

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 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?
Yes No If yes enter 1 _____
2. 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?
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
Attempt or actually have oral, anal, or vaginal intercourse with you?
Yes No If yes enter 1 _____
4. 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?
Yes No If yes enter 1 _____
5. 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?
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 or very often pushed, grabbed, slapped, or had something thrown at her?
or
Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard?
or
Ever repeatedly hit 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.

Resilience/Stress Questionnaire

Person completing Questionnaire: Mother Father Professional Other _____
Birth Year(s) of child(ren) 19__ 200__

Your answers are confidential. You do not need to share them with anyone but you may find it helpful to do so. If answering any of the questions is disturbing, you may answer them at another time if you prefer.

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
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2. I believe that my father loved me when I was little.

Definitely True	Probably True	Not Sure	Probably Not True	Definitely Not True
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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
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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
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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
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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
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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
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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
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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
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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
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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
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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
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13. I was independent and a go-getter.

Definitely True	Probably True	Not Sure	Probably Not True	Definitely Not True
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14. I believed that life is what you make it.

Definitely True	Probably True	Not Sure	Probably Not True	Definitely Not True
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___ **How many of these Protective Factors did I have as a child and youth?**

___ **How many still help me now?**

Comments on Resilience and Protective Factors: