

Adverse Childhood Experience Questionnaire for Adults

California Surgeon General's Clinical Advisory Committee



Our relationships and experiences—even those in childhood—can affect our health and well-being. Difficult childhood experiences are very common. Please tell us whether you have had any of the experiences listed below, as they may be affecting your health today or may affect your health in the future. This information will help you and your provider better understand how to work together to support your health and well-being.

Instructions: Below is a list of 10 categories of Adverse Childhood Experiences (ACEs). From the list below, please place a checkmark next to each ACE category that you experienced prior to your 18 th birthday. Then, please add up the number of categories of ACEs you experienced and put the <i>total number</i> at the bottom.	
Did you feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?	<input type="checkbox"/>
Did you lose a parent through divorce, abandonment, death, or other reason?	<input type="checkbox"/>
Did you live with anyone who was depressed, mentally ill, or attempted suicide?	<input type="checkbox"/>
Did you live with anyone who had a problem with drinking or using drugs, including prescription drugs?	<input type="checkbox"/>
Did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?	<input type="checkbox"/>
Did you live with anyone who went to jail or prison?	<input type="checkbox"/>
Did a parent or adult in your home ever swear at you, insult you, or put you down?	<input type="checkbox"/>
Did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?	<input type="checkbox"/>
Did you feel that no one in your family loved you or thought you were special?	<input type="checkbox"/>
Did you experience unwanted sexual contact (such as fondling or oral/anal/vaginal intercourse/penetration)?	<input type="checkbox"/>
Your ACE score is the total number of checked responses	

Do you believe that these experiences have affected your health? Not Much Some A Lot

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

Please let us know if you have questions about privacy or confidentiality.

Attachment Style Quiz Resources

Questions: 45

Estimated time: 5 minutes

Attachment style categories: Adult relationship (romantic or otherwise)

Attachment theory expert Dr. Diane Poole Heller, PhD, is behind this 45-question quiz. This assessment is good with how thoughtfully each question was written, often addressing hyper specific circumstances. It also asks you to reflect on a variety of emotional contexts, which, if you're as obsessed with attachment theory as us, makes the quiz feel particularly useful.

The one downside is you *do* have to sign up with your email to get to your results. While this is a minor annoyance, the detail put into the results make it worth it. You also get additional info in your inbox after you finish the quiz (it's easy to unsubscribe afterward if you like).

Your results come in a pie chart format, so you can see how you score on four different attachment styles: secure, avoidant/dismissive, ambivalent/anxious, and disorganized.

Note: If you're on mobile, you'll need to switch to landscape mode to view the whole quiz.

<https://dianepooleheller.com/attachment-test/>

Questions: 18

Estimated time: 2 minutes

Attachment style categories: Romantic

This quiz was developed by the authors of [Attached](#), a psychiatrist and neuroscientist Dr. Amir Levine, and Rachel Heller, MA. It's only 18 questions, so it's a good option for those of us with short attention spans.

The results aren't too detailed in scope — they'll tell you whether you're secure, anxious, or avoidant — but with a hefty paragraph of information about each attachment style, this quiz gives some really helpful initial insight.

The fun kicker is being able to take a complementary quiz to help you figure out your partner's style. No email sign-up is required either.

<https://www.attachedthebook.com/wordpress/compatibility-quiz/>

Breaking the Cycle of Intergenerational Trauma:
How a Parent's Own Trauma Impacts Their Children's Healing
Presented by: Shameitra Green, LMFT and Veronica Villarreal, LMFT

April 5, 2022

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Objectives

- ✦ Discuss and explore 'lean in' concept
- ✦ Discuss the difference between being trauma informed and trauma aware
- ✦ Explore trauma via personal, biological, and living perspectives
- ✦ Highlight intergenerational trauma accompanied with other traumas
- ✦ Explore parenting styles and attachment wounds
- ✦ Discuss the impact of trauma on the brain and body
- ✦ Explore trauma symptoms and its effects on the parent-child relationship
- ✦ Discuss how to work with intergenerational trauma in therapeutic spaces
- ✦ Explore your supportive role and its connection to healing through relationship

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"Part of what makes a situation traumatic is not talking about it. Talking reduces trauma symptoms. When we don't talk about trauma, we remain emotionally illiterate. Our most powerful feelings go unnamed and unspoken".

-Tian Dayton

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