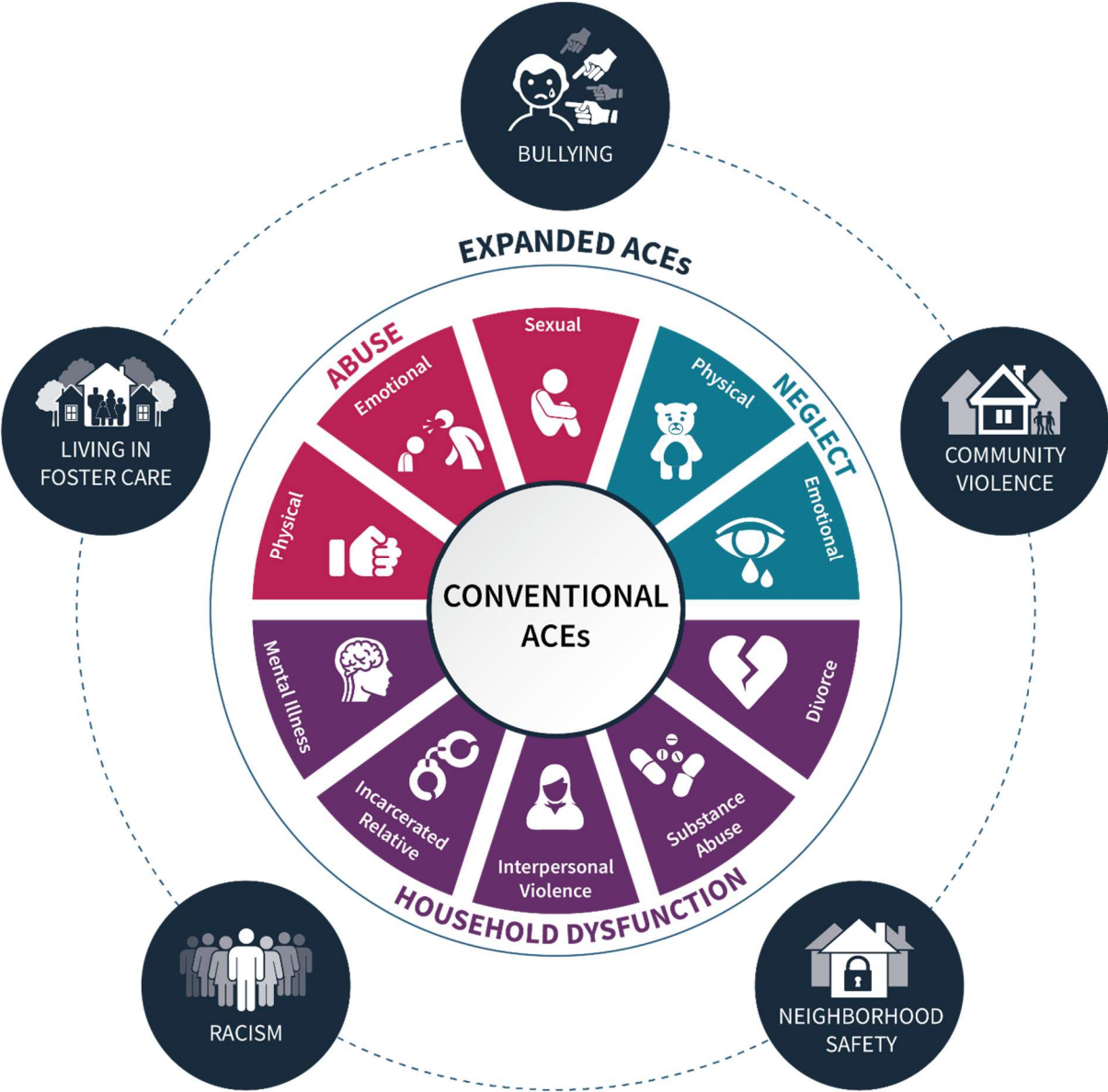


Familial Trafficking and Path to Recovery Handout



**Original ACE Questionnaire CDC and Kaiser Permanente**

While you were growing up, during your first 18 years of life:

- 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?  
Yes      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?  
Yes      No      If yes enter 1 \_\_\_\_\_
  
- 3- Did an adult or person at least 5 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?  
Yes      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?  
Yes      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?  
Yes      No      If yes enter 1 \_\_\_\_\_
  
- 6- Were your parents ever separated or divorced?  
Yes      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 at least a few minutes or threatened with a gun or knife?  
Yes      No      If yes enter 1 \_\_\_\_\_
  
- 8- Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?  
Yes      No      If yes enter 1 \_\_\_\_\_
  
- 9- Was a household member depressed or mentally ill, or did a household member attempt suicide?  
Yes      No      If yes enter 1 \_\_\_\_\_
  
- 10- Did a household member go to prison?  
Yes      No      If yes enter 1 \_\_\_\_\_

Now add up your "Yes" answers: \_\_\_\_\_ This is your ACE Score.

**The Adverse Adulthood Experiences test (AAE) is a set of ten yes or no questions about one's life since the age of twenty-one when you became a legal adult in control of your own life circumstances.**

- 1- Have you had routine experiences, such as a job, where your superior put you down or humiliated you in front of others? \_\_\_
- 2- Have you been in a physical fight with another adult? \_\_\_
- 3- Have you ever been sexually assaulted physically? \_\_\_
- 4- Do you feel that no one in the whole world loves you or values what you do? \_\_\_
- 5- Have you ever been homeless or had so little money you were very hungry? \_\_\_
- 6- Have you always lived without someone who loved you or has your spouse ever suddenly abandoned you? \_\_\_
- 7- Were you ever imprisoned? \_\_\_
- 8- Have you lived with people who were frequently drunk or high? \_\_\_
- 9- Were you ever seriously depressed, suicidal, or in a mental institution? \_\_\_
- 10- Did a household member or close friend ever go to prison? \_\_\_

Add up your "Yes" answers, that is your Adverse Adult Experiences AAE score

## Recommended Literature

All books can be bought on major online retailers.

- Bible Study Version
- Man's Search for Meaning by Viktor E Frankl
- 12 Rules for life by Jordan B Peterson
- Beyond Order by Jordan B Peterson
- Boundaries by Dr Henry Cloud & Dr John Townsend
- Mind and Emotions by Matthew McKay PhD, Patrick Fanning and Patricia Zurita Ona PsyD
- Attached by Amir Levine MD and Rachel SF Heller MA
- The Body Keeps the Score by Bessel Van Der Kolk MD
- What Happened to you by Bruce D Perry MD Phd and Oprah Winfrey
- Parenting with Theraplay by Vivien Norris and Helen Rodwell
- Brain-Based Parenting by Daniel A Hughes and Jonathan Baylin
- The Power of Showing Up by Daniel J Siegel MD and Tina Payne Bryson PhD
- No-Drama Discipline by Daniel J Siegel MD and Tina Payne Bryson PhD
- The Whole-Brain Child by Daniel J Siegel MD and Tina Payne Bryson PhD
- Parenting from the Inside Out by Daniel J Siegel MD and Mary Hartzell MD
- A Secure Base by John Bowlby
- Lone Survivor by Marcus Luttrell
- Fearless by Eric Blehm
- Can't Hurt Me by David Goggins
- It Didn't Start with you by Mark Wolynn
- The Deepest Well by Nadine Burke Harris MD
- Raising a Secure Child by Kent Hoffman, Glen Cooper and Bert Powell
- Getting the Love, you want by Harville Hendrix PhD and Helen LaKelly Hunt PhD
- Attachment Focused Parenting by Daniel A Hughes
- Coping with Trauma Related Dissociation by Suzette Boon Kathy Steele and Onno Van Der Hart
- The Power of Letting Go by John Purkiss
- When Bad things happen to good people by Harold S Kushner
- Resilient by Rick Hanson PhD
- 21 Resilient Women by Daisy Wright
- Forgiving what you can't Forget by Lysa Terkeurst
- The Post-Traumatic Growth Guidebook by Arielle Schwartz PhD
- The Unheard cry for meaning by Viktor E Frankl
- Existential Family Therapy by Jim Lantz
- From Death Camp to Existentialism by Viktor Frankl
- Upside By Jim Rendon
- Unconscious God by Viktor Emil Frankl
- Yes to Life by Viktor Emil Frankl