

ADVERSE CHILDHOOD EXPERIENCES (ACE)

Before the age of 18, did you often experience any of the following from a member of the household:

1. Swearing, insulting, humiliation? (Emotional Abuse) Yes
2. Pushing, grabbing, slapping or leaving marks on you? (Physical Abuse) Yes
3. Did a person at least 5 years older touch, fondle or approach you in a sexual way? Or attempt to have oral, anal or vaginal intercourse with you? (Sexual Abuse) Yes
4. Did you feel that your family loved you or thought you were important? Did your family look out for you and support you? (Emotional Neglect) Yes
5. Did you have enough to eat? Had to wear dirty clothes? Had no one to protect you? (Physical Neglect) Yes
6. Did you live with anyone who was a problem drinker or used street drugs? Your parents were drunk or high and unable to take care of you? Yes
7. Was a biological parent lost to you through divorce, abandonment or any other reason? Yes
8. Was your mother or stepmother pushed, slapped, had things thrown at her? Or kicked, bitten, hit with a fist, or threatened with a gun or knife? Yes
9. Was a household member depressed or mentally ill or attempted/committed suicide? Yes
10. Did a family member go to prison? Yes

ACE Score: _____ (Total number of "Yes" answers)