

ACE Trauma Questionnaire



Hey there, beautiful! You're taking a brave step to understand your story with the ACE Trauma Questionnaire. This 10-item quiz helps you uncover Adverse Childhood Experiences (ACEs) that might be affecting you, but let me be clear: **you are not broken**, and your past doesn't define your future. Answer 'Yes' or 'No' to each question about your life before age 18, and let's shine a light on your journey together.

	Y	N
1. Before your 18th birthday, 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 did they act in a way that made you afraid that you might be physically hurt?	<input type="checkbox"/>	<input type="checkbox"/>
2. Before your 18th birthday, did a parent or other adult in the household often or very often push, grab, slap, or throw something at you? OR did they ever hit you so hard that you had marks or were injured?	<input type="checkbox"/>	<input type="checkbox"/>
3. Before your 18th birthday, did an adult or person at least five years older than you ever touch or fondle you or have you touch their body in a sexual way? OR did they attempt or actually have oral, anal, or vaginal intercourse with you?	<input type="checkbox"/>	<input type="checkbox"/>
4. Before your eighteenth birthday, did you often or very often feel that no one in your family loved you or thought you were important or special? OR that your family didn't look out for each other, feel close to each other, or support each other?	<input type="checkbox"/>	<input type="checkbox"/>
5. Before your 18th birthday, 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 that your parents were too drunk or high to take care of you or take you to the doctor if you needed it?	<input type="checkbox"/>	<input type="checkbox"/>
6. Before your 18th birthday, was a biological parent ever lost to you through divorce, abandonment, or other reason?	<input type="checkbox"/>	<input type="checkbox"/>
7. Before your 18th birthday, was your mother or stepmother often or very often pushed, grabbed, slapped, or had something thrown at her? OR was she sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? OR was she ever repeatedly hit over at least a few minutes or threatened with a gun or knife?	<input type="checkbox"/>	<input type="checkbox"/>
8. Before your 18th birthday, did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?	<input type="checkbox"/>	<input type="checkbox"/>
9. Before your 18th birthday, was a household member depressed or mentally ill, or did a household member attempt suicide?	<input type="checkbox"/>	<input type="checkbox"/>
10. Before your 18th birthday, did a household member go to prison?	<input type="checkbox"/>	<input type="checkbox"/>

ACE Trauma Results



Results

Count how many questions you answered YES to—this is your ACE score, ranging from 0 to 10. A higher score might mean you're more likely to face trauma-related health or behavioral challenges as an adult. But this doesn't mean you're doomed to struggle, that you're broken, or that healing isn't possible. You can create a life shaped not by your past, but by the bright future you choose to build.

As Psalm 147:3 assures us, *"He heals the brokenhearted and binds up their wounds."*

Strength Strategies



Life can throw heavy challenges your way, and the ACE test might have brought some of those past hurts to light. But here's the truth: you're not defined by what you've been through, and you have the power to choose how you move forward. These strength strategies are here to guide you with compassion—some will lift you up and help you heal, while others might keep you stuck in the shadows. Let's walk through them together, so you can embrace the empowering strategies that honor the incredible woman you are and the future you're building.

Empowering Strategies

- Seeking help from a qualified, faith-based professional—one that holds your values.
- Confiding in a friend, coach, or relative (Building a support system)
- Joining a support group in person or online.
- Joining a faith-based service to find support and deepen your understanding of God's love for you.
- Talking optimistically about the future and making positive plans
- Exercise and sports
- Sitting with your emotions without judgment
- Relaxation techniques like prayer, meditation, breathwork, and yoga
- Finding humor throughout your day
- Finding daily gratitude even for the simplest things
- Hot baths
- Music/Art/Dance
- Healthy diet that nourishes you
- Finding passion and purpose in your day
- Consistent sleep
- Contributing/ Helping others

Unhealthy Coping Tools

- Drugs
- Alcohol
- Excessive screen time (video games, Social Media, TV)
- Compulsive shopping/spending
- Risky and /or excessive sex
- Self-mutilation
- Other risky behaviors (i.e. driving too fast)
- Solely focusing on school, work or other behaviors/hobbies
- Bottling up feelings
- Avoidance
- Withdrawal
- Denial
- Self-blame
- Fighting
- Acting out
- Disordered eating patterns
- Suicide

Dear one, those unhealthy coping tools—quick fixes—might feel like an escape in the moment, but they often leave you feeling more lost than before—some leaving permanent damage. Before you turn to them, take a deep breath and ask 3 questions:

1. **Is this truly good for me, beyond just a fleeting comfort?**
2. **Is it good for the people I hold dear?**
3. **Does it serve a greater good, or is it just a temporary fix that could leave lasting damage?**

Healing isn't about the instant relief these escapes promise—it's about the long-lasting repair that sets your heart free. Choose the path that mends you for the journey ahead—an empowering strategy— like heartfelt prayer or a walk that restores your spirit, because you deserve a peace that lasts. And that peace begins with your next choice.

PEARLS Test

(Pediatric ACEs and Related Life-events Screener)



If you're a mama or grandma caring for a minor, the PEARLS test helps you understand the Adverse Childhood Experiences (ACEs) and additional challenges your child may have faced. Answer 'Yes' or 'No' to each question about their life before age 18 to uncover insights that can guide their healing journey.

	Y	N
1. Before their 18th birthday, did a parent or other adult in the household often or very often swear at them, insult them, put them down, or humiliate them? OR did they act in a way that made your child afraid they might be physically hurt?	<input type="checkbox"/>	<input type="checkbox"/>
2. Before their 18th birthday, did a parent or other adult in the household often or very often push, grab, slap, or throw something at them? OR did they ever hit your child so hard that they had marks or were injured?	<input type="checkbox"/>	<input type="checkbox"/>
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4. Before their eighteenth birthday, did they often or very often feel that no one in their family loved them or thought they were important or special? OR that their family didn't look out for each other, feel close to each other, or support each other?	<input type="checkbox"/>	<input type="checkbox"/>
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	Y	N
11. Did they ever live in foster care or were they ever separated from their family due to state intervention (e.g., child protective services)?	<input type="checkbox"/>	<input type="checkbox"/>
12. Were they often bullied, harassed, or made to feel unsafe by peers at school or in their community?	<input type="checkbox"/>	<input type="checkbox"/>
13. Did they often witness violence in their neighborhood, like fights, shootings, or other dangerous events?	<input type="checkbox"/>	<input type="checkbox"/>
14. Did they often feel unsafe in their neighborhood, like they couldn't play outside or walk around freely?	<input type="checkbox"/>	<input type="checkbox"/>
15. Did they often experience discrimination or unfair treatment because of their race, ethnicity, gender, or other parts of their identity?	<input type="checkbox"/>	<input type="checkbox"/>
16. Did they often lack stable housing, like living in a shelter, on the street, or moving frequently because of financial struggles?	<input type="checkbox"/>	<input type="checkbox"/>
17. Did they often go without basic needs like enough food, clean water, or a safe place to sleep?	<input type="checkbox"/>	<input type="checkbox"/>

Results

Count how many questions you answered YES to—this is your child's PEARLS score, ranging from 0 to 17. A higher score might mean they're more likely to face trauma-related health or behavioral challenges as they grow. But this doesn't mean they're doomed to struggle, that they're broken, or that healing isn't possible. They can create a life shaped not by their past, but by the bright future they choose to build—with your loving help.

Empowering Strategies for Your Child



Mama or grandmama, you're the heartbeat of your child's world, and I know the PEARLS test might have stirred up a storm of emotions—I'm here with you. These empowering strategies aren't a rigid plan, but a gentle guide to hold your little one close through their pain with love and strength, nurturing their healing and peace in this moment.

As Isaiah 66:13 reminds us, *"As a mother comforts her child, so will I comfort you,"* showing the sacred power of your love to heal their tender wounds with a warmth that echoes God's own care.

- **Seek help from a qualified, faith-based professional** for your child—a wise, loving step to guide them through their pain with expert care and faith, helping them find peace and strength. Be sure to interview any professional about their practice approach to ensure it aligns with your comfort and values.
- **Build a rock-solid safe space:** Create a home where your little one knows what's coming—regular bedtimes, meals, and rules they can count on, wrapping them in a warm blanket of trust to help them feel safe.
- **Listen with your whole heart:** Let your child spill their feelings without fear, saying, "I hear how sad you are, and I'm here," giving them a soft place to land so they know their heart matters and they're never alone.
- **Let play be their healing magic:** Encourage drawing, storytelling, or pretend play, letting them release the heavy stuff and find joy again through painting or building, mending their spirit one playful step at a time.
- **Surround them with loving heroes:** Connect your child to positive role models like a kind teacher, coach, or church mentor, whose steady hands remind them they're worthy of care, helping them grow roots to weather any storm.
- **Teach Emotional Regulation:** Guide them gently with calming tricks like:
 - **Breath:** Breathing in for 4 and out for 4
 - **5 Things:** Naming five things they can see. You can add on with 5 things they hear, 5 things the smell, etc. Another version is: Name 5 blue things or round things around the room (you get the idea).
 - **Tense & Release:** Squeezing their fists tight then releasing to let stress melt away
 - **Heartbeat Hug:** Giving themselves a heartbeat hug by crossing their arms and gently tapping their shoulders.

These emotional Regulation exercises will help your child feel empowered to soothe their racing emotions and meet tough feelings with brave hearts.

Tip:

Practice these calming tricks with your child (they're good for adults, too) during quiet, non-stressful moments—maybe during a cozy evening or a sunny afternoon walk—and they'll build the habit of turning to them when emotions run high.

It's like planting seeds of peace in their heart, helping to build lifelong habits that will carry them through life's storms with grace and strength—knowing you're right there to hold them close every step of the way. As Proverbs 22:6 assures, *"Train up a child in the way he should go: and when he is old, he will not depart from it,"* promising that your steady, loving guidance will keep them anchored in peace.