Instructions: Listed below are a number of difficult or stressful things that sometimes happen to people. For each type of event listed, please **check yes** if the event: 1) happened to you personally, 2) you witnessed it, or 3) if you are not sure if it fits, but it might. Please consider your entire life as you go through the list. Then, on a scale from **1 (least impact)** to **7 (greatest impact),** circle the number that best represents the degree to which you feel the type of event has impacted your entire life.

Type of Event	Yes	1= least impact						7= highest impact
1. Sexual Abuse or Assault: Actual or attempted sexual contact, exposure to age-inappropriate material, sexual exploitation, unwanted/coercive sexual acts	❑	1	2	3	4	5	6	7
2. Physical Abuse or Assault: Actual or attempted infliction of physical pain with or without an object or weapon, use of severe corporeal punishment	❑	1	2	3	4	5	6	7
3. Emotional Abuse/Psychological Maltreatment: Includes verbal abuse, emotional abuse, excessive demands on child's performance, intentional social deprivation	❑	1	2	3	4	5	6	7
4. Neglect: Failure by parents/caregivers to provide needed, age-appropriate care although financially able to do so, includes: physical, medical, educational neglect	❑	1	2	3	4	5	6	7
5. Serious Accident or Illness/Medical Trauma: Unintentional injury or accident, having a physical illness or medical procedures that are painful and/or life threatening	❑	1	2	3	4	5	6	7
6. Witnessing/Experiencing Domestic Violence: Actual or threatened physical or sexual violence, or emotional abuse between adults in intimate relationships – current or former	❑	1	2	3	4	5	6	7
7. Victim/Witness to Community Violence: Violence from people *not in your family*, brutal acts like shootings, stabbings, being robbed, raped or beaten	❑	1	2	3	4	5	6	7
8. School Violence: Includes fatal and nonfatal student or teacher victimization, threats to or injury of students, fights, or exposure to weapon on school grounds	❑	1	2	3	4	5	6	7
9. Natural or Manmade Disasters: Major accident or disaster that is an unintentional result of a manmade or natural event: hurricane, earthquake, flood, fire	❑	1	2	3	4	5	6	7
10. Forced Displacement: Forced relocation to a new home due to political reasons, including political asylees or immigrants fleeing political persecution	❑	1	2	3	4	5	6	7
11. War/Terrorism/Political Violence: Exposure to war, terrorism, political violence, includes incidents like bombing, shooting, looting, or accidents due to terrorist activity	❑	1	2	3	4	5	6	7
12. Victim/Witness to Extreme Personal/Interpersonal Violence: Includes extreme violence by or between individuals including exposure to homicide, suicide and/or other extreme events	❑	1	2	3	4	5	6	7
13. Traumatic Grief/Separation: Death of parent, primary caretaker, sibling, abrupt and/or unexpected, accidental or premature death or homicide of a close friend, family member or relative, indefinite separation from loved one	❑	1	2	3	4	5	6	7
14. System-Induced Trauma: Traumatic removal from the home, traumatic foster placement, sibling separation, or multiple placements in a short amount of time	❑	1	2	3	4	5	6	7

Note: This tool helps you gauge how much trauma you remember in your life, and the degree to which it has impacted you. If you checked off any of the above, be sure to assess your **ACE score** and do the **PTSD Test**. Also consider how the above traumas may have been followed closely be use of substances of addictive behaviors.