

Examination of Conscience

1. I AM THE LORD YOUR GOD. YOU SHALL NOT HAVE STRANGE GODS BEFORE ME.

- Do I give God time every day in prayer?
- Do I seek to love Him with my whole heart?
- Have I been involved in witchcraft, superstition or black magic?
- Have I received Communion in a state of mortal sin?
- Have I deliberately told a lie in Confession or withheld a mortal sin in Confession?

2. YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN.

- Did I curse or swear? Did I use God's name in vain, lightly, carelessly, by blasphemy?
- Have I wished evil upon another person?
- Have I been angry with God and stayed in that state of anger?
- Have I insulted a sacred person or abused a sacred object?



3. REMEMBER TO KEEP HOLY THE LORD'S DAY.

- Have I deliberately missed Mass on Sundays or Holy Days of obligation?
- Did I receive Holy Communion in the state of serious (mortal) sin?
- Have I tried to observe Sunday as a family day and a day of rest? Do I get enough rest or am I constantly running?
- Do I do needless work on Sunday?

4. HONOR YOUR FATHER AND YOUR MOTHER.

- Do I honor and obey my parents? Am I respectful towards them?
- Have I neglected my duties to my spouse and children?
- Have I given my family good religious example and try to bring peace into the home?
- Do I care for my aged and infirmed relatives?

5. YOU SHALL NOT KILL.

- Have I had an abortion or encouraged anyone to have an abortion?
- Have I mutilated myself through any form of sterilization? Have I encouraged or condoned sterilization?
- Have I harbored anger or resentment or hatred in my heart?
- Have I physically harmed anyone? Have I driven recklessly (too fast, showing off, etc.)?
- Have I abused alcohol or drugs?
- Have I hurt myself through cutting, scratching, or in any other way?

6. YOU SHALL NOT COMMIT ADULTERY.

- Have I been faithful to my marriage vows in thought and action? Have I engaged in any sexual activity outside of marriage?
- Has each sexual act in my marriage been open to the transmission of new life?
- Have I engaged in any type of sexual activity (intercourse, oral sex, inappropriate touching, mutual masturbation)?
- Have I been guilty of masturbation? Have I entertained lustful thoughts?
- Have I been guilty of any homosexual activity?
- Do I seek to be chaste in my thoughts, words, and actions?
- Was I "immodest" in the way I dressed, acted or spoke (leading others to arousal)?
- Are my words on "myspace" or "zenga" sexually charged?
- Did I look at pornography or visit chat rooms that were inappropriate?



7. YOU SHALL NOT STEAL.

- Have I stolen what is not mine?
- Have I returned or made restitution for what I have stolen?
- Did I waste time at work (which is really stealing from the company)?
- Do I gamble excessively, thereby denying my family of their needs?
- Do I seek to share what I have with the poor?

8. YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR.

- Have I lied? Have I gossiped? Have I spoken behind someone else's back?
- Do I always tell the truth? Did I reveal secrets that should have been kept confidential?
- Am I sincere in my dealings with others?
- Am I critical, negative, or uncharitable in my thoughts of others?
- Do I keep secret what should be kept confidential?
- Is what I write in my emails, "IM's" or on my "myspace" or "zenga" true - about myself or others?

9. YOU SHALL NOT DESIRE YOUR NEIGHBOR'S WIFE.

- Have I consented to impure thoughts?
- Have I caused impure thoughts by impure reading, movies, conversations or curiosity?
- Do I seek to control my imagination?
- Do I pray at once to banish impure thoughts and temptations?

10. YOU SHALL NOT DESIRE YOUR NEIGHBOR'S GOODS.

- Am I jealous of what other people have? Do I envy the families or possessions of others?
- Am I greedy or selfish? Are material possessions the purpose of my life?
- Do I trust that God will take care of all my material and spiritual needs?

