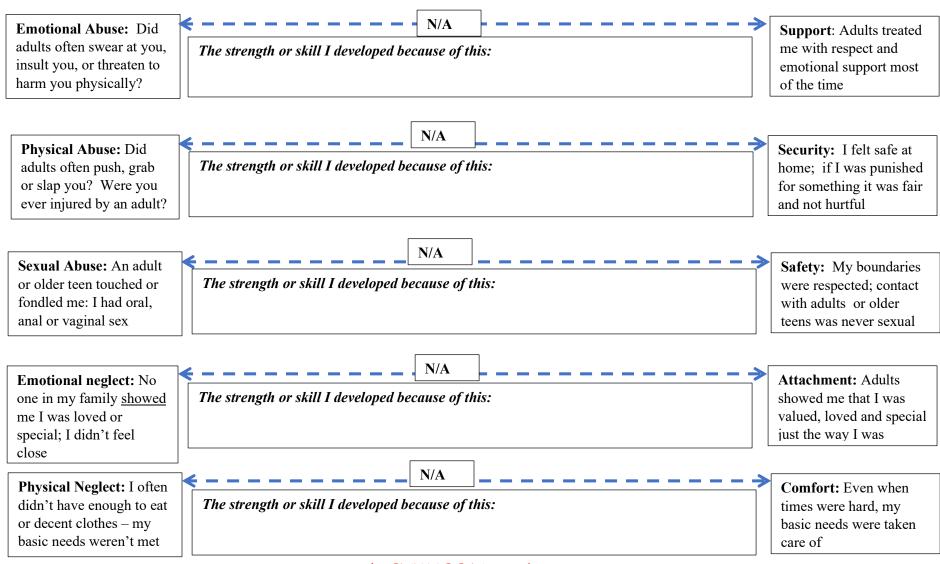
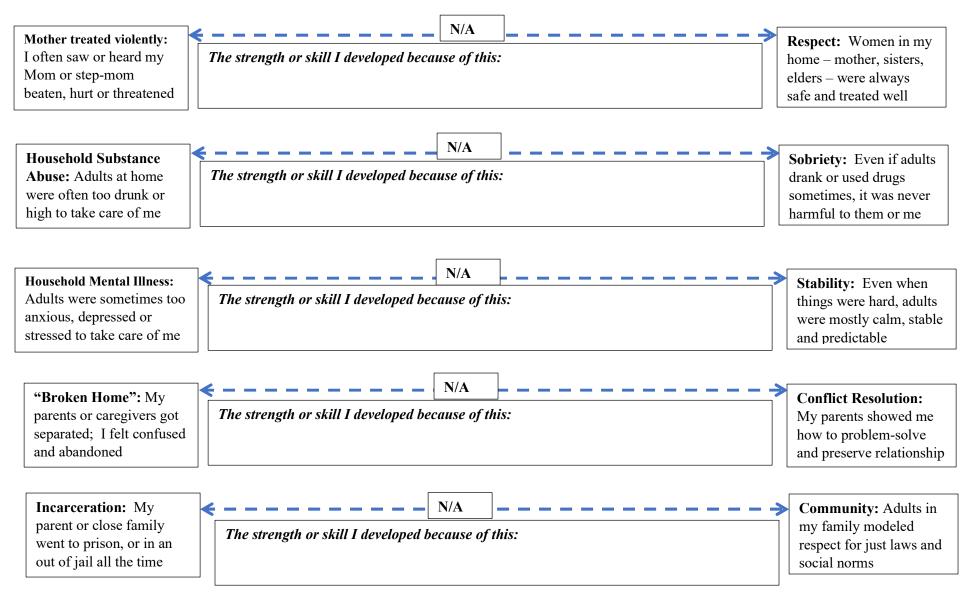
Adverse Childhood Experiences and Resulting Resilience Survey

This is an adaptation of the original Adverse Childhood Experiences survey (Felitti & Anders - 1998) which also helps identify the strengths and resilience which helps people survive. This is an opportunity to explore the ways – both positive and negative – in which these experiences may have shaped who you are until today...and may help guide further growth and healing! Remember: this may have been what happened to you... NOT who you are! For each of the statements below please put an **X** or \checkmark on the arrow to rate your experience between traumatic and resilient when you were 12 years old or younger. Then briefly describe how this experience helped you survive or grow into the person you are today. If you never had the experience described, feel free to check the NA box – but still describe a strength in this area. (Feel free to talk this over with your therapist)





People who come from the experience of trauma – sometimes "big-T" like rape or lots of "little t" like verbal abuse or bullying – forget that we are "strongest in the broken places." It's natural to focus on the bad things that happened to us – it's just not <u>helpful!</u> We tend to ignore the unique set of strengths, skills and resilience that helped us survive whatever happened back there, back then. But this is here now…and you deserve to **thrive**, not just survive! Thanks for your courage in exploring this.