



His Invisible Hands Coaching

What's Your ACE Score?

There are 10 types of childhood trauma measured in the ACE Study, and each type of trauma counts as one. The most important thing to remember is that the ACE score is meant as a guideline. If you experienced other types of toxic stress over months or years, then those would likely increase your risk of health consequences.

Prior to your 18th birthday:

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 ____ If Yes, enter 1 ____
 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 ____ If Yes, enter 1 ____
 3. Did an adult or person at least five 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 ____ If Yes, enter 1 ____
 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 ____ If Yes, enter 1 ____
 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 ____ If Yes, enter 1 ____
 6. Were your parents ever separated or divorced? No ____ If Yes, enter 1 ____
 7. 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 ____ If Yes, enter 1 ____
 8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs? No ____ If Yes, enter 1 ____
 9. Was a household member depressed or mentally ill, or did a household member attempt suicide? No ____ If Yes, enter 1 ____
 10. Did a household member go to prison? No ____ If Yes, enter 1 ____
- Now add up your "Yes" answers: is your ACE score.
Yes score total _____

ACE Questionnaire based on the original CDC-Kaiser Permanente Adverse Childhood Experiences Study. Coaching reflections and worksheet © 2026 Emily Stephenson. All rights reserved.



What's Your Resilience Score?

Research demonstrates that a healthy attachment cycle produces resilient children and adults.

For each item, use the blank to write in the appropriate number according to the following scale:

+2 +1 0 -1 -2

Definitely true Probably true Not sure Probably not true Definitely not true

1. I believe that my mother loved me when I was little. How true? _____
2. I believe that my father loved me when I was little. How true? _____
3. When I was little, other people helped my mother and father take care of me, and they seemed to love me. How true? _____
4. I've heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too. How true? _____
5. When I was a child, there were relatives in my family who made me feel better if I was sad or worried. How true? _____
6. When I was a child, neighbors or my friends' parents seemed to like me. How true? _____
7. When I was a child, teachers, coaches, youth leaders, or ministers were there to help me. How true? _____
8. Someone in my family cared about how I was doing in school. How true? _____
9. My family, neighbors, and friends talked often about making our lives better. How true? _____
10. We had rules in our house and were expected to keep them. How true? _____
11. When I felt really bad, I could almost always find someone I trusted to talk to. How true? _____
12. As a youth, people noticed that I was capable and could get things done. How true? _____
13. I was independent and a go-getter. How true? _____
14. I believed that life is what you make it. How true? _____

How many of these 14 protective factors did I have as a child and youth? _____

How many of the 14 were "Definitely True" _____ or "Probably True" _____

Of these, how many are still true for me? _____

Name _____

Date _____