



# Resilience Quiz

Often, it is said that the negative childhood experiences or traumas (ACEs) affect not only our mental, but also our physical health. Researches have now discovered that the positive childhood experiences (or PCEs) also matter. A right mix of ACEs and PCEs, they found, may create emotional (and mental/physical) resilience.

Take the test below to find out where on this scale you may be. And remember - no test score is a sentence. The way you live your life is completely up to you.

Before age 18, which of these experiences applied to you?

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 Act in a way that made you afraid that you might be physically hurt? Yes

Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured? Yes

Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you? Yes

Did you often or very often feel that ... No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other? Yes

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 Your parents were too drunk or high to take care of you or take you to the doctor if you needed it? Yes

Were your parents ever separated or divorced? Yes

Often or very often pushed, grabbed, slapped, or had something thrown at her? or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife? Yes

Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs? Yes

Was a household member depressed or mentally ill, or did a household member attempt suicide? Yes

Did a household member go to prison? Yes

**Total Adverse Experiences Score:**



Did you feel able to talk to your family about feelings?	Yes
Did you feel your family stood by you during difficult times?	Yes
Did you enjoy participating in community traditions?	Yes
Did you feel a sense of belonging in high school?	Yes
Did you feel supported by friends?	Yes
Did you have at least two non-parent adults who took genuine interest in you?	Yes
Did you feel safe and protected by an adult in your home?	Yes

**Total Positive Experiences Score:**

Click on the link below to find out **what it all means...**

<https://www.albertafamilywellness.org/resources/watch/brains-journey-to-resilience>