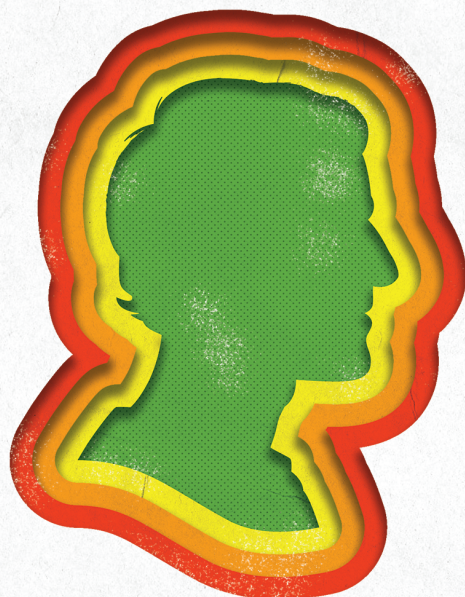


DEADLY EMOTIONS



Understand the Mind-Body-Spirit Connection
that Can Heal or Destroy You



New York Times Bestselling Author

DON COLBERT, M.D.

A PDF COMPANION TO THE AUDIOBOOK

Appendix A

THE HOLMES-RAHE LIFE EVENT SCALE

This life-event scale can help you determine your overall stress level. You may be surprised to discover how much stress certain events create.

For each event that applies to you at this time, write the points in the space provided. If an event does not apply to you at this time, do not write anything in the blank.

You may have more total stress in your life than you think!

	<i>Points</i>	<i>Points in Your Life</i>
Death of a spouse	100	_____
Divorce	73	_____
Marital separation	65	_____
Jail term	63	_____
Death of close family members	63	_____
Personal injury or illness	53	_____
Marriage	50	_____
Fired at work	47	_____
Marital reconciliation	45	_____
Retirement	45	_____

Change in family member's health	44	_____
Pregnancy	40	_____
Sex difficulties	39	_____
Addition to family	39	_____
Business readjustment	39	_____
Change in financial circumstances	38	_____
Death of a close friend	37	_____
Change to different line of work	36	_____
Change in number of marital arguments	35	_____
Mortgage or loan for major purchases	31	_____
Foreclosure of mortgage or loan	30	_____
Change in work responsibilities	29	_____
Son or daughter leaving home	29	_____
Trouble with in-laws	29	_____
Outstanding personal achievement	28	_____
Spouse begins or stops work	26	_____
Starting or finishing school	26	_____
Change in living conditions	25	_____
Revision of personal habits	24	_____

Trouble with boss	23	_____
Change in work hours or conditions	20	_____
Change in residence	20	_____
Change in schools	20	_____
Change in recreational habits	19	_____
Change in church activities	19	_____
Change in social activities	18	_____
Mortgage or loan for minor purchase (such as TV, car)	17	_____
Change in sleeping habits	16	_____
Change in number of family gatherings	15	_____
Change in eating habits	15	_____
Vacation	13	_____
Christmas season	12	_____
Minor violations of the law	11	_____
Total Score:		_____

How Did You Score?

Add your point values for all events that pertain to your current life.

300 or more: You stand an almost 80 percent chance of getting sick in the near future.

150–299: Your chances of becoming ill are about 50 percent.

149 or less: Your chances of becoming ill are about 30 percent.

Your score may predict how you will act individually to a particular stressful circumstance. Those who have more total stress points, for example, tend to react in a more irritated, frustrated, angry, or depressed manner to any one stressful situation.

Reprinted from: Holmes, T. and Rahe, R.H., "Holmes-Rahe Social Readjustment Rating Scale," *Journal of Psychosomatic Research*, vol. 11:213–218, © 1967 with permission from Elsevier, Inc.

Appendix B

THE NOVACO ANGER INVENTORY

Read the list of twenty-five potentially upsetting situations described below. In the space provided, estimate the degree of annoyance or anger you believe you would experience in this situation, using this rating scale:

0 = Very little or no annoyance

1 = A little irritated

2 = Moderately upset

3 = Quite angry

4 = Very angry

1. You unpack an appliance you have _____
just bought, plug it in, and discover that
it doesn't work.
2. A repairman who has you over a barrel _____
overcharges you.
3. Your boss singles you out for correction _____
while ignoring the actions of others.
4. Your car gets stuck in the snow. _____
5. You talk to someone and he doesn't _____
answer or acknowledge you.

6. Someone pretends to be something he is not. _____
7. While you are struggling to carry four cups of coffee to your table at the cafeteria, someone bumps into you, spilling the coffee. _____
8. After you hang up your clothes, someone knocks them to the floor and fails to pick them up. _____
9. A salesperson hounds you from the moment you enter a store. _____
10. You have made arrangements to go somewhere with a person who backs out at the last minute and leaves you hanging. _____
11. Someone jokes about or teases you. _____
12. Your car stalls at a traffic light and the driver behind you keeps blowing his horn. _____
13. You accidentally make a wrong turn in a parking lot—as you get out of your car someone yells at you, “Where did you learn to drive?” _____
14. Someone makes a mistake and blames you for it. _____
15. You are trying to concentrate but a person near you continually taps his foot. _____
16. You lend someone an important book or tool and he fails to return it. _____
17. You have had a busy day and the person with whom you live starts to complain about how you forgot to do something you had agreed to do. _____

18. You are in a discussion with someone _____
and a third person persists in interrupting
to bring up a topic she knows very little
about.
19. You are trying to discuss something _____
important with your spouse, who doesn't
give you a chance to express your feelings
fully without interruption.
20. Someone sticks his nose into an _____
argument you and another person are
having.
21. You need to get somewhere quickly, but _____
the car in front of you is going twenty-
five miles per hour in a forty-mile-per-
hour zone, and you can't pass.
22. You step on a wad of chewing gum. _____
23. A small group of people mocks you as _____
you pass them.
24. In a hurry to get somewhere, you tear a _____
garment on a sharp object.
25. You use all your change to make a _____
phone call but are disconnected just
after the party you are calling says,
"Hello."
- Total of all responses: _____

How Did You Score?

- 0–45 The amount of anger and annoyance you generally experience is remarkably low. Very few people will have such a score. You are one of the calmest people in our society!

- 46–55 You are substantially more peaceful than the average person.
- 56–75 You respond to life's annoyances with an average amount of anger.
- 76–85 Your tendency is to react in an angry way to life's annoyances. You are more irritable than the average person.
- 86–100 You are a true champion of anger. Frequent, intense, furious reactions that do not quickly disappear probably plague you. You probably harbor negative feelings long after the initial insult has passed. You may have the reputation of being a "firecracker" or a "hothead." You may experience frequent tension headaches and elevated blood pressure. Your anger may get out of control at times, resulting in impulsive hostile outbursts. Your temper probably gets you into trouble. Only a few of the adult population react as intensely or angrily as you.

From: Novaco, R. W., *Anger Control: The Development and Evaluation of an Experimental Treatment* (Lexington, MA: DC Health, 1975). Used by permission.

Appendix C

THE ZUNG SELF-RATING DEPRESSION SCALE

KEY TO SCORING THE ZUNG SELF-RATING DEPRESSION SCALE

Consult this key for the value (1-4) that correlates with patients' responses to each statement. Add up the numbers for a total score. Most people with depression score between 50 and 69. The highest possible score is 80.

Make check mark (☑) in appropriate column.	A little of the time	Some of the time	Good part of the time	Most of the time
1. I feel down-hearted and blue	1	2	3	4
2. Morning is when I feel best	1	2	3	4
3. I have crying spells or feel like it	1	2	3	4
4. I have trouble sleeping at night	1	2	3	4
5. I eat as much as I used to	1	2	3	4
6. I still enjoy sex	1	2	3	4
7. I notice that I am losing weight	1	2	3	4
8. I have trouble with constipation	1	2	3	4
9. My heart beats faster than usual	1	2	3	4
10. I get tired for no reason	1	2	3	4
11. My mind is as clear as it used to be	1	2	3	4
12. I find it easy to do the things I used to	1	2	3	4
13. I am restless and can't keep still	1	2	3	4
14. I feel hopeful about the future	1	2	3	4
15. I am more irritable than usual	1	2	3	4
16. I find it easy to make decisions	1	2	3	4
17. I feel that I am useful and needed	1	2	3	4
18. My life is pretty full	1	2	3	4
19. I feel that others would be better off off if I were dead	1	2	3	4
20. I still enjoy the things I used to do	1	2	3	4

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Scoring for the Zung Self-Rating Depression Scale

<u>Below 50</u>	<u>Normal</u>
<u>50-59</u>	<u>Mild depression</u>
<u>60-69</u>	<u>Moderate to marked depression</u>
<u>70 or higher</u>	<u>Severe depression</u>