

## What's My ACE Score?

### Prior to your 18<sup>th</sup> birthday:

1. 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 No If yes enter 1 \_\_\_\_\_
2. 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 No If yes enter 1 \_\_\_\_\_
3. 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 No If yes enter 1 \_\_\_\_\_
4. 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 No If yes enter 1 \_\_\_\_\_
5. 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 No If yes enter 1 \_\_\_\_\_
6. Was a biological parent **ever** lost to you through divorce, abandonment, or other reason ?  
Yes No If yes enter 1 \_\_\_\_\_
7. Was your mother or stepmother:  
**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 No If yes enter 1 \_\_\_\_\_
8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?  
Yes No If yes enter 1 \_\_\_\_\_
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?  
Yes No If yes enter 1 \_\_\_\_\_

10. Did a household member go to prison?

Yes No

If yes enter 1 \_\_\_\_\_

**Now add up your “Yes” answers: \_\_\_\_\_ This is your ACE Score**

# Safe Coping Skills (Part 1)

from "Seeking Safety: Cognitive-Behavioral Therapy for PTSD and Substance Abuse"  
by Lisa M. Najavits, Ph.D.

1. **Ask for help-** Reach out to someone safe
2. **Inspire yourself-** Carry something positive (e.g., poem), or negative (photo of friend who overdosed)
3. **Leave a bad scene-** When things go wrong, get out
4. **Persist-** Never, never, never, never, never, never, never, never, never give up
5. **Honesty-** Secrets and lying are at the core of PTSD and substance abuse; honesty heals them
6. **Cry-** Let yourself cry; it will not last forever
7. **Choose self-respect-** Choose whatever will make you like yourself tomorrow
8. **Take good care of your body-** Eat right, exercise, sleep, safe sex
9. **List your options-** In any situation, you have choices
10. **Create meaning-** Remind yourself what you are living for: your children? Love? Truth? Justice? God?
11. **Do the best you can with what you have-** Make the most of available opportunities
12. **Set a boundary-** Say "no" to protect yourself
13. **Compassion-** Listen to yourself with respect and care
14. **When in doubt, do what's hardest-** The most difficult path is invariably the right one
15. **Talk yourself through it-** Self-talk helps in difficult times
16. **Imagine-** Create a mental picture that helps you feel different (e.g., remember a safe place)
17. **Notice the choice point-** In slow motion, notice the exact moment when you chose a substance
18. **Pace yourself-** If overwhelmed, go slower; if stagnant, go faster
19. **Stay safe-** Do whatever you need to do to put your safety above all
20. **Seek understanding, not blame-** Listen to your behavior; blaming prevents growth
21. **If one way doesn't work, try another-** As if in a maze, turn a corner and try a new path
22. **Link PTSD and substance abuse-** Recognize substances as an attempt to self-medicate
23. **Alone is better than a bad relationship-** If only treaters are safe for now, that's okay
24. **Create a new story-** You are the author of your life: be the hero who overcomes adversity
25. **Avoid avoidable suffering-** Prevent bad situations in advance
26. **Ask others-** Ask others if your belief is accurate
27. **Get organized-** You'll feel more in control with lists, "to do's" and a clean house
28. **Watch for danger signs-** Face a problem before it becomes huge; notice red flags
29. **Healing above all-** Focus on what matters
30. **Try something, anything-** A good plan today is better than a perfect one tomorrow
31. **Discovery-** Find out whether your assumption is true rather than staying "in your head"
32. **Attend treatment-** AA, self-help, therapy, medications, groups- anything that keeps you going
33. **Create a buffer-** Put something between you and danger (e.g., time, distance)
34. **Say what you really think-** You'll feel closer to others (but only do this with safe people)
35. **Listen to your needs-** No more neglect- really hear what you need
36. **Move toward your opposite-** E.g., if you are too dependent, try being more independent
37. **Replay the scene-** Review a negative event: what can you do differently next time?
38. **Notice the cost-** What is the price of substance abuse in your life?
39. **Structure your day-** A productive schedule keeps you on track and connected to the world
40. **Set an action plan-** Be specific, set a deadline, and let others know about it
41. **Protect yourself-** Put up a shield against destructive people, bad environments, and substances
42. **Soothing talk-** Talk to yourself very gently (as if to a friend or small child)

With appreciation to the Allies Program (Sacramento, CA) for formatting this Safe Coping List.

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# Safe Coping Skills (Part 2)

from "Seeking Safety: Cognitive- Behavioral Therapy for PTSD and Substance Abuse"  
by Lisa M. Najavits, Ph.D.

- 43. Think of the consequences-** Really see the impact for tomorrow, next week, next year **44. Trust the process-** Just keep moving forward; the only way out is through **45. Work the material-** The more you practice and participate, the quicker the healing **46. Integrate the split self-** Accept all sides of yourself; they are there for a reason **47. Expect growth to feel uncomfortable-** If it feels awkward or difficult you're doing it right **48. Replace destructive activities-** Eat candy instead of getting high **49. Pretend you like yourself-** See how different the day feels **50. Focus on now-** Do what you can to make today better; don't get overwhelmed by the past or future **51. Praise yourself-** Notice what you did right; this is the most powerful method of growth **52. Observe repeating patterns-** Try to notice and understand your re-enactments **53. Self- nurture-** Do something that you enjoy (e.g., take a walk, see a movie) **54. Practice delay-** If you can't totally prevent a self-destructive act, at least delay it as long as possible **55. Let go of destructive relationships-** If it can't be fixed, detach **56. Take responsibility-** Take an active, not a passive approach **57. Set a deadline-** Make it happen by setting a date **58. Make a commitment-** Promise yourself to do what's right to help your recovery **59. Rethink-** Think in a way that helps you feel better **60. Detach from emotional pain (grounding)-** Distract, walk away, change the channel **61. Learn from experience-** Seek wisdom that can help you next time **62. Solve the problem-** Don't take it personally when things go wrong- try to just seek a solution **63. Use kinder language-** Make your language less harsh **64. Examine the evidence-** Evaluate both sides of the picture **65. Plan it out-** Take the time to think ahead-it's the opposite of impulsivity **66. Identify the belief-** For example, shoulds, deprivation reasoning **67. Reward yourself-** Find a healthy way to celebrate anything you do right **68. Create new "tapes"** Literally! Take a tape recorder and record a new way of thinking to play back **69. Find rules to live by-** Remember a phrase that works for you (e.g., "Stay real") **70. Setbacks are not failures-** A setback is just a setback, nothing more **71. Tolerate the feeling-** "No feeling is final", just get through it safely **72. Actions first and feelings will follow-** Don't wait until you feel motivated; just start now **73. Create positive addictions-** Sports, hobbies, AA... **74. When in doubt, don't-** If you suspect danger, stay away **75. Fight the trigger-** Take an active approach to protect yourself **76. Notice the source-** Before you accept criticism or advice, notice who's telling it to you **77. Make a decision-** If you're stuck, try choosing the best solution you can right now; don't wait **78. Do the right thing-** Do what you know will help you, even if you don't feel like it **79. Go to a meeting-** Feet first; just get there and let the rest happen **80. Protect your body from HIV-** This is truly a life-or-death issue **81. Prioritize healing-** Make healing your most urgent and important goal, above all else **82. Reach for community resources-** Lean on them! They can be a source of great support **83. Get others to support your recovery-** Tell people what you need **84. Notice what you can control-** List the aspects of your life you do control (e.g., job, friends...)

# Self-Assessment Tool: Self-Care

How often do you do the following? (Rate, using the scale below):

5 = Frequently

4 = Sometimes

3 = Rarely

2 = Never

1 = It never even occurred to me

## Physical Self Care

- ☐ Eat regularly (e.g. breakfast & lunch)
- ☐ Eat healthfully
- ☐ Exercise, or go to the gym
- ☐ Lift weights
- ☐ Practice martial arts
- ☐ Get regular medical care for prevention
- ☐ Get medical care when needed
- ☐ Take time off when you're sick
- ☐ Get massages or other body work
- ☐ Do physical activity that is fun for you
- ☐ Take time to be sexual
- ☐ Get enough sleep
- ☐ Wear clothes you like
- ☐ Take vacations
- ☐ Take day trips, or mini-vacations
- ☐ Get away from stressful technology such as pagers, faxes, telephones, e-mail
- ☐ Other:

## Psychological Self Care

- ☐ Make time for self-reflection
- ☐ Go to see a psychotherapist or counselor for yourself
- ☐ Write in a journal
- ☐ Read literature unrelated to work
- ☐ Do something at which you are a beginner
- ☐ Take a step to decrease stress in your life
- ☐ Notice your inner experience - your dreams, thoughts, imagery, feelings
- ☐ Let others know different aspects of you
- ☐ Engage your intelligence in a new area - go to an art museum, performance, sports event, exhibit, or other cultural event
- ☐ Practice receiving from others
- ☐ Be curious
- ☐ Say no to extra responsibilities sometimes
- ☐ Spend time outdoors
- ☐ Other:

*Continued on next page.*

### Emotional Self Care

- ☐ Spend time with others whose company you enjoy
- ☐ Stay in contact with important people in your life
- ☐ Treat yourself kindly (supportive inner dialogue or self-talk)
- ☐ Feel proud of yourself
- ☐ Reread favorite books, review favorite movies
- ☐ Identify and seek out comforting activities, objects, people, relationships, places
- ☐ Allow yourself to cry
- ☐ Find things that make you laugh
- ☐ Express your outrage in a constructive way
- ☐ Play with children
- ☐ Other:

### Spiritual Self Care

- ☐ Make time for prayer, meditation, reflection
- ☐ Spend time in nature
- ☐ Participate in a spiritual gathering, community or group
- ☐ Be open to inspiration
- ☐ Cherish your optimism and hope
- ☐ Be aware of nontangible (nonmaterial) aspects of life
- ☐ Be open to mystery, to not knowing
- ☐ Identify what is meaningful to you and notice its place in your life
- ☐ Sing
- ☐ Express gratitude
- ☐ Celebrate milestones with rituals that are meaningful to you
- ☐ Remember and memorialize loved ones who have died
- ☐ Nurture others
- ☐ Have awe-full experiences
- ☐ Contribute to or participate in causes you believe in
- ☐ Read inspirational literature
- ☐ Listen to inspiring music
- ☐ Other:

### Workplace/Professional Self Care

- ☐ Take time to eat lunch
- ☐ Take time to chat with co-workers
- ☐ Make time to complete tasks
- ☐ Identify projects or tasks that are exciting, growth-promoting, and rewarding for you
- ☐ Set limits with clients and colleagues
- ☐ Balance your caseload so no one day is "too much!"
- ☐ Arrange your workspace so it is comfortable and comforting
- ☐ Get regular supervision or consultation
- ☐ Negotiate for your needs
- ☐ Have a peer support group
- ☐ Other:

*Adapted from Saakvitne, Pearlman, and Traumatic Stress Institute Staff,*  
*Transforming the Pain: A Workbook on Vicarious Traumatization, 1996.*

# *A Recovery Bill of Rights for Trauma Survivors*

By Thomas V. Maguire, Ph.D.



## BY VIRTUE OF YOUR PERSONAL AUTHORITY YOU HAVE THE RIGHT TO...

Manage your life according to your own values and judgment.

Direct your recovery, answerable to no one for your goals or progress.

Gather information to make intelligent decisions about your recovery.

Seek help from many sources, unhindered by demands for exclusivity.

Decline help from anyone without having to justify the decision.

Believe in your ability to heal and seek allies who share your faith.

Trust allies in healing so far as one human can trust another.

Be afraid and avoid what frightens you.

Decide for yourself whether, when, and where to confront fear.

Learn by experimenting, that is, make mistakes.



## TO GUARD YOUR PERSONAL BOUNDARIES YOU HAVE THE RIGHT TO...

Speak or remain silent, about any topic and at any time, as you wish.

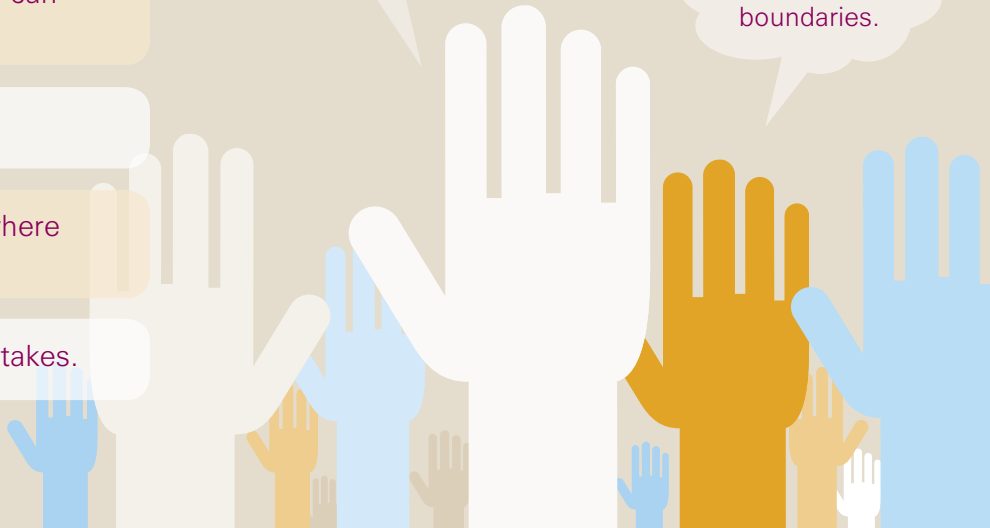
Choose to accept or decline feedback, suggestions, or interpretations.

Ask for help in healing, without having to accept help with everything.

Be touched only with, and within the limits of, your consent.

Take action to stop a trespass that does not cease when challenged.

Challenge any crossing of your boundaries.



## FOR THE INTEGRITY OF YOUR PERSONAL COMMUNICATION YOU HAVE THE RIGHT TO...

Ask for explanation of communications you do not understand.

Express a contrary view when you do understand and you disagree.

Acknowledge your feelings, without having to justify them.

Ask for changes when your needs are not being met.



Speak of your experience, without apology for your uncertainties.

Resolve doubt without deferring to the views or wishes of anyone.

## FOR SAFETY IN YOUR PERSONAL DEPENDENCY IN THERAPY YOU HAVE THE RIGHT TO...

- Hire a therapist or counselor as coach, not boss, of your recovery.
- Receive expert and faithful assistance in healing from your therapist.
- Know that your therapist will never have any other relationship with you— business, social, or sexual.
- Be secure against any disclosure by your therapist, except with your consent or under court order.
- Hold your therapist's undivided loyalty in relation to all abusers.
- Obtain informative answers to questions about your condition, your therapist's qualifications, and any proposed treatment.
- Have your safety given priority by your therapist, to the point of readiness to use all lawful means to neutralize an imminent threat to your life or that of someone else.
- Receive a commitment from your therapist that is not conditional on your "good behavior" (habitual crime and endangerment excepted).
- Make clear and reliable agreements about the times of sessions and of your therapist's availability.
- Telephone your therapist between scheduled sessions, in urgent need, and receive a return call within a reasonable time.
- Be taught skills that lessen the risk of re-traumatization:
  - containment (boundaries for recovery work);
  - control of attention and mental imagery;
  - systematic relaxation.
- Enjoy reasonable physical comfort during sessions.



**NATIONAL COUNCIL**  
FOR COMMUNITY BEHAVIORAL HEALTHCARE

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# John Briere Ph.D.

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## Trauma Symptom Check-list 33 and 40 (TSC-33 and TSC-40)

John Briere, Ph.D. and Marsha Runtz, Ph.D.

**Please note: Use of this scale is limited to professional researchers. The TSC-40 is a research measure, not a clinical test. It is not intended as, nor should it be used as, a self-test under any circumstances.**

This page contains a psychometric review of the TSC 33/40, with references up to mid-1998, **followed by a free copy of the TSC-40 (at the end of this page)** for use by researchers. Cut and paste to your word processor as needed (formatting will require adjustment).

*This summary is substantially adapted from Briere, J. (1996), Psychometric review of the Trauma Symptom Checklist-40, in B.H. Stamm (Ed.). Measurement of stress, trauma, and adaptation. Lutherville, MD: Sidran Press.*

**TYPE OF POPULATION:** Adults

**COST:** None

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**WHAT IT MEASURES:** The TSC-40 is a research measure that evaluates symptomatology in adults associated with childhood or adult traumatic experiences. It measures aspects of posttraumatic stress and other symptom clusters found in some traumatized individuals. It does not measure all 17 criteria of PTSD, and should not be used as a complete measure of that construct. The TSC-40 is a revision of the earlier TSC-33 (Briere & Runtz, 1989). Those requiring a validated psychological test of posttraumatic response, using a similar format, should consider the [Trauma Symptom Inventory](#) (TSI) or (for evaluation of a specific trauma) the [Detailed Assessment of Posttraumatic Stress](#) (DAPS).

**MEASURE PROCEDURE AND CONTENT:** The TSC-40 is a 40-item self-report instrument consisting of six subscales: Anxiety, Depression, Dissociation, Sexual Abuse Trauma Index (SATI), Sexual Problems, and Sleep Disturbance, as well as a total score. Each symptom item is rated according to its frequency of occurrence over the prior two months, using a four point scale ranging from 0 ("never") to 3 ("often"). The TSC-40 requires approximately 10-15 minutes to complete, and can be scored in approximately 5-10 minutes.

**PSYCHOMETRIC PROPERTIES SUMMARY:** Studies using the TSC-40 indicate that it is a relatively reliable measure (subscale alphas typically range from .66 to .77, with alphas for the full scale averaging between .89 and .91). The TSC-40 and its predecessor, the TSC-33, have predictive validity with reference to a wide variety of traumatic experiences (see reference section). The TSC-40 also appears to predict perpetration of intimate violence (e.g., Dutton, 1995) and vicarious traumatization in psychotherapists (e.g., Chrestman, 1995).

**GENERAL COMMENTS:** *The TSC-40 is a research instrument only.* It is freely available to researchers. No additional permission is required for use or reproduction of this measure, although Briere and Runtz (1989) should be cited.

**MEASURE AUTHORS:** John Briere, Ph.D. (USC) and Marsha Runtz, Ph.D. (Associate Professor, Department of Psychology, P.O. Box 3050, University of Victoria, Victoria, British Columbia, Canada, V8W 3P5)

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### PAPERS USING THE TSC-33 OR TSC-40

*[Please note - this reference list is valid only up to the middle of 1998. For more recent references, do a [PILOTS](#) search under the instrument name and/or the authors' names]*

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## Trauma Symptom Checklist - 40 (TSC-40)

**Subscale composition and scoring for the TSC-40** The score for each subscale is the sum of the relevant items, listed below:

Dissociation: 7,14,16,25,31,38  
 Anxiety: 1,4,10,16,21,27,32,34,39  
 Depression: 2,3,9,15,19,20,26,33,37  
 SATI (Sexual Abuse Trauma Index): 5,7,13,21,25,29,31  
 Sleep Disturbance 2,8,13,19,22,28  
 Sexual Problems 5,9,11,17,23,29,35,40  
 TSC-40 total score: 1-40

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### TSC-40

**How often have you experienced each of the following in the last two months?**

**0 = Never 3 = Often**

- |  |         |
|--|---------|
| 1. Headaches                           | 0 1 2 3 |
| 2. Insomnia (trouble getting to sleep) | 0 1 2 3 |
| 3. Weight loss (without dieting)       | 0 1 2 3 |
| 4. Stomach problems                    | 0 1 2 3 |
| 5. Sexual problems                     | 0 1 2 3 |

6. Feeling isolated from others	0 1 2 3
7. "Flashbacks" (sudden, vivid, distracting memories)	0 1 2 3
8. Restless sleep	0 1 2 3
9. Low sex drive	0 1 2 3
10. Anxiety attacks	0 1 2 3
11. Sexual overactivity	0 1 2 3
12. Loneliness	0 1 2 3
13. Nightmares	0 1 2 3
14. "Spacing out" (going away in your mind)	0 1 2 3
15. Sadness	0 1 2 3
16. Dizziness	0 1 2 3
17. Not feeling satisfied with your sex life	0 1 2 3
18. Trouble controlling your temper	0 1 2 3
19. Waking up early in the morning and can't get back to sleep	0 1 2 3
20. Uncontrollable crying	0 1 2 3
21. Fear of men	0 1 2 3
22. Not feeling rested in the morning	0 1 2 3
23. Having sex that you didn't enjoy	0 1 2 3
24. Trouble getting along with others	0 1 2 3
25. Memory problems	0 1 2 3
26. Desire to physically hurt yourself	0 1 2 3
27. Fear of women	0 1 2 3
28. Waking up in the middle of the night	0 1 2 3
29. Bad thoughts or feelings during sex	0 1 2 3
30. Passing out	0 1 2 3
31. Feeling that things are "unreal"	0 1 2 3
32. Unnecessary or over-frequent washing	0 1 2 3
33. Feelings of inferiority	0 1 2 3
34. Feeling tense all the time	0 1 2 3
35. Being confused about your sexual feelings	0 1 2 3
36. Desire to physically hurt others	0 1 2 3
37. Feelings of guilt	0 1 2 3
38. Feelings that you are not always in your body	0 1 2 3
39. Having trouble breathing	0 1 2 3
40. Sexual feelings when you shouldn't have them	0 1 2 3

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