



Adverse Childhood Experience (ACE) Questionnaire

Finding your ACE Score

While you were growing up, during your first 18 years of life:

1. Did a parent, other person in the household or at school 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?	If yes enter 1 _____
2. Did a parent, other person in the household or at school often ... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?	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 Try to or actually have oral, anal, or vaginal sex with you?	If yes enter 11 _____
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?	If yes enter 1 _____
5. Did you 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/carers were too drunk or high to take care of you or take you to the doctor if you needed it?	If yes enter 1 _____
6. Was an adult or sibling in your household - Often pushed, grabbed, slapped, or had something thrown at them? Sometimes or often kicked, bitten, hit with a fist, or hit with something hard? Or repeatedly hit over at least a few minutes or threatened with a gun or knife?	If yes enter 1 _____
7. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?	If yes enter 1 _____
8. Was a household member depressed or mentally ill or did a household member attempt suicide?	If yes enter 1 _____



9. Were your parents ever separated or divorced? or Did either parent work away from home for long periods or live in another country?	If yes enter 1 _____
10. Did either parent spend time away in prison?	If yes enter 1 _____

Additional ACE questions (not in original study)

1. Did you experience a difficult or traumatic birth? Or were you separated from your mother for a significant time (more than a few hours) shortly after birth?	If yes enter 1 _____
2. Have you lost a parent, sibling or close person through bereavement or suicide?	If yes enter 1 _____
3. Were you a "looked after child" by someone other than both birth parents By another family member, boarding school, care home, fostered or adopted?	If Yes, enter 1t____
4. Were you bullied, taunted or shunned at school Or Did you experience racism or homophobia or similar forms of hate abuse?	If Yes, add 1 point____
5. Did you witness violence or abuse of a sibling, parent or family member?	If Yes, add 1 point____
6. Did your family experience significant adverse financial events during your childhood such as loss of job, financial stability or home	If Yes, add 1 point____
7. Were you routinely shamed/humiliated or belittled?	If Yes, add 1 point____
8. Did your mother experience post natal depression or have any significant stress during your childhood?	If Yes, add 1 point____
9. Did you experience homelessness during childhood?	If Yes, add 1 point____
10. Did you experience a serious physical trauma, illness or accident in childhood which required hospitalization (including dental trauma)?	If Yes, add 1 point____

Now add up your "Yes" answers: _____ This is your ACE Score

Anything >1 counts as trauma. >2 in the first section and >4 overall would indicated trauma that could need intervention.



These questions are based on the original ACE score by Drs. Vincent Felitti and Robert Anda, co-founders of the ACE Study but I've added some of my own in the 2nd section that indicate less extreme forms of abuse but nonetheless constitute trauma to a young child.

Trauma comes in many forms of experience — racism, bullying, watching a sibling being abused, losing a caregiver (grandmother, mother, grandfather, etc.), homelessness, surviving and recovering from a severe accident, witnessing a father being abused by a mother, witnessing a grandmother abusing a father, involvement with the foster care system, involvement with the juvenile justice system, etc.

The original ACE Study included only 10 childhood traumas based on those mentioned as most common by a group of about 300 Kaiser members; those traumas were also well studied individually in the research literature. The most important thing to remember is that the ACE score is meant as a guideline:

As an Adult if you experienced other types of toxic stress over months or years, then those would likely increase your risk of health consequences especially following relationship breakdowns, separation, divorce, having a stressful job, over working, depression and lack of self-care.

What are the next steps?

Looking at your physical wellbeing is important as we often self-medicate to cope with stress and physical or emotional pain such as shame or guilt. Are you:

- Smoking / using alcohol or drugs (including over the counter) regularly or excessively?
- Over eating /not having time to eat/ restricting or controlling your eating?
- Not sleeping well and constantly tired – fatigued?
- Shopping /gambling/using porn excessively?
- Always keeping busy – feeling overwhelmed?
- Craving sugar and sweets including chocolate?
- Continually struggling to make yourself understood in relationships?
- Regularly feeling ill with viruses or run down?
- Constantly wearing a 'mask' that says I'm ok and pleasing others before yourself?

What happens in the past is NOT over as far as the emotional brain (limbic system – hippocampus and amygdala) is concerned. It carries on triggering you to over-react in the present creating a high baseline stress level that impacts your health and wellbeing. With high ACEs (>10) your lifespan can also be shortened by up to 20 years!!

By being aware of where we are now – you can take practical steps with coaching, to change this by understanding how your body is reacting on a day to day basis and how you can overcome this and balance your emotions and physical reactions for a balanced life, business and Wellbeing.

By engaging the power of your unconscious mind and its connections with the body (via the vagus nerve) when you want to make changes – enables you to overwrite old programmes of being 'not enough', overcome these negative feelings and replace them with purpose and joy giving you the energy, freedom and joy to live how you choose without carrying **toxic shame**.

It truly is life changing..
Contact me if you'd like to explore more.

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