

Clinic Case Scenario

TSgt. Anderson is a 32-year-old male married (10 years) with two children, ages seven and five. Over the past several months Sgt. Anderson and his spouse have been arguing frequently. The arguments tend to center around money. Both Sgt. Anderson and his spouse agree that money is tight, but can't agree on what to do. Mrs. Anderson wants to reach out to her family and ask for help, while TSgt. Anderson feels this is an insult to him and none of her family's business. He criticizes his spouse's spending habits frequently and thinks they need to develop a strict budget for the next two years.

TSgt. Anderson angers easily and while the fights have not become physically violent, he generally walks away feeling that his wife "pushes his buttons" and that he will "lose it one of these days." Recently the arguments have become more frequent and more intense as his wife's spending habits have not changed. He has reported that with the exception of being with his children, going home feels like a punishment. Notably, he has stated that at least one to two days a week he sleeps on the couch so that he does not stay up and fight with his spouse. More and more he goes out after work to have a few beers and decompress rather than head home.

Recently, he has been feeling anxious about financial troubles and the state of his marriage. TSgt. Anderson recently began seeking support through his chaplain on base. He reports that his children are the most important thing to him. He knows they hear the fighting and worries about how it will impact them. Lately, his problems at home have begun to show at work. While he has not been late, his work has been sloppy at times and he often appears visibly tired and has problems concentrating on tasks.

He is friendly with some of the other NCOs at his office and he frequently unloads his burdens to them. Recently, he has made statements such as "if not for the kids it would be easier if I just wasn't around" and "I don't know if I can take anymore of the fighting." His peers tend to think of this as just blowing off steam.

When talking with the chaplain, he reported that he always feels tired, that he tends to worry recently, and that he is drinking somewhat more than usual. He has identified that while he is unsure about his marriage, he wants to make sure that his kids are okay.