

Examination of Conscience

1. I am the Lord your God. You shall not have strange gods before me.

Do I speak with God every day in prayer?

Have I received communion in the state of mortal sin?

2. You shall not take the name of the Lord your God in vain.

Have I used God's name carelessly?

Have I been angry with God?

3. Remember to keep holy the Lord's Day.

Have I deliberately missed Mass on Sundays or Holy Days of Obligation?

Have I tried to observe Sunday as a day of rest?

4. Honor your father and your mother.

Do I honor my parents?

Have I neglected my duties to my family?

Do I care for my aged and infirm relatives?

5. You shall not kill.

Have I been angry or resentful?

Have I abused alcohol or drugs?

Have I physically harmed anyone?

Have I had an abortion or encouraged or helped anyone to have an abortion?

Have I encouraged or condoned sterilization, for myself or others?

Have I engaged in sins against human life such as artificial insemination or in vitro fertilization?

Have I participated in or approved of euthanasia?

6. You shall not commit adultery.

Have I been faithful to my marriage vows?

Have I engaged in sexual activity outside of marriage?

Have I used any method of contraception or artificial birth control in my marriage?

Have I been guilty of masturbation?

Do I seek to be chaste in my thoughts, words, and actions?

Have I engaged in homosexual activity?

7. You shall not steal.

Have I stolen what is not mine?

Do I waste time at work, school, or home?

Do I gamble excessively?

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, or spoken badly of others behind their back?

Have I cheated or plagiarized in a class?

Am I critical, negative or uncharitable in my thoughts of others?

Do I keep secret what should be kept confidential?

9. You shall not desire your neighbor's wife.

Have I consented to impure thoughts?

Have I caused them by reading impure books or using pornography?

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?