

100+ Common Struggles & Personal Assessment

Congratulations! Just picking this up took courage. The healing process can only begin when you recognize that something is broken. Before you start, find a quiet place and ask God to help you see your struggles clearly.

You can scan this QR code to find the free online StruggleFinder assessment, then circle your results on the list below. You can also simply read through the list below and circle the struggles that you know apply to you. Don't worry about how many you select! The more honest you are with yourself, the healthier you will become. Keep this list and continue to pursue God's path for healing and restoration here at re:generation.



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| 1. Abandonment | 41. Fear of failure | 83. People pleasing |
| 2. Abortion | 42. Fear of intimacy | 84. Perfectionism |
| 3. Abused: Physically/Verbally/
Emotionally/Sexually | 43. Fear of man/others | 85. Physical abuse |
| 4. Abuser: Physically/Verbally/
Emotionally/Sexually | 44. Fear of rejection | 86. Phobias |
| 5. Acceptance/ rejection | 45. Fear of success | 87. Pornography addiction |
| 6. Adultery | 46. Fetishes | 88. Pride/Self Righteousness |
| 7. Alcohol(ism) | 47. Fighting: Phys/Verb | 89. Profanity/Swearing/Cussing |
| 8. Anger/Rage/Escalation | 48. Food addiction | 90. Prostitution/Stripping |
| 9. Anonymous sex | 49. Gambling | 91. PTSD |
| 10. Anxiety | 50. Gluttony | 92. Racism |
| 11. Anorexia | 51. Gossip | 93. Rage |
| 12. Approval of others addict | 52. Greed/Selfishness/Love of Money | 94. Rape/Rape recovery/Date rape |
| 13. Apathy | 53. Guilt and Shame | 95. Relationship Addiction |
| 14. Arrogance | 54. Hatred of others/self | 96. Resentment/Bitterness |
| 15. Binging | 55. Hoarding | 97. Same Sex Attraction, Homosexuality |
| 16. Bisexual | 56. Hopelessness | 98. Selfishness |
| 17. Blasphemy | 57. Idolatry/worship of created | 99. Self-Worth (too high or low) |
| 18. Boasting/Bragging | 58. Infidelity/Sexual Purity | 100. Self-sabotage |
| 19. Body image | 59. Insecurity | 101. Sexual addiction/deviancy |
| 20. Bulimia | 60. Isolation/Withdraw | 102. Sexual immorality/fornication |
| 21. Cheating | 61. Jealousy/Envy | 103. Shopping/Spending |
| 22. Child/Minor Pornography | 62. Judgmental/Judging others | 104. Singleness |
| 23. Codependency | 63. Lack of Growth | 105. Smoking/Dipping/Vape |
| 24. Control | 64. Lack of Self Worth | 106. Social Anxiety |
| 25. Covetousness | 65. Laziness | 107. Social Media/Internet Addiction |
| 26. Critical Spirit/Complaining | 66. Loneliness | 108. Stealing/Kleptomania |
| 27. Cruelty | 67. Loss of relationship | 109. Stress |
| 28. Cult/Satanism/Witchcraft | 68. Lust | 110. Suicidal |
| 29. Cutting / Self-Harm | 69. Lying/Deceit/Dishonesty | 111. Trans/Gender Dysphoria |
| 30. Debt | 70. Manipulation | 112. Unforgiveness |
| 31. Defined by my Past | 71. Masturbation | 113. Vanity |
| 32. Depression | 72. Materialism | 114. Victim mentality |
| 33. Disobedience/Rebellion | 73. Mental illness | 115. Video game addiction |
| 34. Divorce / Separation | 74. Mistrust of God / No Belief | 116. Voyeurism |
| 35. Drugs/Substance Abuse/Pills | 75. Murder/Murderous thoughts | 117. Workaholic |
| 36. Drunkenness | 76. Negativity | 118. Worry |
| 37. Emotional dependency | 77. Negative Interpretation | |
| 38. Evil thoughts/actions | 78. Obsessive thoughts/OCD | Others: _____ |
| 39. Fantasy | 79. Overeating | _____ |
| 40. Fear | 80. Paranoia | _____ |
| | 81. Passivity | _____ |
| | 82. Pedophilia | |

To hear stories of life-change and find helpful resources, visit regenerationrecovery.org.

"NO TEMPTATION HAS OVERTAKEN YOU THAT IS NOT COMMON TO MAN." (1 CORINTHIANS 10:13)