

100+ Common Struggles and Personal Assessment

Congratulations – just picking this up took courage. Nothing gets better unless you face it...so you’ve already begun the healing process. Before you read the list below, go to a quiet place, pray and ask God to help you see your struggles. Then, with a pen in hand, circle those that apply to you. Don’t worry if you circle a lot (we all can and did)...and frankly, the more honest you are with yourself and God, the healthier you will be – because healing will flow into all those areas, as God gives grace to the humble. So pray, circle your struggles, and give God a year at *re:generation!*

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

Others: _____

Be brave. God loves you. And He can change everything!

Psalm 147:3, “He heals the brokenhearted and binds up their wounds.”