

The Most Stressful Life Events

CHECKLIST

These are 17 difficult or stressful things¹ that can happen to people. Find out how many you've experienced by checking off all the applicable boxes to the right of each event. Consider your entire life as you go through the list.

Event	Happened to me	Witnessed it	Learned about it	Part of my job	Not sure	Doesn't apply
1 Natural disaster (i.e., flood, hurricane, tornado, earthquake).						
2 Fire or explosion.						
3 Transportation accident (i.e., car accident, boat accident, train wreck, plane crash).						
4 Serious accident at work, home, or during recreational activity.						
5 Exposure to toxic substance (i.e., dangerous chemicals, radiation).						
6 Physical assault (i.e., being attacked, hit, slapped, kicked, beaten up).						
7 Assault with a weapon (i.e., being shot, stabbed, threatened with a knife, gun, bomb).						
8 Sexual assault (rape, attempted rape, made to perform any type of sexual act through force or threat of harm).						
9 Other unwanted or uncomfortable sexual experience.						
10 Combat or exposure to a war-zone (in the military or as a civilian).						
11 Captivity (i.e., being kidnapped, abducted, held hostage, prisoner of war).						
12 Life-threatening illness or injury.						
13 Severe human suffering.						
14 Sudden violent death of someone close to you (i.e., homicide, suicide).						
15 Sudden accidental death of someone close to you.						
16 Serious injury, harm, or death you caused to someone else.						
17 Any other very stressful event or experience.						

¹ This checklist is the LEC-5 Standard Version from the DSM-5.

MOBINA HASAN

The trauma counsellor who helps you get unstuck,
feel like yourself again and get your future back.



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Worker

Registered Clinical
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Clinical Traumatologist

Early Childhood Trauma
Specialist

Motor Vehicle Accident
Assessment & Treatment
Certification

Member of the British
Columbia College of Social
Workers

Member of the British
Columbia Association of
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Hi,

Thanks for downloading this checklist. You were probably wondering what the 17 most stressful life events are and now you know.

I really hope you didn't have to put too many check marks on the checklist, but if you did, that's okay.

Most people have stress in their lives. The events on this list are ones that can be hard to get over and the more of them you experience, the more your resilience can get worn down.

And that's totally normal.

Fortunately, human beings are extremely resilient. A lot of the events on the list are tough and some of them are unimaginable. But you know what? People can and do recover from every single one of them.

Sometimes people need a little help removing the obstacles to recovery though. Once those obstacles are dealt with, resiliency increases, and people feel like themselves again.

Really.

Can I be honest with you? Okay, here goes...If you're still reading this, you're probably thinking about getting some help. That's a good thing because it means you're serious about making permanent and positive change.

Keep going. You're heading in the right direction.

If you think I can help you, give me a call at Whatsapp number +1-604-901-8384. There's no obligation – that call is simply to find out if we're a good fit to work together.

Isn't it time to feel good again?

Regards,

Mobina Hasan, B.com., M.B.M., M.S.W., RCSW., RCC

PS: Not ready to make the call? I get it. Why not put my Whatsapp number in your phone right now so it's at your fingertips when you're ready?
Here it is: +1-604-901-8384