

ADVERSE CHILDHOOD EXPERIENCES (ACE) TEST

- MODIFIED



The following evaluation(s) is not intended to diagnose someone with C-PTSD. It is used for self-awareness or self-discovery purposes only. The questions within are based on Tim Fletcher's 60 Characteristics of Complex Trauma or the Adverse Childhood Experiences (ACE) Test (not property of Tim Fletcher Co.). Take notes of what you have marked as affirmative (those you have marked as "Very True, True, Always, Yes or Sometimes".) These could be sensitive areas and an opportunity to explore, heal and grow.

The material in this evaluation(s) may be triggering for some readers, especially for those who have suffered from extreme forms of abuse. Try your best to work through the material as an observer and allow yourself to work through the emotions or memories by going to a safe place in your mind.

If you are feeling triggered at any time, please put the material down. Ensure you have supports or loved ones in place as you work to process or request help from a centre or hotline near you.

Complex Trauma is the missing piece that sheds light on all kinds of problems. Undetected, it affects every aspect of a person ... - Tim Fletcher

THRIVING BEYOND™
COMPLEX TRAUMA

REACT

ADVERSE CHILDHOOD EXPERIENCES (ACE) TEST (MODIFIED)



The first 9 questions are from the original ACE Test. The remaining questions (10-60) have been added to help you evaluate your own understanding of Adverse Childhood Experiences through the lens of Complex Trauma.

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?

☐ NO
☒ YES

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?

☐ NO
☒ YES

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?

☒ NO
☐ YES

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?

☐ NO
☒ YES

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?

☒ NO
☐ YES

6. Were your parents ever separated or divorced?

☒ NO
☐ YES

7. Did you live with anyone who was a problem drinker, alcoholic or who used street drugs?

☐ NO
☒ YES

8. 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 over at least a few minutes or threatened with a gun or knife?

☐ NO
☒ YES

9. Was a household member depressed or mentally ill, or did a household member attempt suicide?

☐ NO
☒ YES

10. Did a household member go to prison?

☒ NO
☐ YES

11. Did you have a parent who was a workaholic or who was away a lot due to work travel?

☒ NO
☐ YES

12. Were you ever placed in foster care?

☒ NO
☐ YES

13. Were you adopted?

☒ NO
☐ YES

14. Did you grow up in a single-parent home?

☒ NO
☐ YES

15. Did one of your parents die when you were young?

☒ NO
☐ YES

16. Were you an ethnic minority in your community?

☒ NO
☐ YES

17. Did you grow up in a large family with many siblings?

☒ NO
☐ YES

18. Your family was very poor and you lived in a neighbourhood with wealthier families. You wore "Hand-me-downs", told you couldn't afford to participate in all the sports or activities that other kids did?

☒ NO
☐ YES

19. When you were sad or crying, you were told to; "Stop crying, or I'll give you something to cry about", "Go to your room, and don't come out until you have a smile on your face", "Quit being a sucky baby", "Quit feeling sorry for yourself", "You're too sensitive", "God doesn't like it when you're sad all the time"?

☐ NO
☒ YES

20. Did your family go through a loss and it wasn't talked about? Everyone stayed busy, used humour, zoned out in front of the TV or your parent was angry all the time or depressed and slept a-lot?

☐ NO
☒ YES

21. Did one of your parents make time to coach a team or play with the neighbourhood kids, but not with you?

☐ NO
☒ YES

22. Did one of your parents always seemed to have a new problem (sickness, ache, hassle) that they complained about and received attention for?

☒ NO
☐ YES

23. Were you shamed for wetting the bed?

☐ NO
☒ YES

24. Were you ever teased for stuttering, dyslexia, having braces or wearing glasses?

☐ NO
☒ YES

25. Did you grow up with the belief that you don't need anyone other than your family?
You don't tell others your problems and to remain loyal no matter what.

☒ NO
☐ YES

26. Did you grow up with a parent who relied on you for emotional support, shared inappropriate things or made you the go-between with the other parent?

☒ NO
☐ YES

27. Did you grow up with a parent who made everything about themselves? Talked about how difficult their life was or made you feel selfish when asking for anything.

☐ NO
☒ YES

28. Did your parents often say they were hoping you would have been a different gender; they wished you had never been born, because you are hard to handle or you were an "Oops" and they didn't want another child?

☒ NO
☐ YES

29. Were your parents too busy or didn't care enough to figure out what things made you feel loved, your personality or your struggles, dreams or desires?

☐ NO
☒ YES

30. Did your parents ignore you? (They wouldn't hug or snuggle, tell you they loved you, read you bedtime stories, play with you - build a fort, have a tea party?)

☒ NO
☐ YES

31. Did one or both of your parents have volatile emotional outbursts where they would yell, display aggressive behaviour or become angry?

☐ NO
☒ YES

32. Was one or both of your parents racist, very opinionated about almost everything, angry with their life circumstances, give the impression they were superior to others or say nice things to the neighbour's face, but negative things behind their back?

☐ NO
☒ YES

33. Was conflict never resolved in your family? Was the problem was swept under the carpet; one person always gave in to keep the peace; there was lots of yelling with nobody listening or tried to figure out how to resolve the problem?

☒ NO
☒ YES ☒

34. Did one or both of your parents never fully accept you; compare you to others; teased you in ways that hurt; gave more criticism than praise; find something wrong no matter how well you did?

☐ NO
☒ YES ☒

35. Did your parents only connected with you when something more important (TV, Phone, person, activity) wasn't happening; if they were mad at you; if they were teaching you how to do something or if they wanted you to take part in something they enjoyed doing?

☐ NO
☒ YES

36. Did someone in your family have a chronic illness? If it was a sibling, they required a lot of your parent's time; which made you feel like a burden or was it a parent and you didn't feel you could ask for their time or attention?

☒ NO
☐ YES

37. Did your parents decide your future or want you to fulfill their unfulfilled dreams?

☐ NO
☒ YES

38. Did one or both of your parents expect perfection from you on your - report card, the neatness of your room, expected to do things perfectly the first time?

☒ NO
☐ YES

39. Did your parents estimate your value based on whether you were a hard worker, helped others, talented or beautiful, had a thin body, were funny or smart or good at sports?

☐ NO
☒ YES

40. Was one or both of your parents, super strict with harsh discipline, inconsistent with few or no rules where kids could do what they want or did one parent let you get away with more stuff than the other?

☐ NO
☒ YES

41. Were your parents unpredictable? Be super affectionate and loving one day but cold and cruel the next?

☒ NO
☐ YES

42. Was one or both of your parents; very controlling; wouldn't allow you to make your own decisions; wouldn't give you any space or privacy - smothered; read your diary or journal without your permission; or pushed you to talk about everything in your life in detail?

☐ NO
☒ YES

43. When something bad happened to you, did your parents make you feel like it was your fault – that you must have done something wrong? Were they more concerned about how it made them look than about how it affected you? Or did they refuse to talk about it?

☐ NO
☒ YES

44. When your parents were angry or upset did they blame somebody or make you feel that it was your fault?

☒ NO
☐ YES

45. Did your family live by a double standard where parents could show anger or sadness, complain or blame but the children couldn't? Children were expected to be happy all the time. ☐ NO ☒ YES
46. Did one of your parents treat the other as being inferior with disrespect; controlling them or expect them to serve and make sacrifices without repayment? ☐ NO ☒ YES
47. Did your parents ever use the bible as a weapon or tell you: God is watching everything you do or God will be mad at you or punish you if you do something wrong? Did they ever say being sad, depressed, angry or having anxiety is a sin; God allowed you to be sexually abused; God hates gay people or if you don't follow their church, you will go to hell? ☒ NO ☐ YES
48. Were you ever teased or laughed at when you shared your deepest secrets or struggles? Would it be blabbed to others? Would they change the subject or not willing to talk about it? ☐ NO ☒ YES
49. Growing up, did you feel manners in public were a subject of great emphasis? Success was seen as having wealth, a nice house, a good job, fit bodies, social respect and what others thought of you was more important than how you actually were, so you had to put on a show when you were in public? Your behaviour was about making your parents look good? ☐ NO ☒ YES
50. Did your parents believe validation would make you proud (give you a big head) so they only pointed out what you did wrong, not what you did right? ☒ NO ☐ YES
51. Did your parents only love you when you obeyed and did what they wanted? Did extra things for your parents? Not have any problems of your own? Conformed to their beliefs or made them look good? ☐ NO ☒ YES
52. Did your family believe emotionally expressive people were weak and immature and stoic or people who were reserved were seen as boring and no fun? ☒ NO ☐ YES
53. Did one of your parents have irrational fears or superstitions such as flying, spiders, elevators, snakes, 13th floor, black cat, full moon or spent a lot of time on conspiracy theories? ☐ NO ☒ YES
54. Did one or both of your parents regularly break promises when they said they would; get you something, do things with you, about Christmas, vacation or other special events or say they would stop their addiction? ☐ NO ☒ YES
55. Did one or both of your parents become impatient when teaching you a new skill? Or did they quit trying and say in a frustrated voice, "I'll just do it myself"? Were you made to feel you had to learn everything quickly and do it perfectly the first time? ☐ NO ☒ YES

56. Did your parents have wild parties where you witnessed adults having sex?

☒ NO
☐ YES

57. Were you regularly exposed to pornography, masturbation, playing doctor before the age of 10 from siblings, friends, parents, cousins or other family members?

☒ NO
☐ YES

58. Was there always a lot of tension, anger, stress, sadness in your household?

☐ NO
☒ YES

59. Was one of your parents like a dictator or military general? Was it their way or the highway with no discussion or asking you for your opinion?

☐ NO
☒ YES

60. Did one or both your parents make you feel that self-care or relaxing was a sign of laziness or selfishness?

☐ NO
☒ YES