

This FREE Test will Predict Your Future Health Problems -- And Show You How to Avoid Them

Answer These Adverse Childhood Experience (ACE) Questions
Then Look on Other Side of Sheet For Health Predictions & Solution

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult or peer (as in school or neighborhood) 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, if No enter 0 _____

2. Did a parent or other adult or peer 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, No-0 _____

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 Try to or actually have oral, anal, or vaginal sex with you?

Yes No If yes enter 1, No-0 _____

4. Did you 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, No-0 _____

5. Did you 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 busy to take care of you or take you to the doctor if you needed it?

Yes No If yes enter 1, No-0 _____

6. Were your parents ever separated or divorced?

or Did your parents frequently fight in your presence, whether verbal or physical?

Yes No If yes enter 1 _____

7. Was your parent or step-parent: or other close relative

Often pushed, grabbed, slapped, or had something thrown at them?

or Sometimes or 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, knife or other object that would cause significant harm?

Yes No If yes enter 1, No-0 _____

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?

Yes No If yes enter 1, No-0 _____

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, No-0 _____

11. Was someone you know murdered or brutally attacked?

or Did someone close to you die suddenly and tragically?

Yes No If yes enter 1, No-0 _____

12. Did your family often not have enough money?

or Did family members or others take your stuff to sell, pawn or trade for things they wanted?

Yes No If yes enter 1, No-0 _____

Add up your "Yes" answers for your ACE score _____

**Now Turn Over this page
for your Health Predictions**

The Higher your ACE Score The More Likely You Will Have Severe Health Problems in Adulthood

Examples: With an ACE Score of 4 or Higher. . .

- You are 8 times more likely to have alcohol or drug problems
- You are 4 times more likely to frequently feel depressed
- You are 6 times more likely to have anger or abuse issues
- You are twice as likely to experience liver disease
- You are twice as likely to smoke tobacco when an adult
- If female you are 5 times more likely to sexually harassed or molested when adult
- You are 8 times more likely to seriously contemplate suicide
- You are 3 to 4 times more likely to have trouble at work
- You are 2 times more likely to have severe breathing problems

Also, you may well have problems with attention and focus. You may find it difficult to make wise decisions or learn new information. You will tend to often feel very stressed, even hopeless and helpless. You may experience difficulty building and maintaining positive, nurturing long-term relationships.

How to Quickly Heal the Damage & Become Healthier



Contact your LIIFT UnTherapy Practitioner to help you eliminate the pain and change your life for the better. **LIIFT UnTherapy helps you quickly move to the happiest, most love-filled, most successful life you ever hoped you could live.**

You never have to talk about your past. You don't need to remember it. And you don't have to reexperience it in order to heal yourself. LIIFT just erases the damage and inserts good stuff. Ask about the special offer for your Introductory session.

Contact Me Today to Help You Build Your Happier, Healthier Tomorrow

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