THE TEN COMMANDMENTS 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 with superstitious practices or have I been involved with the occult?
   - Do I seek to surrender myself to God’s word as taught by the Church?
   - Have I ever received communion in the state of mortal sin?
   - Have I ever deliberately told a lie in Confession or have I withheld a mortal sin from the priest in Confession?
   - Are there other "gods" in my life: Money, Security, Power, People, etc.?

2. *You shall not take the name of the Lord your God in vain.*
   - Have I used God’s name in vain: lightly or carelessly?
   - Have I been angry with God?
   - Have I wished evil upon any other person?
   - 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?
   - Have I tried to observe Sunday as a family day and a day of rest?
   - Do I do needless work on Sunday?

4. *Honor your father and your mother.*
   - Do I honor and obey my parents?
   - Have I neglected my duties to my spouse and children?
   - Have I given my family a good religious example?
   - Do I try to bring peace into my home life?
   - Do I care for my aged and infirm relatives?

5. *You shall not kill.*
   - Have I had an abortion or encouraged or helped anyone to have an abortion?
   - Have I physically harmed anyone?
   - Have I abused alcohol or drugs?
   - Did I give scandal to anyone, thereby leading him or her into sin?
• Have I been angry or resentful?
• Have I harbored hatred in my heart?
• Have I mutilated myself through any form of sterilization?
• Have I encouraged or condoned sterilization?
• Have I engaged, in any way, 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 in thought and action?
• Have I engaged in any sexual activity outside of marriage?
• Have I used any method of contraception or artificial birth control in my marriage?
• Has each sexual act in my marriage been open to new life?
• Have I been guilty of masturbation?
• Do I seek to control my thoughts and imaginations?
• Have I respected all members of the opposite sex, or have I thought of other people as mere objects?
• Have I been guilty of any homosexual activity?
• Do I seek to be chaste in my thoughts, words, actions?
• Am I careful to dress modestly?

7. You shall not steal.
• Have I stolen what is not mine?
• Have I failed to return or make restitution for what I have stolen?
• Do I waste time at work, school, and home?
• Do I gamble excessively, thereby denying my family of their needs?
• Do I fail to pay my debts promptly?
• Do I fail to seek to share what I have with the poor?
• Have I cheated anyone out of what is justly theirs?

8. You shall not bear false witness against your neighbor.
• Have I lied?
• Have I gossiped?
• Do I speak badly of others behind their back?
• Am I insincere in my dealings with others?
• Am I critical, negative or uncharitable in my thoughts of others?
• Do I fail to keep secret what should be kept confidential?
• Have I injured the reputation of others by slanders?

9. You shall not desire your neighbor’s wife.
• Have I consented to impure thoughts?
• Have I caused them by impure reading, movies, television, conversation or curiosity?
• Do I fail to pray at once to banish impure thoughts and temptations?
• Have I behaved in an inappropriate way with members of the opposite sex?

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?