

# Over 100 Common Struggles & Personal Assessment

Before you read the list below, go to a quiet place, pray, and ask God to help you see your struggles. Then take time to check the ones that apply to you. Don't worry if you check a lot (we all can and did). Pray, check your struggles, and give God time in community here at re:gen and see what he does.

- Abandonment
- Abortion
- Abused: Physical/Verbal/Emotional/Sexually
- Abuser: Physical/Verbal/Emotional/Sexually
- Acceptance/rejection
- Adultery
- Alcohol(ism)
- Anger/Rage/Escalation
- Anonymous sex
- Anxiety
- Anorexia
- Approval addict
- Apathy
- Arrogance
- Bingeing
- Bisexual
- Blasphemy
- Boasting/Bragging
- Body Image
- Bulimia
- Cheating
- Child/Minor Pornography
- Codependency
- Control
- Covetousness
- Critical Spirit/Complaining
- Cruelty
- Cult/Satanism/Witchcraft
- Cutting/Self-Harm
- Dancing/Adult Entertainment
- Death of a Loved One
- Debt
- Defined by my Past
- Denial
- Depression
- Discontentment with being single or married
- Disobedience/Rebellion
- Divorce/Separation
- Drugs/Substance Abuse/Pills
- Drunkenness
- Emotional dependency
- Evil thoughts/actions
- Fantasy
- Fear
- Fear of failure
- Fear of intimacy
- Fear of man/others
- Fear of rejection
- Fear of success
- Fetishes
- Fighting: Physical/Verbal
- Food addiction
- Gambling
- Gluttony
- Gossip
- Greed/Selfishness/Love of Money
- Guilt and Shame
- Hatred of others/self
- Homosexuality
- Hoarding
- Hopelessness
- Idolatry/worship of people
- Infidelity/Sexual purity
- Insecurity
- Isolation/Withdraw
- Jealousy/Envy
- Judgmental/Judging Others
- Lack of Growth
- Lack of Self Worth
- Laziness
- Loneliness
- Loss of relationship
- Lust
- Lying/Deceit/Dishonesty
- Manipulation
- Masturbation
- Materialism
- Mistrust of God/No Belief
- Molestation
- Murder/Murderous thoughts
- Negativity
- Negative Interpretation
- Obsessive thoughts
- Overeating
- Paranoia
- Passivity
- Pedophilia
- People pleasing
- Perfectionism
- Physical abuse
- Phobias
- Pornography addiction
- Power/Domination
- Pride/Self Righteousness
- Profanity/Swearing/Cussing
- Prostituted
- PTSD
- Racism
- Rage
- Rape/Rape recovery/Date rape
- Relationship Addiction
- Resentment/Bitterness
- Same Sex Attraction
- Selfishness
- Self worth
- Self Sabotage
- Sexual addiction/deviancy
- Sexual immorality/fornication
- Shopping/Spending
- Smoking/Dipping/Vape
- Social Anxiety
- Stealing/Kleptomania
- Stress
- Suicidal
- Trafficking
- Trans/Gender Dysphoria
- Unforgiveness
- Vanity
- Victim mentality
- Video game addiction
- Voyeurism
- Workaholic
- Worry

## Contact Information

Name: \_\_\_\_\_

Preferred contact info (email or cell): \_\_\_\_\_



## AA/NA Twelve Steps | re:generation Twelve Steps

In an effort to help you bridge the gap between re:generation and programs like AA or NA and to be able to participate with a biblical framework, we have created a list of key terms commonly used.

### AA/NA Twelve Steps

**Step 1:** We admitted that we were powerless over alcohol—that our lives had become unmanageable.

**Step 2:** Came to believe that a Power greater than ourselves could restore us to sanity.

**Step 3:** Made a decision to turn our will and our lives over to the care of God as we understood Him.

**Step 4:** Made a searching and fearless moral inventory of ourselves.

**Step 5:** Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

**Step 6:** Were entirely ready to have God remove all these defects of character.

**Step 7:** Humbly asked Him to remove our shortcomings.

**Step 8:** Made a list of all persons we had harmed, and became willing to make amends to them all.

**Step 9:** Made direct amends wherever possible, except when to do so would injure them or others.

**Step 10:** Continued to take personal inventory and when we were wrong promptly admitted it.

**Step 11:** Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

**Step 12:** Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

### re:generation Twelve Steps

**Step 1, ADMIT:** We admit that we are powerless over our addictions, brokenness, and sinful patterns—that in our own power our lives are unmanageable.

**Step 2, BELIEVE:** We come to believe that God is the one whose power can fully restore us.

**Step 3, TRUST:** We decide to trust God with our lives and wills by accepting his grace through Jesus Christ.

**Step 4, INVENTORY:** We make a searching and fearless moral inventory of ourselves.

**Step 5, CONFESS:** We confess to God, to ourselves, and to another human being the exact nature of our sins.

**Step 6, REPENT:** We become entirely ready to turn away from our patterns of sin and turn to God.

**Step 7, FOLLOW:** We humbly ask God's Spirit to change our hearts and minds in order to follow Christ fully.

**Step 8, FORGIVE:** We forgive those who have harmed us and become willing to make amends to those we have harmed.

**Step 9, AMENDS:** We make direct amends whenever possible, submitting to God, his Word, and biblical counsel.

**Step 10, CONTINUE:** We continue to examine our lives and when we sin promptly confess and turn to walk with Christ.

**Step 11, INTIMACY:** We seek to deepen our relationship with God daily and depend on his power to do his will.

**Step 12, REGENERATE:** Because of our new lives in Christ, we carry God's message of reconciliation to others and practice these biblical principles in every aspect of our lives.