

# Adverse Childhood Experience (ACE) Questionnaire

## Finding your ACE Score

**While you were growing up, during your first 18 years of life:**

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?  
Yes No If yes enter 1 \_\_\_\_\_
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?  
Yes No If yes enter 1 \_\_\_\_\_
3. Did an adult or person at least 5 years older than you **ever**...  
Touch or fondle you or have you touch their body in a sexual way?  
**or**  
Try to or actually have oral, anal, or vaginal sex with you?  
Yes No If yes enter 1 \_\_\_\_\_
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?  
Yes No If yes enter 1 \_\_\_\_\_
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?  
Yes No If yes enter 1 \_\_\_\_\_
6. Were your parents **ever** separated or divorced?  
Yes No If yes enter 1 \_\_\_\_\_
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 at least a few minutes or threatened with a gun or knife?  
Yes No If yes enter 1 \_\_\_\_\_
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?  
Yes No If yes enter 1 \_\_\_\_\_
9. Was a household member depressed or mentally ill or did a household member attempt suicide?  
Yes No If yes enter 1 \_\_\_\_\_
10. Did a household member go to prison?  
Yes No If yes enter 1 \_\_\_\_\_

**Now add up your "Yes" answers: This is your ACE Score TOTAL** \_\_\_\_\_

## 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 these 14 protective factors did I have as a child and youth? (How many of the 14 were circled “Definitely True” or “Probably True”?) \_\_\_\_\_

Of these circled, how many are still true for me? \_\_\_\_\_

Any positive memories that you feel has increased your ability to handle adversity? (Please explain)