



# ACE Score Questionnaire

Check the box for each ACE you experienced during childhood (ages 0-17). The number of boxes you have checked is your ACE score out of 10 points.

## Section #1: Abuse ACEs

- Physical Abuse:** This involves non-accidental physical force that results in, or has the potential to result in, physical harm. Examples include being hit, kicked, or shoved hard enough to leave marks or cause injury; being burned; or being shaken violently.
- Emotional Abuse:** This refers to a pattern of behavior that harms a child's sense of self-worth or emotional development. Examples include constant swearing or insulting; being told you are "worthless" or "a mistake"; frequent threats of physical harm or abandonment.
- Sexual Abuse:** This includes any sexual contact or interaction between a child and an adult (or a much older child) for the sexual gratification of the perpetrator. Examples include fondling or touching; forced sexual acts; or being coerced into looking at or participating in the production of pornographic material.

## Section #2: Neglect ACEs

- Physical Neglect:** This is the failure of a caregiver to provide for a child's basic physical needs. Examples include frequent hunger because there is no food in the house; wearing dirty or torn clothes; or being left alone for long periods at an age where supervision is required.

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**DISCLAIMER: This information shall not be used as a medical diagnosis but as a guide. If you are seeking diagnosis or medical/psychological intervention, please speak to a medical professional.**

*ACEs: Data provided by the CDC-Kaiser Permanente Adverse Childhood Experiences Study.*

*PCEs: Based on the research of Dr. Christina Bethell and the HOPE (Healthy Outcomes from Positive Experiences) framework.*

- Emotional Neglect:** This occurs when a caregiver fails to provide the necessary emotional support, affection, and attention. Examples include feeling that no one in the family is close to you or supports you; caregivers who are "checked out" and never show affection or interest in your life.

## Section #3: Household Dysfunction ACEs

- Incarcerated Relative:** Having a member of the household go to prison or jail during childhood. Examples include a parent being sentenced to prison for a crime, leading to their absence and the associated social stigma or financial instability.
- Divorce:** The loss of a parent through the breakdown of the primary relationship in the household. Examples include parents getting a legal divorce; parents separating and living in different homes; or the permanent disappearance of a parent.
- Intimate Partner Violence:** Witnessing domestic violence directed toward a parental figure. Examples include seeing or hearing a parent being pushed, slapped, or bitten; witnessing a parent being threatened with a weapon or sustained physical battery.
- Substance Abuse:** Living with anyone who is a problem drinker, alcoholic, or who uses street or prescription drugs illegally. Examples include a parent frequently being intoxicated or high; drug paraphernalia being left around the house; or family resources being spent on substances instead of necessities.
- Mental Illness:** Living with a household member who suffers from a mental health condition. Examples include a parent struggling with clinical depression or bipolar disorder; a household member attempting suicide; or living with someone who is chronically unstable due to untreated mental illness.

Number of Boxes Checked: \_\_ /10

*\*It is important to note that an ACE score is NOT a diagnosis but a guide. If you are seeking diagnosis or medical/psychological intervention, please speak to a medical professional.*

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