

Adverse Childhood Experience Questionnaire For Adults

Our relationships and experiences—even those in childhood—can affect our health and well-being. Please tell us whether you have had any of the experiences listed below. These and other experiences, both Big-T and small-t traumas throw the nervous system outside of its desired, trauma free, range impacting both anxiety and depression.

Instructions:

Below is a list of 10 categories of Adverse Childhood Experiences (ACEs). From the list below, please place a check mark next to each ACE category that you experienced prior to your 18th birthday. Then, please add up the number of categories of ACEs you experienced and put the total number at the bottom.

A CDC study: <https://www.cdc.gov/violenceprevention/aces/resources.html>

1. Did you feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?

2. Did you lose a parent through divorce, abandonment, death, or other reason?

3. Did you live with anyone who was depressed, mentally ill, or attempted suicide?

4. Did you live with anyone who had a problem with drinking or using drugs, including prescription drugs?

5. Did your parents or adults in your home ever yell, hit, punch, beat, or threaten to harm each other?

6. Did you live with anyone who went to jail or prison?

7. Did a parent or adult in your home ever swear at you, insult you, or put you down?

8. Did a parent or adult in your home ever yell, hit, beat, kick, or physically hurt you in any way?

9. Did you feel that no one in your family loved you or thought you were special?

10. Did you experience unwanted sexual contact?

Your ACE score is the total number of checked responses.

My ACEs Score

"I had a pretty good life."

There are no perfect people, therefore there are no perfect parents. We do our best, but can be honest and realize no one can meet every need. Our best efforts miss things or act in ways we are not proud of. We are not here to blame parents, but to realize that only God can meet our deepest needs that need healing for the abundant life this side of heaven.