

# What's Your ACE?

Adverse Childhood Experiences Score

## 1. Did a parent or other adult in the household 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?

## 2. Did a parent or other adult in the household often ...

Push, grab, slap, or throw something at you? OR Ever hit you so hard that you had marks or were injured?

## 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?

## 4. Did you 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?

## 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 were too drunk or high to take care of you or take you to the doctor if you needed it?

## 6. Were your parents ever separated or divorced?

## 7. Was your mother or stepmother...

Often pushed, grabbed, slapped, or had something thrown at her? OR

Sometimes or often kicked, bitten, hit with a fist, or hit with something hard? OR

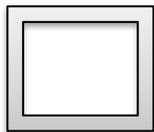
Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?

## 8. Did you live with anyone who was a problem drinker, alcoholic or who used street drugs?

## 9. Was a household member

Depressed or mentally ill or did a household member attempt suicide?

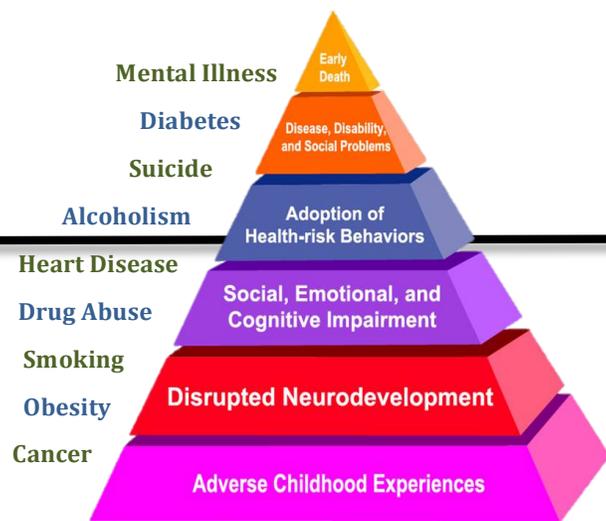
## 10. Did a household member go to prison?



Add up the all the 10 questions that you answered as **YES**. This is your ACE score. Score can be 0 – 10.



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## What are the Health Risks?

The higher your ACE Score, the greater risk for long-term psychological and physical health problems. We can build resiliency within ourselves and in our children to help buffer against these negative outcomes.

The Adverse Childhood Experiences (ACE) Study is the largest longitudinal study of its kind to empirically demonstrate that various types of childhood toxic stress increase the risk for physical and mental disease in adulthood. As your ACE score increases, so does the risk of disease and emotional problems. ACEs are very common.

### Household dysfunction

|                                  |     |
|----------------------------------|-----|
| Substance Abuse .....            | 27% |
| Parental Separation/Divorce..... | 23% |
| Mental Illness .....             | 17% |
| Battered Mother .....            | 13% |
| Criminal Behavior.....           | 6%  |

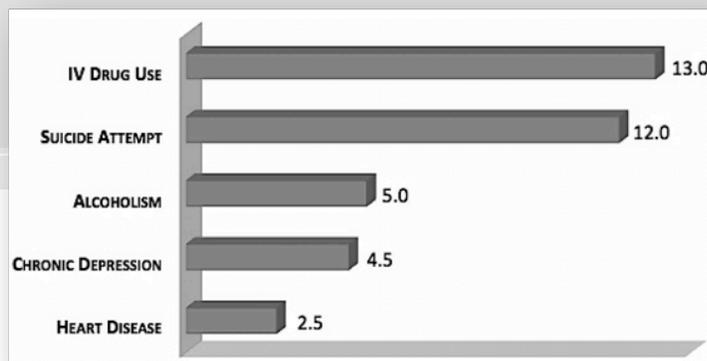
### Abuse

|                     |     |
|---------------------|-----|
| Psychological ..... | 11% |
| Physical .....      | 28% |
| Sexual.....         | 21% |

### Neglect

|                |     |
|----------------|-----|
| Emotional..... | 15% |
| Physical.....  | 10% |

For example, with an ACE score of 4 your risk for heart disease is 2½ times greater and your risk for abusing alcohol is 5 times greater!



Learn more about the ACE study:



# How Do I Develop Resiliency?

ACEs increase our risk of experience a range of mental and physical health problems. Resiliency creates a buffer that protects us from these risks. Building our own resiliency also helps us develop resiliency in our children. How are you resilient and where do you need more support?

## Relational Health (Relational Reward)

*How good do our relationships make us feel? If relationships are unpredictable, or we are afraid to seek compassion and support from others, then we will have to rely on other, less effective ways, to feel good.*

- I have good friends who support me.
- I have mentors or someone who shows me the way.
- I feel secure in my close relationships.
- I am empathetic to others.
- I trust my close friends.
- My role as a caregiver/provider is important.
- I feel like I belong in my community.
- I am lovable.
- I regularly reach out those I trust for comfort when I'm distressed.
- I can ask for help.
- It is OK if some people do not like me.
- I am able to say no.

## Sensory Reward

*These questions help clarify if you are able to enjoy healthy sensory reward in a way the consistently restores your sense of wellbeing. We may rely too heavily on sensory reward to feel better, due to problems with self-regulation and/or our relationships.*

- I have a hobby that I enjoy.
- I have a satisfying love life.
- I enjoy regular physical contact with my loved ones.
- I enjoy listening to music, singing, playing an instrument.
- I regularly enjoy moving in my body.
- I eat when I am hungry, drink when I'm thirsty, sleep when I'm tired.
- My weight is within a healthy range.
- I have few or no alcoholic drinks, 1 or less daily.
- I do not use tobacco: smoke, chew, dip
- I eat a healthy diet most days, 5 fruits/vegies.

## Advanced Mind

*Our advanced mind develops best when our bodies feel good and our relationships nourish us. These are the conditions that help us to develop the most human part of our brain that feels empathy toward the world and ourselves. It is our "big picture" thinking. When this part of our brain is engaged, we can tolerate life's difficulties more easily, and stay connected to others even if we're suffering.*

- I practice mindfulness or meditation.
- I am creative.
- I communicate effectively with others.
- I try many different ways to solve a problem.
- I enjoy learning and seek out new knowledge.
- I am open to new ideas.
- I can usually find something to laugh about.
- I express my emotions.
- I am flexible.
- My life has meaning.
- I am a friend with myself.
- When I make plans, I usually follow through.

## Self-Regulation

*What is your baseline level of arousal and reactivity that you experience both in a physical (elevated heart rate, breathing, perspiration, respiration) and emotional way?*

- I can calm myself down.
- I usually wake up feeling refreshed.
- I exercise 2+ times a week.
- I regularly engage in breath centered activities (yoga, tai chi, qigong, walking, running)
- I have the energy I need to do the things that are important to me

Watch a free webinar to learn more about **resiliency** and the meaning of this assessment:



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