Benevolent Childhood Experiences (BCEs) Scale
© Narayan, Rivera, Ghosh Ippen, & Lieberman, 2015

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

1. Did you have at least one caregiver with whom you felt safe? [YES NO]
2. Did you have at least one good friend? [YES NO]
3. Did you have beliefs that gave you comfort? [YES NO]
4. Did you like school? [YES NO]
5. Did you have at least one teacher who cared about you? [YES NO]
6. Did you have good neighbors? [YES NO]
7. Was there an adult (not a parent/caregiver or the person from #1) who could provide you with support or advice? [YES NO]
8. Did you have opportunities to have a good time? [YES NO]
9. Did you like yourself or feel comfortable with yourself? [YES NO]
10. Did you have a predictable home routine, like regular meals and a regular bedtime? [YES NO]

Please cite the following paper when using the BCEs: