



Anxietylab.org
3-4-5 Program Course
What is child abuse?

There is a standardized test (the ACE quiz <https://www.goodtherapy.org/blog/psychpedia/ace-questionnaire>) that you can take to see if your experiences in childhood may qualify as traumatizing. The list includes things like sexual and physical abuse, living in a house with mental illness, having a parent in prison or an alcoholic parent, witnessing extreme violence, etc.

Once you've taken the quiz and have determined that your experiences have given you some of these issues, then it may be time to consider what to do about it. If you're here, you've already figured out something needs to change.