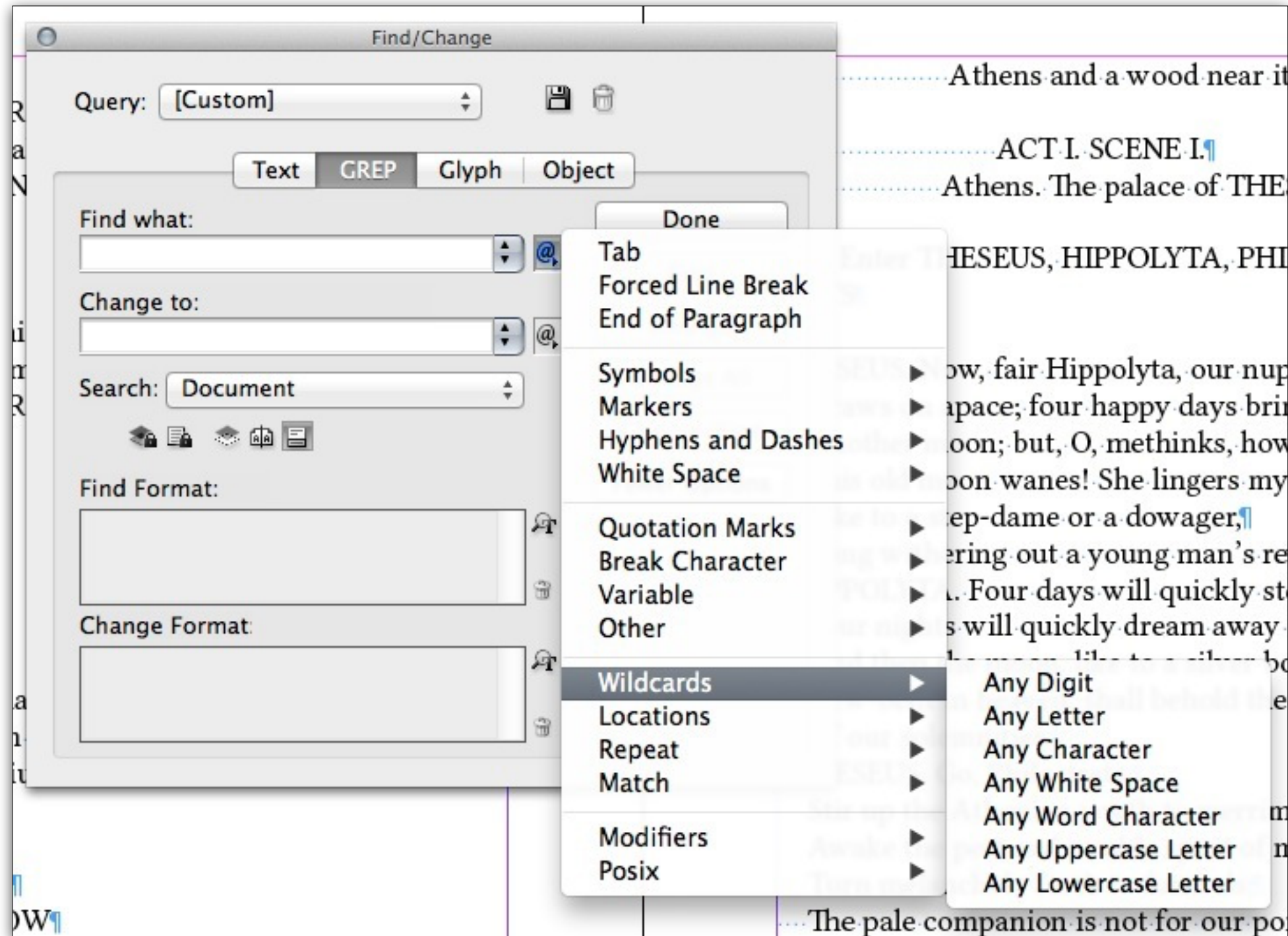# InDesign provides selectable items :

You can either use the find field (if you understand GREP) or you can simply select items / wildcards etc from the pop out menus.

You can save and retrieve your GREP routines