

Protective and Compensatory Experiences

(Current PACEs)

When answering these questions, think about the last 12 months. On a scale of Never to Very Often, fill the circle of the number that best describes how often each of the items occurred.

Never **Rarely** **Sometimes** **Often** **Very Often**
0 **1** **2** **3** **4**

1.	I felt loved and did not doubt that I was cared for.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
2.	I had someone I trust that I could turn to for advice, mentorship, or support.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
3.	I had at least one best friend, someone I could count on and had fun with.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
4.	I was engaged in at least one social or faith-based group.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
5.	I did things to benefit others or participated in community helping projects.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
6.	I had regular routines for things like sleeping, eating, and exercising.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
7.	I lived in a space that was clean, safe, and uncluttered.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
8.	I had opportunities to learn and grow as a person or in my work.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
9.	I was physically active, either alone or with others.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○
10.	I enjoyed at least one hobby or leisure activity.	Never ○	Rarely ○	Sometimes ○	Often ○	Very Often ○