

ADVERSE CHILDHOOD EXPERIENCES (ACEs) QUESTIONNAIRE

The most important thing to remember is that the ACE score is meant as a guideline: If you experienced other types of toxic stress over months or years, then those would likely increase your risk of health consequences.

Prior to your 18th birthday:

- | | YES | NO |
|--|--------------------------|--------------------------|
| Did a parent or other adult in the household often or very often...
1) Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt? | <input type="checkbox"/> | <input type="checkbox"/> |
| Did a parent or other adult in the household often or very often...
2) Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured? | <input type="checkbox"/> | <input type="checkbox"/> |
| Did an adult or person at least 5 years older than you ever... Touch
3) or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you? | <input type="checkbox"/> | <input type="checkbox"/> |
| Did you often or very often feel that ... No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other?
4) | <input type="checkbox"/> | <input type="checkbox"/> |
| Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
5) | <input type="checkbox"/> | <input type="checkbox"/> |
| 6) Were your parents ever separated or divorced? | <input type="checkbox"/> | <input type="checkbox"/> |
| Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
7) | <input type="checkbox"/> | <input type="checkbox"/> |
| 8) Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9) Was a household member depressed or mentally ill, or did a household member attempt suicide? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10) Did a household member go to prison? | <input type="checkbox"/> | <input type="checkbox"/> |

Now add up your "Yes" answers:

This is your ACE Score.

Don't forget to test your RESILIENCE factors on the REVERSE!

RESILIENCE Questionnaire

Please circle the most accurate answer under each statement:

1) **I believe that my mother loved me when I was little.**

Definitely true *Probably true* *Not sure* *Probably Not True* *Definitely Not True*

2) **I believe that my father loved me when I was little.**

Definitely true *Probably true* *Not sure* *Probably Not True* *Definitely Not True*

3) **When I was little, other people helped my mother and father take care of me and they seemed to love me.**

Definitely true *Probably true* *Not sure* *Probably Not True* *Definitely Not True*

4) **I've heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.**

Definitely true *Probably true* *Not sure* *Probably Not True* *Definitely Not True*

5) **When I was a child, there were relatives in my family who made me feel better if I was sad or worried.**

Definitely true *Probably true* *Not sure* *Probably Not True* *Definitely Not True*

6) **When I was a child, neighbors or my friends' parents seemed to like me.**

Definitely true *Probably true* *Not sure* *Probably Not True* *Definitely Not True*

7) **When I was a child, teachers, coaches, youth leaders or ministers were there to help me.**

Definitely true *Probably true* *Not sure* *Probably Not True* *Definitely Not True*

8) **Someone in my family cared about how I was doing in school.**

Definitely true *Probably true* *Not sure* *Probably Not True* *Definitely Not True*

9) **My family, neighbors and friends talked often about making our lives better.**

Definitely true *Probably true* *Not sure* *Probably Not True* *Definitely Not True*

10) **We had rules in our house and were expected to keep them.**

Definitely true *Probably true* *Not sure* *Probably Not True* *Definitely Not True*

11) **When I felt really bad, I could almost always find someone I trusted to talk to.**

Definitely true *Probably true* *Not sure* *Probably Not True* *Definitely Not True*

12) **As a youth, people noticed that I was capable and could get things done.**

Definitely true *Probably true* *Not sure* *Probably Not True* *Definitely Not True*

13) **I was independent and a go-getter.**

Definitely true *Probably true* *Not sure* *Probably Not True* *Definitely Not True*

14) **I believed that life is what you make it.**

Definitely true *Probably true* *Not sure* *Probably Not True* *Definitely Not True*

How many of the 14 were circled Definitely or Probably True?

How many are still true for me?
