



## What are ACEs?

### Adverse Childhood Experiences Study

One of the largest investigations ever conducted to assess associations between childhood maltreatment and later-life health and well-being

**ACES among us - about 2/3 US population has at least one Adverse Childhood Experience. 61% have had at least one ACE, 25% have had three or more**

- Emotional abuse
- Physical abuse
- Sexual abuse
- Emotional neglect
- Physical neglect
- Mother treated violently
- Household substance abuse
- Household mental illness
- Parental separation or divorce
- Incarcerated household member



If you experienced ACEs, **you may believe you don't have the same capacities as other parents** because you didn't have "normal" parents.

As a result, you may feel **shame**:

- Emotion arising from sense that something is fundamentally wrong with yourself
- Feel inadequate, full of self-doubt
- May be outside of awareness, so can be hard to recognize and name
- Can contribute to burnout
- Linked to depression
- Associated with anger, suspiciousness, feeling inferior, self-consciousness, feeling helpless

