


The background is a soft, pink watercolor wash. Several pink butterflies of various sizes are scattered across the page, some in flight and others resting. The main title is centered in a large, dark pink, serif font.

Breaking the Cycle:

ACEs Awareness & Action Worksheet

*"Start understanding your experiences and
take your first step toward change."*

Made with love by
Neah Inspired 



Introduction



I created this worksheet because I know what it feels like to carry invisible chains from childhood. These prompts are ones I wish I had when I was younger – now I share them with you.

Take a few minutes, be honest with yourself, and use this as a starting point to understand and change the impact of your experiences.

What are ACEs?

Adverse Childhood Experiences (ACEs) are traumatic and often stressful events that occur during childhood, before reaching the age of 18. ACEs include abuse (physical, sexual, emotional), neglect (physical & emotional), and household issues such as a parent's substance misuse, mental illness, domestic violence, parental separation or a parent being incarcerated.

ACEs aren't just childhood memories. They shape mental health, relationships and even life outcomes.

I have lived this. ACEs impacted how I think, how I react, and even how I navigated the world as an adult. Understanding them isn't optional – it's survival. But awareness alone isn't enough. You need tools to reflect and take action.





Reflection



1. Identify your ACEs

List any experiences from your childhood that still affect you today.

2. Recognise the Impact

How have these experiences shaped your thoughts, feelings or behaviours?

3. Patterns in Your Life

Are there recurring challenges or struggles you notice in your relationships, work, or personal life that may link back to these experiences?





Reflection



4. One Step Toward Change

Identify one small action you can take today to shift the impact of these experiences.

5. Support & Resources

Who or what can support you as you take this step? List at least one person, community or resource.

Understanding your experiences is the first step to breaking the cycle. Change is possible - and your story matters. If you're ready to dive deeper, check out *'The Invisible Chains Journal'* for more guided reflection and empowerment exercises.

Thank you for sharing!



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“Remember, to inspire others, you have to inspire yourself first.” *Neah Inspired*

