GUMPTIONWORK

Childhood Stress Calibration Tool

You can do this better online: www.gumptionade.com/childhood-stress

Do you think you may have had a too stressful childhood? If you answer yes to any of the questions below, you may have. (If you were not raised by your parents, simply use "parents" to mean "the people who raised me.").

For a formal review of the ACE study and questionnaire, on which I base this work sheet, see the ACE Study pages at the Centers for Disease Control and Prevention web sites (cdc.gov/ace/index.htm) and a condensed questionnaire and discussion at http://acestoohigh.com/got-your-ace-score/.

	YES	NO
One or both of my parents was an alcoholic or a drug addict when I was a child.		
An outside observer might say that I was frequently hit by a parent when I was a child.		
An outside observer might say I was sexually abused when I was a child.		
An outside observer might say that I was emotionally abused when I was a child.		
One or both of my parents was chronically ill or died when I was a child.		
One or both of my parents was wildly unpredictable when I was a child, and not always in a good way.		
I was chronically ill when I was a child.		

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	YES	NO
My parents divorced when I was less than seven years old.		
My family or I moved more than five times before I was seven.		
I witnessed physical violence in my home when I was a child.		
The question may not be, "What's wrong with you be: "What did you go through?"	1?" It 1	may