



PCE Score: 7
ACE Score: 2
Name: Amna
Age: 31
Gender: Female
Ethnicity: South Asian
Additionally: Muslim, First generation American (child of immigrants)

Which of the toxic effects of ACEs in adulthood currently impact you?

Survivor of rape

Which of the toxic effects of ACEs in adulthood previously, but no longer impact you?

Alcoholism, Survivor of rape

What are your coping mechanisms, both past and present?

The first time I fully felt what I should feel after being assaulted was when I journaled about it and prefaced my entry by saying "I will write this as someone on MY side." That helped me let go of the excuses I make for people for just that entry. After that entry, my physical symptoms (intense hair loss) started healing.

What are your plans for the future?

Give my children a life filled with safety, curiosity, kindness and creativity and make sure I take myself along the way. I don't want to be left behind in the pressure of it all.

What else would you like to say to a child with your same ACE score or higher?

I had a relatively good childhood with some intense experiences showing up as flashes of memories. That allows room for doubt and travels through to later in life where if something traumatic happens, I will most likely doubt myself in thinking that it is what it is. But when you talk to someone you trust, sharing details will help you process and realize that yes, something bad did happen. You have to accept it to begin the healing process.



PCE Score: 4
ACE Score: 0
Name: Robert Dawkins
Age: 29
Gender: Male
Ethnicity: Black
Additionally:

Which of the toxic effects of ACEs in adulthood currently impact you?

Suicidal thoughts or tendencies

Which of the toxic effects of ACEs in adulthood previously, but no longer impact you?

Suicidal thoughts or tendencies

What are your coping mechanisms, both past and present?

I coped with my depression and suicidal thoughts by frequently and brutally abusing drugs. Weed, pills, drinking, psychedelics, anything to numb the pain and quiet my thoughts. Looking back I realize that although they kept them at bay, these coping mechanisms didn't allow me to properly confront these thoughts and feelings. Now I let them come and go, feeling no particular attachment to them. I find solace in embracing all sides of myself, recognizing my entire identity isn't composed of dark thoughts and painful emotions.

What are your plans for the future?

Cherish my sobriety, respect my body, and protect my joy

What else would you like to say to a child with your same ACE score or higher?

N/A



PCE Score: 4
ACE Score: 5
Name: Railina
Age: 23
Gender: Female
Ethnicity: African American and Central American
Additionally: Baptist, Heterosexual/Questioning,

Which of the toxic effects of ACEs in adulthood currently impact you?

Survivor of rape

Which of the toxic effects of ACEs in adulthood previously, but no longer impact you?

Alcoholism, Antidepressant prescriptions, Suicidal thoughts or tendencies

What are your coping mechanisms, both past and present?

After the assault, I fell into a deep depression because I was so ashamed and I didn't know how to cope with the trauma. I began to drink alcohol and for a while it is what I did everyday. I also was engaging in promiscuity. I was a virgin before the assault and I was raised with the core belief that I am supposed to save my first time for my husband. I was angry with myself for not being able to do that so I decided to cope with that by giving my body to everyone, I felt like I no longer had value. The first thing I did when I wanted to heal was to seek professional help. It took a few tries but I eventually found a great therapist who understood how to meet me where I was, and how to help me. It took a while but I was finally able to see value in my body again, to respect my body for doing what it needed to do to survive, and understand that my body is not an object for someone else to use and then discard. I learned the amount of alcohol I was drinking would one day bring fatal harm to me if I didn't make changes in my consumption of it. I learned how to value my life.

What are your plans for the future?

I am a student at Cleveland State University, studying social work. I hope to finish my bachelors, and start the Master of Social Work program at Howard University. I plan on becoming a licensed clinical social worker, and I would like to work with survivors of trauma, particularly those from marginalized communities.

What else would you like to say to a child with your same ACE score or higher?

I want you to know that you are amazing. You deserve to be loved and there is much more to your life than the negative things. Please remember to never give up, your future self will be so proud of you for holding on, to see the better days ahead.



PCE Score: 7
ACE Score: 8
Name: Cheyenne
Age: 30
Gender: Female
Ethnicity: American
Additionally: cisgender, asexual

Which experiences currently, previous, or never impacted you as an adult?

Alcoholism	Never Impacted Me	COPD (Chronic Obstructive Pulmonary Disease)	Never Impacted Me
Smoking	Currently Impacts Me	Impaired Work Performance	Never Impacted Me
Antidepressant prescriptions	Never Impacted Me	Absent 2+ Days From Work Per Month	Never Impacted Me
Suicidal thoughts or tendencies	Previously Impacted Me	Significant Financial Hardship	Currently Impacts Me
Liver Disease	Never Impacted Me	Perpetrator of Domestic Violence	Never Impacted Me
Sexually Active At or Before The Age of 15		False	
Teen Pregnancy/Paternity (carried to term or not)		True	
Survivor of Rape (since turning 18)		False	

What are your coping mechanisms?

My coping mechanisms are yoga, marijuana, building my LLC, and I'm posting more on social media. I also have some e-commerce projects I'm working on. I used to have a dog and that was a beautiful experience in unconditional love as well as a reason to go outside on a daily basis, which I struggle with now that he's passed.

What are your plans for the future?

My plans for the future are to break my current season of isolation by getting back into the things I loved - snowboarding, hiking, skin care, makeup, henna, art & design, volunteering, and teaching.

What else do you want a child with your same ACE score or higher to know?

Something I'd like to tell a kid with similar ACE scores as me is that I'm proud of them - you made it through something that should have never happened to you in the first place. I'd also tell them to be wary of entitlement to never experience anything bad again. I thought there was a cap to how much a person could go through, so even as an adult I would go into denial when someone I cared for turned out to not like me at all. Partnered with my people pleasing tendencies, I've had to struggle through a lot of disingenuous relationships because I felt I deserved that friend or that boyfriend or whatever person it was to treat me as well as I treated them, and I wasn't willing to confront reality when that turned out to not be true. I can see now, but I just hope you can avoid that pain.