

## **An Examination of Conscience for Adults**

**Prayer before Confession:** O Lord, grant me light to see myself as Thou dost see me, and the grace to be truly and effectively sorry for my sins. O Mary, help me to make a good confession.

**How to Confess:** First examine your conscience well, then tell the priest the specific kind of sins you have committed and, to the best of your ability, how many times you have committed them since your last good confession. You are obliged to confess only mortal sins, since you can obtain forgiveness for your venial sins by sacrifices and acts of charity. If you are in doubt about whether a sin is mortal or venial, mention your doubt to the confessor. Remember also, confession of venial sins is very helpful for avoiding sin and advancing toward Heaven.

### **Necessary conditions for a sin to be mortal:**

1. Serious Matter
2. Sufficient Reflection
3. Full Consent of the Will

### **Preliminary Considerations:**

1. Have I ever deliberately failed to confess a past serious sin, or have I willfully disguised or hidden such a sin?  
Have I been guilty of irreverence for this sacrament by failing to examine my conscience carefully?
2. Have I failed to do the penance given to me by the priest?

### **First Commandment: I am the Lord thy God. Thou shalt not have strange gods before Me. (Including sins against Faith, Hope and Charity)**

1. Have I neglected the knowledge of my faith
2. Have I deliberately doubted or denied any of the teachings of the Church?
3. Have I taken part in any non-Catholic worship?
4. Am I a member of any non-Catholic religious organization, secret society or anti-Catholic group?
5. Have I knowingly read any heretical, blasphemous or anti-Catholic literature?
6. Have I practiced any superstitions (such as horoscopes, fortune telling, Ouija board, etc.)?
7. Have I been faithful to my daily prayers? Have I recommended myself daily to God?
8. Have I abused the Sacraments in any way or received them irreverently.
9. Have I made fun of God, Our Lady, the Saints, the Church, the Sacraments, other holy things?
10. Have I been guilty of great irreverence in church, e.g., conversation, behavior, or dress?
11. Have I presumed on God's mercy at any time or despaired of receiving it?
12. Have I hated God?
13. Have I given too much importance to any creature, activity, object or opinion?

### **Second Commandment: Thou shalt not take the name of the Lord thy God in vain.**

1. Have I sworn by God's name falsely, rashly or in slight and trivial matters?
2. Have I murmured or complained against God (blasphemy)?

3. Have I cursed myself or others, or any creature?
4. Have I angered others so as to make them swear or blaspheme God?
5. Have I broken a vow made to God?

### **Third Commandment: Remember that thou keep holy the Sabbath day.**

1. Have I missed Mass on Sundays or Holy Days of obligation?
2. Have I been late for Mass on Sundays or Holy Days of obligation or left early through my own fault?
3. Have I made others miss Mass on Sundays or Holy Days of obligation, leave early or be late for Mass?
4. Have I been willfully distracted during Mass?
5. Have I done or commanded unnecessary servile work on Sunday or Holy Days of Obligation?
6. Have I bought or sold things not of necessity on Sunday and Holy Days of obligation?

### **Fourth Commandment: Honor thy father and thy mother.**

1. Have I been disobedient or disrespectful to my parents, or have I neglected or refused to aid them in their wants or to do their last will?
2. Have I shown disrespect to others in positions of authority?
3. Have I maligned or insulted priests or others consecrated to God?
4. Have I failed in due reverence to aged persons?
5. Have I mistreated my spouse or my children?
6. Have I been disobedient or disrespectful to my husband?
7. Regarding my children:

Have I neglected their material needs?

Have I failed to care for their early baptism?

Have I failed to care for their proper religious education?

Have I allowed them to neglect their religious duties?

Have I allowed them to date/go steady without the prospect of marriage within the near future? (St. Alphonsus says 1 year maximum.)

Have I failed to supervise the company they keep?

Have I failed to discipline them when they need it?

Have I given them a bad example?

Have I scandalized them by arguing with my spouse in front of my children?

Have I scandalized them by cursing or swearing in front of them?

Have I guarded modesty in the home?

Have I permitted them to wear immodest clothing (mini skirts; tight pants, dresses, or sweaters; see-through blouses, short-shorts, revealing swim suits, etc.)?

Have I denied their freedom to marry or follow a religious vocation?

### **Fifth Commandment: Thou shalt not kill.**

1. Have I procured, desired, or hastened the death or bodily injury of anyone?
2. Have I borne hatred?
3. Have I oppressed anyone?
4. Have I desired revenge?
5. Have I caused enmity between others?
6. Have I quarreled or fought with anyone?

7. Have I wished evil on anyone?
8. Have I intended or attempted to injure or mistreat others?
9. Is there anyone with whom I refuse to speak, or against whom I bear a grudge?
10. Have I taken pleasure in anyone's misfortunes?
11. Have I been jealous or envious of anyone?
12. Have I had or attempted to have an abortion or counseled anyone else to do so?
13. Have I mutilated my body unnecessarily in any way?
14. Have I entertained thoughts of suicide, desired to commit suicide or attempted suicide?
15. Have I become drunk, used illicit drugs?
16. Have I overeaten or do I neglect to eat properly, i.e., nutritious foods?
17. Have I failed to correct in Charity?
18. Have I harmed anyone's soul, especially children, by giving scandal through bad example?
19. Have I harmed my own soul by intentionally and without necessity exposing it to temptations, e.g.: bad TV, bad music, beaches, etc.

***Sixth and Ninth Commandments: Thou shalt not commit adultery. Thou shalt not covet thy neighbor's wife.***

1. Have I denied my spouse his or her marriage rights?
2. Have I practiced birth control (by pills, devices, withdrawal)?
3. Have I abused my marriage rights in any other way?
4. Have I committed adultery or fornication (premarital sex)?
5. Have I committed any unnatural sin against purity (homosexuality, lesbianism, bestiality etc.)?
6. Have I touched or embraced another impurely?
7. Have I engaged in prolonged or passionate kissing?
8. Have I engaged in petting?
9. Have I sinned impurely by myself (masturbation)?
10. Have I entertained or taken pleasure in impure thoughts?
11. Have I indulged in lustful desires for anyone, or willfully desired to see or do anything impure?
12. Have I willfully indulged in any sexual pleasure whether complete or incomplete?
13. Have I been an occasion of sin for others by wearing tight or otherwise revealing and immodest clothing?
14. Have I done anything to provoke or occasion impure thoughts or desires in others deliberately or through carelessness?
15. Have I read indecent literature or looked at bad pictures?
16. Have I watched suggestive movies, TV programs, or Internet pornography or permitted my children to do so?
17. Have I used indecent language or told indecent stories?
18. Have I willingly listened to such stories?
19. Have I boasted of my sins or taken delight in past sins?
20. Have I been in lewd company?
21. Have I consented to impure glances?
22. Have I neglected to control my imagination?
23. Have I prayed at once to banish such bad thoughts and temptations?
24. Have I avoided laziness, gluttony, idleness, and the occasions of impurity?
25. Have I attended immodest dances or indecent plays?
26. Have I unnecessarily remained alone in the company of someone of the opposite sex?

***Seventh and Tenth Commandments: Thou shalt not steal. Thou shalt not covet thy neighbor's goods.***

1. Have I stolen anything? What or how much?
2. Have I damaged anyone's property?
3. Have I negligently spoiled anyone's property?
4. Have I been negligent in the stewardship of other people's money or goods?
5. Have I cheated or defrauded others?
6. Have I gambled excessively?
7. Have I refused or neglected to pay any debts?
8. Have I acquired anything known to be stolen?
9. Have I failed to return things borrowed?
10. Have I cheated my employer of an honest day's work?
11. Have I cheated my employees of their wages?
12. Have I refused or neglected to help anyone in urgent need?
13. Have I failed to make restitution for my stealing, cheating and frauds?
14. Have I been envious of another because I don't have what he has?
15. Have I been jealous of what another has?
16. Have I been stingy?
17. Have I been grasping and avaricious, placing too great importance upon material goods and comforts? Is my heart set on earthly possessions or on the true treasures of Heaven?

***Eighth Commandment: Thou shalt not bear false witness against thy neighbor.***

1. Have I lied about anyone (calumny)?
2. Have my lies caused them any material or spiritual harm?
3. Have I rashly judged anyone (i.e. believed firmly, without sufficient evidence, that they are guilty of some moral defect or crime)?
4. Have I injured the good name of another by revealing true but hidden faults (detraction)?
5. Have I disclosed another's sins?
6. Have I been guilty of tale bearing, (i.e. reporting something unfavorable said of someone by another so as to create enmity between them)?
7. Have I lent an ear to or encouraged the spreading of scandal about my neighbor?
8. Have I taken false oaths or signed false documents?
9. Am I, without necessity, critical, negative or ever uncharitable in my talk?
10. Have I flattered others?

**An Act of Contrition**

O my God, I am heartily sorry for having offended Thee. And I detest all my sins because I dread the loss of Heaven and the pains of hell, but most of all because they offend Thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen

Or more simply:

Jesus, Son of God have mercy on me a sinner!

Or:

Jesus, I trust you. Have mercy on me!