

## 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 **✓** 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)*

<b>Emotional Abuse:</b> Did adults often swear at you, insult you, or threaten to harm you physically?	← <b>N/A</b> →	<b>Support:</b> Adults treated me with respect and emotional support most of the time
	<i>The strength or skill I developed because of this:</i>	
<b>Physical Abuse:</b> Did adults often push, grab or slap you? Were you ever injured by an adult?	← <b>N/A</b> →	<b>Security:</b> I felt safe at home; if I was punished for something it was fair and not hurtful
	<i>The strength or skill I developed because of this:</i>	
<b>Sexual Abuse:</b> An adult or older teen touched or fondled me: I had oral, anal or vaginal sex	← <b>N/A</b> →	<b>Safety:</b> My boundaries were respected; contact with adults or older teens was never sexual
	<i>The strength or skill I developed because of this:</i>	
<b>Emotional neglect:</b> No one in my family <u>showed</u> me I was loved or special; I didn't feel close	← <b>N/A</b> →	<b>Attachment:</b> Adults showed me that I was valued, loved and special just the way I was
	<i>The strength or skill I developed because of this:</i>	
<b>Physical Neglect:</b> I often didn't have enough to eat or decent clothes – my basic needs weren't met	← <b>N/A</b> →	<b>Comfort:</b> Even when times were hard, my basic needs were taken care of
	<i>The strength or skill I developed because of this:</i>	

<b>Mother treated violently:</b> I often saw or heard my Mom or step-mom beaten, hurt or threatened	<div style="text-align: center;">N/A</div> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <i>The strength or skill I developed because of this:</i> </div>	<b>Respect:</b> Women in my home – mother, sisters, elders – were always safe and treated well
<b>Household Substance Abuse:</b> Adults at home were often too drunk or high to take care of me	<div style="text-align: center;">N/A</div> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <i>The strength or skill I developed because of this:</i> </div>	<b>Sobriety:</b> Even if adults drank or used drugs sometimes, it was never harmful to them or me
<b>Household Mental Illness:</b> Adults were sometimes too anxious, depressed or stressed to take care of me	<div style="text-align: center;">N/A</div> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <i>The strength or skill I developed because of this:</i> </div>	<b>Stability:</b> Even when things were hard, adults were mostly calm, stable and predictable
<b>“Broken Home”:</b> My parents or caregivers got separated; I felt confused and abandoned	<div style="text-align: center;">N/A</div> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <i>The strength or skill I developed because of this:</i> </div>	<b>Conflict Resolution:</b> My parents showed me how to problem-solve and preserve relationship
<b>Incarceration:</b> My parent or close family went to prison, or in an out of jail all the time	<div style="text-align: center;">N/A</div> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <i>The strength or skill I developed because of this:</i> </div>	<b>Community:</b> Adults in my family modeled respect for just laws and social norms

*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 helpful! 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.*