

Negative Life Events Inventory

Instructions: Here are some things that may happen in people's lives. Read each one and check a space, Yes or No, to show whether this happened for you during the past year.

DURING THE PAST YEAR:	Yes	No
1. My family moved to a new home or apartment.	_____	_____
2. Somebody in my family had a serious illness.	_____	_____
3. My parents got separated or divorced.	_____	_____
4. I got disciplined or suspended from school.	_____	_____
5. My parents argued a lot.	_____	_____
6. Somebody in my family had a serious accident.	_____	_____
7. I had a lot of arguments with my parents.	_____	_____
8. My father/mother lost his/her job.	_____	_____
9. I had a serious illness.	_____	_____
10. I got a new stepfather/stepmother.	_____	_____
11. I broke up with my boy/girl friend.	_____	_____
12. I got bad grades in school.	_____	_____
13. I got into trouble with the police.	_____	_____
14. My parents had problems with money.	_____	_____
15. I had a serious accident.	_____	_____
16. I didn't get into a group or team that I wanted to be in.	_____	_____
17. I had trouble with my weight or physical appearance.	_____	_____
18. Someone in my family was arrested.	_____	_____
19. A new person joined our household (a child, a grandparent, stepbrother or sister, or other).	_____	_____
20. Some people that I used to be friends with don't pay attention to me anymore.	_____	_____