Before you go through the questions, while the A.C.E. is obviously oriented towards the relationship between childhood traumatic experiences and later mental and physical problems, if you answer yes to any of the questions below for experiences you had after reaching the official age of 18, you still qualify as a traumatized individual. What this means is only that the statistical correlations implied in the A.C.E. study will be less likely to be indicative of what you might expect from your own experience of trauma.

1. Did a parent or other adult in the household often or very often, swear at you, insult you, put you down, humiliate you or act in a way that made you afraid that you might be physically hurt? 
   
2. Did a parent or other adult in the household often or very often push, grab, slap, throw something at you, or ever hit you so hard that you had marks or were injured? 
   
3. Did an adult or person at least 5 years older than you ever touch or fondle you or had you touch their body in a sexual way, or attempt or actually had oral, anal, or vaginal intercourse with you?
Was your mother or stepmother often or very often pushed, grabbed, slapped, or had something thrown at her, 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?

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?

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?
Were your parents divorced?

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

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

Did a household member go to prison?

Gather a general view of where you stand by fitting your score within the statistics reported HERE.

Finally being this a scientific study referred to by all world's leading experts on the subject of trauma, if you have scored anything above 3, please take your own psychological well being seriously, and if possible, approach as soon as possible someone who might know how to tackle this newly found information about yourself (e.g. an understanding teacher, a positive adult figure you can really trust, a counselor).