

LAW ENFORCEMENT STRESS SCALE

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 adapted from THE FBI LAW ENFORCEMENT BULLETIN, APRIL 1981

multiply event by the number of times you have experienced it in the last year

LIFE EVENT (STRESSOR)	VALUE	#/YR	TOTAL
1. Violent death of a partner in the line of duty _____	88 X	_____	= _____
2. Dismissal _____	85 X	_____	= _____
3. Taking a life in the line of duty _____	84 X	_____	= _____
4. Shooting someone in the line of duty _____	81 X	_____	= _____
5. Suicide of an officer who is a close friend _____	80 X	_____	= _____
6. Violent death of another officer in the line of duty _____	79 X	_____	= _____
7. Murder committed by a police officer _____	78 X	_____	= _____
8. Duty-related violent injury (shooting) _____	76 X	_____	= _____
9. Violent job-related injury to another officer _____	75 X	_____	= _____
10. Suspension _____	72 X	_____	= _____
11. Passed over for promotion _____	71 X	_____	= _____
12. Pursuit of an armed suspect _____	71 X	_____	= _____
13. Answer call to violent/non-accidental death of child _____	70 X	_____	= _____
14. Assignment away from family for long period of time _____	70 X	_____	= _____
15. Personal involvement in a shooting incident _____	70 X	_____	= _____
16. Reduction in pay _____	70 X	_____	= _____
17. Observing an act of police corruption _____	68 X	_____	= _____
18. Accepting a bribe _____	69 X	_____	= _____
19. Participating in an act of police corruption _____	68 X	_____	= _____
20. Hostage situation (from) aborted criminal action _____	68 X	_____	= _____
21. Call to scene involving accidental death of child _____	68 X	_____	= _____
22. Promotion over you of inexperienced/incompetent officer _____	68 X	_____	= _____
23. Internal affairs investigation against self _____	66 X	_____	= _____
23 LEAST STRESSFUL LAW ENFORCEMENT CRITICAL LIFE EVENTS			
23. Overtime duty _____	29 X	_____	= _____
22. Letter of recognition from the public _____	29 X	_____	= _____
21. Delay in a trial _____	28 X	_____	= _____
20. Response to a "sick or injured person" call _____	28 X	_____	= _____
19. Award from a citizen's group _____	27 X	_____	= _____
18. Assignment to day shift _____	26 X	_____	= _____
17. Work on a Holiday _____	26 X	_____	= _____
16. Making a routine arrest _____	26 X	_____	= _____
15. Assignment to a two-man car _____	25 X	_____	= _____
14. Call involving juveniles _____	25 X	_____	= _____
13. Routine patrol stop _____	25 X	_____	= _____
12. Assignment to a single-man car _____	25 X	_____	= _____
11. Call involving the arrest of a female _____	24 X	_____	= _____
10. Court appearance (misdemeanor) _____	24 X	_____	= _____
9. Working on a traffic accident _____	23 X	_____	= _____
8. Dealing with a drunk _____	23 X	_____	= _____
7. Pay raise _____	23 X	_____	= _____
6. Overtime pay _____	22 X	_____	= _____
5. Making a routine traffic stop _____	22 X	_____	= _____
4. Vacation _____	20 X	_____	= _____
3. Issuing a traffic citation _____	20 X	_____	= _____
2. Court appearance (traffic) _____	19 X	_____	= _____
1. Completion of a routine report _____	13 X	_____	= _____
			YOUR TOTAL _____



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
 YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.