

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.

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

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)