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SAMPLE · fictional data

Sample report

Adverse Childhood Experiences (ACE)

Self-assessment questionnaire

Prepared for	Date	Questions	Reference
Sophie Martin	**May 2, 2026**	**10**	**022FCB40**

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This report is a self-assessment tool. It is not a medical or psychological diagnosis.

Your result

5 / 10

Several adverse childhood experiences (4 to 6)

50 % of the maximum score



You reported between 4 and 6 of the 10 adverse experiences. In the original ACE study (Felitti et al., 1998), 4 or more was linked with a higher statistical risk of several physical and mental health problems in adulthood. This is a group-level association: it does not predict what will happen to you, and many people with this score are doing well.

What your answers say

Written by Claude Opus 5.5 (Anthropic) from your answers. We chose it because it is one of the most powerful AI models for this kind of analysis.

Thank you for taking the time to complete this screening and for having the courage to reflect on your early life experiences. This kind of self-reflection is meaningful, and it's important to recognize that whatever your results show, you are not alone. Many people carry experiences from childhood that shape how they see the world, relate to others, and respond to stress, and completing a tool like this is often the first step toward greater self-understanding and healing.

A score of 5 out of 10 on this screening suggests that you experienced a notable number of challenging or difficult circumstances during childhood. It's worth emphasizing that this number does not define you, predict your future, or serve as any kind of label. Research on early life experiences generally shows that higher counts can be associated with increased likelihood of certain health and emotional patterns later in life, but this relationship is not deterministic. Countless people with similar histories go on to build resilient, fulfilling, and connected lives, especially when they have supportive relationships and access to helpful resources along the way.

If this result resonates with you, there are gentle, constructive steps you might consider. Building or strengthening supportive relationships, whether with friends, family, mentors, or community groups, can offer a sense of safety and belonging that counters earlier adversity. Practicing grounding techniques such as mindfulness, journaling, or gentle movement can help regulate stress responses that may have developed as protective mechanisms. Additionally, learning more about how early experiences influence the nervous system, through reputable books or resources on trauma-informed care, can be empowering and validating rather than overwhelming.

Please remember that this screening is not a diagnostic tool and cannot capture the full complexity of your life story or emotional wellbeing. It is simply a starting point for reflection and conversation. Reaching out to a licensed therapist, counselor, or healthcare provider who has experience with early life adversity can offer you personalized support, deeper understanding, and practical strategies tailored to your unique journey. Healing is not linear, but with the right support, growth and greater peace are genuinely possible. You've already taken a brave first step simply by seeking to understand yourself better.

Next steps

Pick one or two. Regularity matters more than duration.

Recommendation

Several adverse childhood experiences (4 to 6)

Consider talking to a trauma-informed mental health professional, especially if these experiences still affect your daily life. Mentioning this history to your doctor can also help with prevention.

To talk about it with a professional

Psychologist, therapist, doctor: this report can start the conversation.

- Bring page 2 (result by dimension).
- Note one or two situations that were hard for you lately.
- Say what you would like to change, even vaguely.

Need to talk to someone now? Call Suicide & Crisis Lifeline on **988**, or 911 in an emergency.

This report is a self-assessment tool. It does not replace an assessment by a professional. For a reliable diagnosis, see a neuropsychologist, a psychiatrist or another qualified healthcare professional.

Prepare your appointment

Doctor, psychiatrist, psychologist, neuropsychologist: bring this page. Fill it in a few days before, when examples come to mind.

My key figures

Adverse Childhood Experiences (ACE) · 5 / 10 (50 %) · Several adverse childhood experiences (4 to 6)

Test taken on May 2, 2026 · reference 022FCB40

Examples from my daily life

Work or studies, home, relationships: two or three concrete situations, with what happened.

Since when?

Was it already there in childhood or adolescence? School reports or a relative's memories can help.

What I would like to change

Even vaguely: what costs you the most energy today.

Questions I can ask

- ☐ Is a full assessment useful in my case, and with whom?
- ☐ How long is the wait, and what can I do in the meantime?
- ☐ Could something else explain this (sleep, stress, thyroid, another condition)?
- ☐ What support exists, at work or in my studies?
- ☐ What should I bring next time?

Your answers

Scale from “Yes” to “No”.

#	Question	Your answer	Pts
1	Did a parent or adult often swear at you, insult you, put you down, or humiliate you? Or act in a way that made you afraid that you might be physically hurt?	Yes	**1**
2	Did a parent or adult often push, grab, slap, or throw something at you? Or ever hit you so hard that you had marks or were injured?	Yes	**1**
3	Did an adult or person at least 5 years older than you ever touch or fondle you in a sexual way, or attempt or actually have sexual intercourse with you?	Yes	**1**
4	Did you often feel that no one in your family loved you, thought you were important or special, or that your family didn't look out for each other?	Yes	**1**
5	Did you often feel that you didn't have enough to eat, had to wear dirty clothes, had no one to protect you, or that your parents were too drunk or high to care for you?	Yes	**1**
6	Was your mother or stepmother often pushed, grabbed, slapped, kicked, hit with a fist or hard object, or ever threatened or hurt with a gun or knife?	Yes	**1**
7	Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?	No	**0**
8	Was a household member depressed or mentally ill, or did a household member attempt suicide?	Yes	**1**
9	Did a household member go to prison or jail?	Yes	**1**
10	Were your parents ever separated or divorced?	No	**0**