

What's Your ACE Score?

It's helpful to be aware of risks to your health so that you can address them with appropriate healing actions. For each of the ten original, most common* Adverse Childhood Experience (ACEs) listed below, check yes or no as it applies to your early life.

Prior to your eighteenth birthday:

	Yes	No
1. Did a parent or other adult in the household often... 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?		
2. Did a parent or other adult in the household often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?		
3. Did an adult or person at least five years older than you ever... Touch 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?		
4. Did you 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?		
5. Did you 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?		
6. Were your parents ever divorced or separated?		
7. Was your mother or stepmother: Often pushed, grabbed, slapped, or had something thrown at her? or Sometimes or often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over the course of at least a few minutes or threatened with a gun or knife?		
8. Did you live with anyone who was a problem drinker or an alcoholic, or who used street drugs?		
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?		
10. Did a household member go to prison?		
Total the number of check marks in the "Yes" column. This is your ACE score.		

Adapted slightly from The ACE Questionnaire. Public domain. See Schiraldi, G. R. 2021. *The Adverse Childhood Experiences Recovery Workbook*. Oakland, CA: New Harbinger.

*Other possible ACEs include events like losing a close family member for any reason, hostile caregivers, continual parental conflict, abuse by anyone, homelessness, witnessing death or serious injury, physical separation from caregivers, serious injury or medical procedure, and child trafficking.