



## ACEs Questionnaire

Client Name \_\_\_\_\_

The following information will help your therapist better understand what adverse childhood experiences (ACEs) to which you have had exposure. The ACE Score attributes one point to each question that has an affirmative response. The higher the score the greater your exposure to adverse childhood experiences and the greater the risk of negative consequences in adulthood.

- While you were growing up, during your first 18 years of life:*  
**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 a way that made you afraid that you might be physically hurt?**

Yes  
 No
- While you were growing up, during your first 18 years of life:*  
**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
- While you were growing up, during your first 18 years of life:*  
**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
- While you were growing up, during your first 18 years of life:*  
**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
- While you were growing up, during your first 18 years of life:*  
**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
- While you were growing up, during your first 18 years of life:*  
**Were your parents ever separated or divorced?**

Yes  
 No



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7. *While you were growing up, during your first 18 years of life:*  
**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
8. *While you were growing up, during your first 18 years of life:*  
**Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?**  
 Yes  
 No
9. *While you were growing up, during your first 18 years of life:*  
**Was a household member depressed or mentally ill, or did a household member attempt suicide?**  
 Yes  
 No
10. *While you were growing up, during your first 18 years of life:*  
**Did a household member go to prison?**  
 Yes  
 No

**SCORE** Please add up your 'yes' answers. This is your ACE Score: \_\_\_\_\_

**Which if any of the ACEs that you answered 'yes' to above still bother you today?**

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