

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 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

See more at: <http://acestoohigh.com/got-your-ace-score/>

Resilience Score

Please answer the questions below using the following scoring guide:

0	1	2	3	4
Definitely Not True	Probably Not True	Not Sure	Probably True	Definitely True

1. I believe my mother loved me when I was little. 0 1 2 3 4

2. I believe that my father loved me when I was little. 0 1 2 3 4

3. When I was little, other people helped my parents take care of me and they seemed to love me. 0 1 2 3 4

4. I've heard that when I was an infant, someone in my family enjoyed playing with me and I enjoyed it too. 0 1 2 3 4

5. When I was a child, there were relatives in my family who helped me feel better when I was sad or worried. 0 1 2 3 4

6. When I was a child, neighbors or my friends' parents seemed to like me. 0 1 2 3 4

7. When I was a child, teachers, coaches, youth leaders or ministers were there to help me. 0 1 2 3 4

8. Someone in my family cared about how I was doing in school. 0 1 2 3 4

9. My family, friends neighbors and friends talked about making our lives better. 0 1 2 3 4

10. We had rules in our house and were expected to keep them. 0 1 2 3 4

11. When I felt really bad, I could almost always find someone I trusted to talk to. 0 1 2 3 4

12. As a youth, people noticed that I was capable and could get things done. 0 1 2 3 4

13. I was independent and a go-getter. 0 1 2 3 4

14. I believe that life is what you make it. 0 1 2 3 4

15. There are people I can count on now in my life. 0 1 2 3 4

Total Score: _____