

ACE SCORE

(Adverse Childhood Experiences)

There are 10 types of childhood trauma measured in the ACE Study. Five are personal – physical abuse, verbal abuse, sexual abuse, physical neglect, and emotional neglect. Five are related to other family members: a parent who's an alcoholic, a mother who's a victim of domestic violence, a family member in jail, a family member diagnosed with a mental illness, and the disappearance of a parent through divorce, death or abandonment.

Each type of trauma counts as one. So a person who's been physically abused, with one alcoholic parent, and a mother who was beaten up has an ACE score of three.

PRIOR TO YOUR 18TH BIRTHDAY:

_____ Did a parent or other adult in the household often or very 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?

_____ Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?

_____ 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 Attempt or actually have oral, anal, or vaginal intercourse with you?

_____ 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?

_____ 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?

_____ Were your parents ever separated or divorced?

_____ 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 or threatened with a gun or knife?

_____ Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?

_____ Was a household member depressed or mentally ill, or did a household member attempt suicide?

_____ Did a household member go to prison?

NOW ADD UP YOUR "YES" ANSWERS: _____

This is your ACE Score

For more on what this means, go to:
www.cestoohigh.com/got-your-ace-score/

This worksheet is brought to you by NonprofitWellness.org, which promotes balance and prevents burnout among nonprofit workers and teachers.

The Adverse Childhood Experiences Study (ACE Study) is a research study conducted by Kaiser Permanente and the Centers for Disease Control and Prevention. Participants were recruited to the study between 1995 and 1997 and have been in long-term follow up for health outcomes.