

Your childhood experiences (ACEs) check

What your result means, and what to do next

Thank you for taking the ACEs check. Answering questions about childhood can stir things up, so be gentle with yourself today. The check counts ten kinds of difficult experiences before age 18. Scores run from 0 to 10.

What your result means

- ◆ **0:** none of these ten experiences. Other hard things, like bullying, racism, migration, loss or illness, aren't on this list and can matter just as much.
- ◆ **1 to 3:** some adverse childhood experiences. They're very common, and they can shape how we handle stress, emotions and relationships as adults.
- ◆ **4 or more:** research links this level of early adversity to more stress, anxiety and health challenges later in life. An ACE score is not a prediction or a diagnosis. Many people with high scores live full, connected lives, especially with support.

The most important thing to know

The brain keeps changing throughout life. Early experiences shaped you, but they don't decide what happens next. Safe relationships, including therapy, help the nervous system learn new patterns.

Three things to try this week

- 1 Notice old reactions in new places.** When a reaction feels bigger than the moment, ask: "How old do I feel right now?" It often points to where the reaction started.
- 2 Find one steady person.** Spend time with someone who feels safe and predictable. Connection is one of the strongest buffers against early adversity.
- 3 Look after your body.** Regular sleep, food and movement calm a stress system that learned to stay on alert.

When to reach out

- ◆ Old memories or feelings keep coming up uninvited.
- ◆ You notice the same painful patterns in your relationships.
- ◆ You want to work on your past at your own pace, with someone trained in trauma.

Your ACEs history is part of the Trauma Map in The Praxis Way program. You can bring your score to your free consultation. You never have to share details before you're ready.

Book your free 30-minute consultation

A relaxed call by phone or video to see if we're a good fit. No pressure to book anything after.

praxiswellness.ca

This self-check is a screening tool, not a diagnosis. Only a qualified health professional can assess you properly.

If this brought up difficult feelings, call or text 9-8-8 any time. If you were harmed as a child and want to talk to someone, VictimLinkBC is free and confidential, 24/7: 1-800-563-0808.

Sartaj Sandhu, Registered Clinical Counsellor (RCC #24906) · Praxis Wellness · Surrey, BC and online across BC · hello@praxiswellness.ca