daughter leaving home  | 29                       | _____             |
| Trouble with in-laws  | 29                       | _____             |
| Anger of influential church member over pastor action   | 29                       | _____             |
| Slow steady decline in church attendance  | 29                       | _____             |
| Outstanding personal achievement  | 28                       | _____             |
| Introduction of new hymnal to worship service   | 28                       | _____             |
| Failure of church to make payroll   | 27                       | _____             |
| Remodeling or building program  | 27                       | _____             |

|   |    |       |
|---|----|-------|
| Start or stop of spouses' employment            | 26 | _____ |
| Holiday away                                    | 26 | _____ |
| Start or finish of school                       | 26 | _____ |
| Death of peer                                   | 26 | _____ |
| Offer of call to another parish                 | 26 | _____ |
| Change in living conditions                     | 25 | _____ |
| Revision of Personal habits                     | 24 | _____ |
| Negative parish activity by former pastor       | 24 | _____ |
| Difficulty with confirmation class              | 22 | _____ |
| Change in residence                             | 20 | _____ |
| Change in schools                               | 20 | _____ |
| Change in social activities                     | 18 | _____ |
| Death/moving away of good church leader         | 18 | _____ |
| Mortgage or personal loan of less than \$50,000 | 17 | _____ |
| Change in sleeping habits                       | 16 | _____ |
| Stressful continuing education experience       | 15 | _____ |
| Major program change                            | 15 | _____ |
| Vacation at home                                | 13 | _____ |
| Christmas                                       | 12 | _____ |
| Lent  | 12 | _____ |
| Easter  | 12 | _____ |
| Minor violation of the law                      | 11 | _____ |
| <b>Your Total</b>                               |    | _____ |

### Scoring the survey

The survey you have just taken is an excellent reminder of all the life transitions you have gone through in the past twelve months. Perhaps you have been bombarded lately with a number of major life changes. No wonder you feel tired and depressed! The following will give you a sense of your score in relation to other clergy or clergy spouses.

|               |                                       |
|---------------|---------------------------------------|
| 50 or below   | unusually low                         |
| 51-100        | stress very manageable                |
| 101-150       | stress, moderately manageable         |
| 151-200       | borderline – mild concern appropriate |
| 201-250       | mildly serious                        |
| 251-300       | moderately serious                    |
| 301-350       | very serious                          |
| 351 and above | alarming                              |

(Greg Sumii, Church and Pastoral Care Specialist, California Southern Baptist Convention, Based on Holmes and Rahe Stress Scale)