

Doublespeak Quiz

Technological changes and their new terminology may confound, confuse and anger those required to work with these systems. (William Lutz, Parade Magazine, Jan, 1988)

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| 1. ___ Safe-related Occurrence | Accident |
| 2. ___ Incomplete success | Failure |
| 3. ___ Fiscal underachievers | The poor |
| 4. ___ Service technician | Repairman |
| 5. ___ Non-goal oriented member of society | Bum, street person |
| 6. ___ Single-purpose agriculture structures | Pig pens and chicken coops |
| 7. ___ Downsizing personnel | Firing employees |
| 8. ___ Advanced downward adjustments | Budget cuts |
| 9. ___ Collateral damage | Civilian casualties during war |
| 10. ___ Experienced automobile | Used car |
| 11. ___ Media courier | Newspaper delivery person |
| 12. ___ Unauthorized withdrawal | Robbery |
| 13. ___ Digital fever computer | Thermometer |
| 14. ___ Organoleptic analysis | To smell something |
| 15. ___ Nail technician | Manicurist |
| 16. ___ Philosophically disillusioned | Scared |
| 17. ___ Kinetic kill machine | Anti-satellite weapon |
| 18. ___ Ultimate high-intensity warfare | Nuclear war |
| 19. ___ Social-expression products | Greeting cards |
| 20. ___ Career associate scanning professional | Grocery store checkout clerk |

Adults

To measure stress according to the Holmes and Rahe Stress Scale, the number of "Life Change Units" that apply to events in the past year of an individual's life are added and the final score will give a rough estimate of how stress affects health.

Life Event	Life Change Units	Life Event	Life Change Units
Death of a spouse	100	Child leaving home	29
Divorce	73	Trouble with in-laws	29
Marital separation	65	Outstanding personal achievement	28
Imprisonment	63	Spouse starts or stops work	26
Death of a close family member	63	Begin or end school	26
Personal injury or illness	53	Change in living conditions	25
Marriage	50	Revision of personal habits	24
Dismissal from work	47	Trouble with boss	23
Marital reconciliation	45	Change in working hours or conditions	20
Retirement	45	Change in residence	20
Change in health of family member	44	Change in schools	20
Pregnancy	40	Change in recreation	19
Sexual difficulties	39	Change in church activities	19
Gain a new family member	39	Change in social activities	18
Business readjustment	39	Minor mortgage or loan	17
Change in financial state	38	Change in sleeping habits	16
Death of a close friend	37	Change in number of family reunions	15
Change to different line of work	36	Change in eating habits	15
Change in frequency of arguments	35	Vacation	13
Major mortgage	32	Christmas	12
Foreclosure of mortgage or loan	30	Minor violation of law	11
Change in responsibilities at work	29		

Score of 300+: At risk of illness.

Score of 150-299: Risk of illness is moderate (reduced by 30% from the above risk).

Score <150: Only have a slight risk of illness.