

**ACE SCORE:**

**FAMILY HISTORY:** [from the time you were 0-19 years old] - Has anyone in your family or you:

1] Committed suicide or attempted suicide? Or used 'cutting'? \_\_\_\_\_

2] Have you been name called or shamed or abandoned or "bullied"? \_\_\_\_\_

3] Have you 'not felt safe', 'starved'; lived in foster care or 'poverty' or a war zone? \_\_\_\_

4] Have you seen parents hit, grab, beat, push, use physical weapons against anyone?\_

5] Have you been "used" sexually [orally, rectally, or vaginally] by another person? \_\_\_\_

6] Was alcohol or drug usage by anyone in the family part of your childhood life? \_\_\_\_\_

7] Was any family member 'crazy' or depressed, schizophrenic, hospitalized? \_\_\_\_\_

8] Has anyone been murdered, murdered someone else or been sent to jail? \_\_\_\_\_

9] Have you been physically or emotionally neglected? \_\_\_\_\_

10] Have you NOT been raised by your biological parents? \_\_\_\_\_

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11] Have you had a seeing-of-the-light, out of body experience-OOB, after death-ADE or  
Near death experience-NDE; seen or felt light, tunnel, spirit forms, ancestors, words? X

TOTAL POINTS: \_\_\_\_\_