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| Expected life event | Positive effect | Negative effect |
| Starting, being in and leaving education | * Learning to make new friends
* Taking part in new experiences
* Gaining qualifications
 | * Bullying
* Leaving home to go to university can be upsetting
* Feeling a lack of security
 |
| Moving house/location | *

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 | * Loss of established friends and neighbours
* Overwhelmed by the amount of work it takes
 |
| Entering and being in employment | * Reaching a career goal
* Having regular finance
* Learning, training
* Improved self esteem and self image
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| Living with a partner/marriage/civil ceremony | *
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 | * Loss of independence
* One partner may have power over the other
 |
| Parenthood | * Bonding experience
* Shared experience for both parents
* Bonding with wider family
 | *
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| Retirement | * Time to enjoy personal activities
* Spend time with friends and family
* Spend saved money
* Away from a set routine
 | * Loss of routine
* Loss of role at work
* Reduced social activities
* Loss of money
* Changed self image
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| Unexpected life event | Positive effect | Negative effect |
| Death of a partner, relative or friend | * Change of lifestyle
* Sense of release if the illness was giving the person pain or poor quality of life
* Partner may champion a charity or cause
 | * Unable to adopt a new lifestyle
* Loneliness
* Depression
 |
| Accidents and injury, ill health | *

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  | * Unable to adopt a different lifestyle
* Anger at situation
* Reduced income
 |
| Exclusion, dropping out of school | * Try to look at alternative placements
* Motivation – trying to do better next time
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| Imprisonment | * Learn a trade in prison
* Time to consider a different lifestyle
 | * May turn to further crime
* May be lead into drugs in prison
* Unable to get employment due to criminal record
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| Redundancy/unemployment | *
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 | * Low self-esteem
* Change in lifestyle due to reduced income
* Stress and anxiety
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