From the womb to the centenarian age, health problems will be a normal distraction in their lives. Depending on the type of problem and length of time the client has had this issue will also determine how it may affect their daily functioning. A client that is suffering from diabetes may exhibit the issue of depression. A person that experienced issues with childhood physical and mental abuse or neglect may have problems functioning as a normal adult, (Crouch et al., 2018). Physical illness influenced by mental health problems A specific problem that may influence a client’s behaviors is that of adverse childhood experiences (ACH), as noted by Crouch et al., (2018), clients that have undergone the issues of being raised in a dysfunctional family structure. Emotional/physical and/or sexual abuse adversely affected them as they were growing up. Problems related to behavioral issues in school, substance abuse, suicide ideation/attempts, and/or other negative physiological issues were their reactions to situations to things did not like. How this impacts the patient’s course of life These clients may often have relationship problems similar to the trauma they experienced when they were younger and may pass it on to their children. It is a never-ending vicious cycle that may span generations in the client’s family tree, and it is often hard to break. Clients that want to change may try to come to the individual, group, or family counseling, but how well it will help them is to be seen. Clients are hesitant or scared to change or they blatantly refuse to, until they lose almost everyone they love and find themselves with financial/legal issues it may be almost impossible for them to stop this behavior, (Crouch et al., 2018). Reference Crouch, E., Strompolis, M., Radcliff, E., Srivastav, A. (2018). Examining exposure to adverse childhood experiences and later outcomes of poor physical and mental health among South Carolina adults