

## 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 the ones that apply to you. And 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 & give God a year at re:gen!**

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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,<br>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:** \_\_\_\_\_  
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***Be brave. God loves you. And He can change everything!***

Email [regen@watermark.org](mailto:regen@watermark.org) to add a struggle to this list.