

# Finding Your ACEs Score

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

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?  
Yes                      No                      If yes enter 1 \_\_\_\_\_
  
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?  
Yes                      No                      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**  
Attempt or actually have oral, anal, or vaginal intercourse with you?  
Yes                      No                      If yes enter 1 \_\_\_\_\_
  
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?  
Yes                      No                      If yes enter 1 \_\_\_\_\_
  
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?  
Yes                      No                      If yes enter 1 \_\_\_\_\_
  
6. Were your parents **ever** separated or divorced?  
Yes                      No                      If yes enter 1 \_\_\_\_\_
  
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 at least a few minutes or threatened with a gun or knife?  
Yes                      No                      If yes enter 1 \_\_\_\_\_
  
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?  
Yes                      No                      If yes enter 1 \_\_\_\_\_
  
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?  
Yes                      No                      If yes enter 1 \_\_\_\_\_
  
10. Did a household member go to prison?  
Yes                      No                      If yes enter 1 \_\_\_\_\_

Now add up your "Yes" answers: \_\_\_\_\_

This is your ACEs Score.