



Understanding and Using the ACEs Questionnaire



The Adverse Childhood Experiences (ACEs) Questionnaire is a valuable tool designed for adults. It helps you reflect on the impact of difficult or traumatic experiences in your own childhood so you can better understand how trauma may affect both you and your children today.

Key Points to Remember:

- ✓ For adults only
- ✓ Not a diagnostic tool
- ✓ Self-awareness, not judgment



Why It Matters?

By understanding your own experiences, you build the emotional awareness and strength to break cycles of trauma. You become better equipped to respond with empathy, patience, and healing strategies when your child shows signs of stress or distress.



Take the Assessment

Answer the questions honestly and privately.



Reflect on Your Score

A higher ACEs score does not define you or your ability to thrive; it highlights areas where you may need additional healing and support.



Think About Your Children

Understanding how trauma shaped you can provide insight into how your children may react when they feel triggered or unsafe.



Respond with Compassion

Use your awareness to guide more trauma-informed responses with your children — focusing on safety, connection, and co-regulation.



Seek Support if Needed

Healing is possible, and reaching out to trusted professionals, mentors, or parent groups can make the journey easier.

Take the ACEs Questionnaire or Download it here:

[Click here to begin](#)

Instructions

1. Check the Boxes - Review the list of ACE categories and check the ones that apply to your childhood (before age 18).
2. Add Your Score - Count how many categories you checked. This is your ACEs score.
3. Reflect on Your Score - A higher score may highlight areas where you could use extra support, but it doesn't define you.