

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/>.

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

