

# Adverse Childhood Experience (ACE) Questionnaire

## Finding your ACE Score ra hbr 10 24 06

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

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?  
Yes ☒ No ☐ If yes enter 1 1
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?  
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  
Try to or actually have oral, anal, or vaginal sex with you?  
Yes ☐ No ☒ If yes enter 1 \_\_\_\_\_
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?  
Yes ☐ No ☒ 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 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** 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?  
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: 1 This is your ACE Score