

Adapted Benevolent Childhood Experiences

Record ID

Would you respond "yes" or "no" to the prompt,
"Growing up..."

1. I had at least one caregiver with whom I felt safe

☐ Yes

☐ No

2. I had at least one good friend

☐ Yes

☐ No

3. I had beliefs that gave me comfort

☐ Yes

☐ No

4. I had enjoyment at school

☐ Yes

☐ No

5. I had at least one teacher that cared

☐ Yes

☐ No

6. I had good neighbors

☐ Yes

☐ No

7. I had an adult (not a parent/caregiver or the
person from #1) who could provide me with support or
advice

☐ Yes

☐ No

8. I had opportunities to have a good time

☐ Yes

☐ No

9. I liked myself or felt comfortable with myself

☐ Yes

☐ No

10. I had a predictable home routine, like regular
meals and a regular bedtime

☐ Yes

☐ No

BCE Score :
