

Retrospective Protective and Compensatory Experiences (R-PACEs)

Recommended to be used alongside Current PACEs (C-PACEs).

When answering these questions, think about each time period described.

On a scale of Never to Very Often, fill the circle that best describes how often each of the items occurred in your life.

	Never	Rarely	Sometimes	Often	Very Often
	1	2	3	4	5
Love					
Before I turned 6, when I was upset I was comforted and soothed.	Never <input type="radio"/>	Rarely <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Very Often <input type="radio"/>
Between the ages of 6 and 12, I received love from a parent or caregiver that was not used as a reward or punishment.	Never <input type="radio"/>	Rarely <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Very Often <input type="radio"/>
Between the ages of 13 and 18, I felt loved by my caregivers.	Never <input type="radio"/>	Rarely <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Very Often <input type="radio"/>

	Never	Rarely	Sometimes	Often	Very Often
Trusted Mentor					
Before I turned 6, I was attached to at least one other adult caregiver.	Never <input type="radio"/>	Rarely <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Very Often <input type="radio"/>
Between the ages of 6 and 12, I had a positive relationship with at least one other adult.	Never <input type="radio"/>	Rarely <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Very Often <input type="radio"/>
Between the ages of 13 and 18, I had a relationship with at least one other adult from whom I could receive guidance or mentoring.	Never <input type="radio"/>	Rarely <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Very Often <input type="radio"/>

	Never	Rarely	Sometimes	Often	Very Often
Best Friend					
Before I turned 6, I had opportunities to play with a child of the same age or a sibling close in age.	Never <input type="radio"/>	Rarely <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Very Often <input type="radio"/>
Between the ages of 6 and 12, I spent time with at least one best friend from school, family, or in the neighborhood.	Never <input type="radio"/>	Rarely <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Very Often <input type="radio"/>
Between the ages of 13 and 18, I had at least one best friend from school, family, or in the neighborhood.	Never <input type="radio"/>	Rarely <input type="radio"/>	Sometimes <input type="radio"/>	Often <input type="radio"/>	Very Often <input type="radio"/>

Group Member					
Before I turned 6, I was part of a formal or informal play group with children of similar ages.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 6 and 12, I was engaged in a social group, organization, team, or club.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 13 and 18, I was engaged in a social group, organization, team, or club.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○

Volunteering					
Before I turned 6, I was encouraged to be helpful and caring in my interactions with others.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 6 and 12, I was encouraged to be helpful and caring at home, at school, and in the neighborhood.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 13 and 18, I did things to benefit others or participated in community helping projects.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○

Rules & Routines					
Before I turned 6, I had daily, weekly, or other routines (bath time, meal time, etc.) and consistent rules and age-appropriate limits.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 6 and 12, I had daily, weekly, or other routines (bath time, meal time, etc.) and consistent rules and limits.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 13 and 18, I had regular routines for things like sleeping, eating, and exercising.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○

Food, Clothing, Shelter					
Before I turned 6, I lived in a home where needs were met, for example, safe to explore, regular meals, and clean and uncluttered.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 6 and 12, I lived in a space where my needs were met, including regular meals, a safe environment, and clean living areas.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 13 and 18, I lived in a space that was clean, safe, and uncluttered.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○

Learning					
Before I turned 6, I had at least one caregiver (mom, dad, teacher) who read or talked with me daily.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 6 and 12, I had opportunities or resources to increase my knowledge and grow socially and emotionally.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 13 and 18, I had opportunities to learn and grow as a person or in my educational interests.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○

Physical Activities					
Before I turned 6, I had opportunities to play and be physically active.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 6 and 12, I had opportunities and time to develop physical skills or sporting interests.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 13 and 18, I had opportunities and time to develop physical skills or sporting interests.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○

Hobbies					
Before I turned 6, I had outings at parks, zoos, libraries, or other places where I could experience drawing, painting, or music.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 6 and 12, I had opportunities and materials to develop creative or other talents and interests.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
Between the ages of 13 and 18, I had opportunities and materials to develop creative or other talents and interests.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○

Which of the above experiences had the most beneficial effects on your life? _____

Why do you feel that this particular experience benefited your life? _____

Are there any other experiences that you feel had a positive effect on your life that were not included here? _____