MBATT LEVEL 3, ACES 10 MINUTE HOMEWORK

ACES ACTIVITY (DUE BEFORE THE START OF LEVEL 3 TRAINING)

DIRECTIONS:

- Copy and paste the link below into your browser.
 https://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean
- 2. Follow all of the instructions on how to complete the ACES quiz, which should take approximately 2 minutes.
- 3. Take notes on any questions that may stand out as particularly impactful to you in the space provided on this sheet.
- 4. Make sure you note your ACES quiz score on this sheet, which will be used for some of the activities in the Level 3 training.
- 5. Please remember to practice good self care if this ACES score or any of the questions activate PTSD or anxiety.

MY ACES QUIZ SCORE:	DATE TAKEN:
QUESTIONS THAT STOOD OUT AS PARTICULARLY IMPACTFUL WHILE TAKING	
THE ACES QUIZ, AND/OR ANY NOTES FROM TAKING THE QUIZ:	

