

Your 1st step towards healing

TRAUMA SCREENING QUESTIONNAIRE



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I've learned in time that no one can go through life untouched.

When we go through traumatic experiences in life they affect our development and what we think of ourselves and the world. Trauma also affects our choices and actions in life.

Adverse Childhood Experiences (ACEs) impact our relationships and our overall wellbeing, and can block our happiness and fulfillment in life.

I created this questionnaire to offer you a platform to take a quick look into your Adverse Childhood Experiences (ACEs) history, as an important step in your self-discovery process.

Answer these 20 questions to establish how many adverse childhood experiences you have experienced before the age of 18 (and after).

Thick the **Yes** or **No** column next to each question. At the end sum up your results.

This scale is only a first step in your self-discovery journey. In the future you might want to explore in more detail what happened to you, but for now what we are trying to achieve is to discover if you have been exposed to trauma and how complex your trauma is.

**In the event you feel distress whilst completing the questionnaire or after, contact your therapist, another point of support or [get in touch with Nicoleta](#).*

Nr. crt	Questions for you before the age of 18 (and later)	YES	NO
1	Did a parent, caregiver or any other person ever physically hurt you by hitting, pushing, grabbing, slapping, or throwing something at you?		
2	Did a parent, caregiver or any other person ever verbally abused you by raising the voice, shouting or screaming at you?		
3	Did a parent, caregiver or any other person ever swear at you, called you names, insulted you, put you down, humiliated you in private or in public, showed disrespect, criticism, irritability, or has deprived you from autonomy and independence breaching your boundaries and privacy?		
4	Did a parent, caregiver or any other person ever touch or fondle with you, made you touch yourself or touch their body in a sexual way, or attempted to have or actually had oral, genital or anal intercourse with you?		
5	Have you been through times when there was no one to mind you, to protect you, to take you to/from school, or you didn't have enough to eat, you had to wear dirty clothes or lack essentials for home or school?		
6	Have your parents or caregivers been regularly drinking alcohol, taking drugs, engaging in gambling and other obsessive-compulsive/addictive behaviors?		
7	Have you felt that no one in your family loved you or considered you important or special, or they did not observe you or considered you needs, wishes and desires, and emotionally neglected you?		
8	Have you felt that your family didn't look out for each other, didn't feel close to each other, or didn't support each other?		
9	Did your parents or caregivers put extreme pressure on you around performance in school and social activities, and thought you can always do better?		
10	Did your parents and caregivers discriminate between you and your siblings (if any), or engaged in favoritisms and praising of another child?		
11	Have you lost a parent, grandparent or a significant other to death?		
12	Have you experienced abandonment or estrangement from a parent, grandparent or a significant other?		
13	Have your parents or caregivers separated or divorced, or they have been through betrayal or cheating that created an unstable home, arguments, moving and dislocation?		
14	Have you witnessed domestic abuse like beatings, hitting, swearing, threatening, and other humiliating acts and generally an unsettled, tense and unpredictable environment?		
15	Has a parent, caregiver or significant other been struggling with low or unstable mood, was extremely anxious or suffered with another physical or mental illness?		
16	Has a parent, caregiver or significant other ever harmed themselves or spoke about, attempted or committed suicide?		
17	Did a parent, caregiver or significant other financially abused you, had problems with the law or went to prison?		
18	Have you experienced social inequality, prejudice, discrimination or lived in disadvantaged areas, in poverty or homelessness, or as a minority or any sort?		
19	Are you the descendant of people that have been through Holocaust, slavery or Native American/Australian/New Zealand extermination, or through migration and displacement?		
20	Have you (or someone close to you) been in the army service, through war and combat, having to fight, injure others or be injured, or witnessed genocides?		

RESULTS

Now that you have completed the questionnaire sum up your **Yes** answers.

A score of 1 indicates acute trauma.

Studies show that 68% of children in the US have experienced at least one traumatic ACE and that caused significant impact on their wellbeing, affecting concentration, trust in others and negative cognitive effects. Large studies suggest one in three mental health conditions in adulthood are directly related to an adverse childhood experience. As a survivor of one ACE you remain at risk of being re-traumatized or suffering multiple ACEs in the future. Therapy is a very useful platform to unpack and heal individual traumatic experiences and regain inner strength and balance in life.

A score of 2 to 10 indicates chronic trauma.

People that have experienced more than one traumatic experience are more severely affected by the effects of trauma and are at risk of a multitude of physical and mental health conditions like autoimmune diseases, depression, ADHD, bipolar and psychosis. Research shows that often multiple traumas impact the brain development, the immune system and the self-regulatory systems. Survivors of 2 to 10 ACEs have generally worse mental and physical health and experience chronic relationship difficulties and dissatisfaction in life. Together with a social support network, psychotherapy can help tremendously in understanding the multifaceted traumatic picture and its impact on the current adult life struggles, and can lead to relationship repair, inner healing and a more joyful life.

A score above 10 indicates complex trauma.

Survivors with an ACE score of 11 or higher have been through extremely complex trauma throughout their formative years and are often suffering from unhealthy lifestyle behaviors like smoking, heavy drinking, drug abuse, promiscuity and obesity, as well as physical health problems like asthma, arthritis, cardiovascular disease, cancer, diabetes, stroke, migraine and chronic pain. Studies highlight that the impact of extremely complex trauma goes beyond behavioral and medical issues and includes damage to DNA, higher levels of stress hormones and reduced immune function. Complex trauma speeds up the processes of disease and aging and is compromising the immune system which further leads to poorer life outcomes and the risk of a 20 years shorter lifespan. Part of a multidimensional approach to recovery, good psychotherapy can initiate self-discovery, facilitate healing and promote post-traumatic growth. Therapy can help survivors understand and accept their life events, surrender to what cannot be changed and feel empowered to change what is in their control. Therapy can help you extract meaning from your pain and learn valuable lessons from your traumatic past that will enable you to forgive, heal and transform.