

Field Version of the ACEs

What are you observing; how can you adjust to help?

Remember, it's not "What's wrong with you?" "What has happened to you?"

1. Get cussed at, yelled at or threatened?
2. Push, grab, slap, hit, injure throw things at you?
3. Anyone 5 years or more fondle, touch you in sexual way? Or have oral, anal, or vaginal sex with you in any way?
4. Did you feel you were not loved or special or your family didn't look out for each other?
5. Did you not have enough to eat, wore dirty clothes, or you were not protected?
6. Were your parents separated or divorced?
7. Was your mother or stepmother often pushed, grabbed, slapped, things thrown at her, kicked, bitten, hit with fist, threatened with knife or gun?
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
9. Was household member depressed or mentally ill or did someone in your home attempt suicide?
10. Did a household member go to prison?