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ACE Score & Resilience Pairing Tool



Helps individuals and clinicians explore both Adverse Childhood Experiences (ACEs) and protective resilience factors, encouraging a balanced view that includes strengths and supports.

Instructions: Part 1 assesses ACEs using yes/no questions. Part 2 identifies resilience factors. This tool is not diagnostic — it's meant to guide discussion and inform care planning.

Part 1 – ACE Score (Adverse Childhood Experiences)			
In your first 18 years of life, did you...			
Item	Yes	No	Prefer not to answer
Often feel unsupported or emotionally distant from caregivers?			
Often lack basic physical care such as food, shelter, or clean clothing?			
Live with a parent or caregiver who experienced mental health challenges?			
See or hear conflict or harm between adults in your home?			
Experience unwanted physical discipline or harm?			
Be spoken to in ways that felt hurtful, shaming, or threatening?			
Experience unwanted or inappropriate touching?			
Live with someone who used alcohol or drugs in a way that caused problems?			
Experience a separation or divorce of parents/caregivers?			
Have a family member who spent time in jail or prison?			

of Yes answers ____ / 10

Part 2 – Resilience Factors			
Currently or during childhood, did you...			
Item	Yes	No	Prefer not to answer
Have at least one trusted adult to turn to?			
Feel safe at home most of the time?			
Have regular routines and structure?			
Participate in community, school, or cultural activities?			
Learn skills to cope with stress in healthy ways?			
Have friends or peers who were a positive influence?			
Experience moments of pride in your abilities or identity?			
Have access to healthcare and basic needs?			
Maintain a connection to cultural or spiritual traditions?			
Have a mentor or role model outside your family?			

of Yes answers __ / 10

Scoring Guide:

- **Higher ACE + Lower Resilience:** Prioritize safety, stability, and skill-building.
- **Higher ACE + Higher Resilience:** Maintain protective factors; address trauma triggers.
- **Lower ACE + Lower Resilience:** Build coping and support networks.
- **Lower ACE + Higher Resilience:** Continue reinforcing strengths.

Next Steps:

List 2 resilience factors to strengthen this month:

1. _____

2. _____

Notes

[illegible]