

Calm Waters Counseling

*Counseling, CBRS, Peer Support and Case Management
Services for Children, Adolescents, and Adults*

Client Name: _____

Date: _____

Adverse Childhood Experience Questionnaire

Prior to your 18th birthday:

	Yes
1. 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?	<input type="checkbox"/>
2. 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?	<input type="checkbox"/>
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 Attempt or actually have oral, anal, or vaginal intercourse with you?	<input type="checkbox"/>
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?	<input type="checkbox"/>
5. 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?	<input type="checkbox"/>
6. Were your parents ever separated or divorced?	<input type="checkbox"/>
7. 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 over at least a few minutes or threatened with a gun or knife?	<input type="checkbox"/>
8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?	<input type="checkbox"/>
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?	<input type="checkbox"/>
10. Did a household member go to prison or jail?	<input type="checkbox"/>
Now add up your "Yes" answers: This is your ACE Score	

*Experiences in childhood are just one part of a persons life story.
There are many ways to heal throughout one's life.*

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