

## Examination of Conscience

### **1st Commandment (calls us to love God with all our heart and to trust in God's will)**

- Did I doubt or deny that God exists or doubt his revelation?
- Did I believe in fortune telling, horoscopes, reincarnation, good-luck charms, tarot cards, palm reading, Ouija boards, séances, mediums, wicca, witchcraft, reiki, spiritualism, the occult or the like?
- Did I seek answers or powers outside God's love and commands?
- Did I deny the Catholic Faith or her teachings?
- Did I give time to God each day in prayer?
- Did I love God with my whole heart or did I have a divided heart?
- Did I despair of or presume on God's mercy?
- Did I have false gods in my life that I gave greater attention to than God, like money, profession, drugs, TV, fame, pleasure, property, etc.?

### **2nd Commandment (reverence for God because we are His children)**

- Did I blaspheme or insult God?
- Did I take God's name carelessly?
- Did I curse, or break an oath or vow?
- Did I get angry with God?
- Did I blaspheme God, the Church, Mary, the saints, or sacred things?

### **3rd Commandment (Keep Sunday holy and entering in the rest of the Lord)**

- Did I intentionally come to Mass late or leave early?
- Did I miss Mass (Sunday or a Holy Day of Obligation) through my own fault?
- Did I fully participate in Holy Mass?
- Do I keep the hour fast before communion? Did I receive communion with moral sin on my soul?
- Did I do work on Sunday that was not necessary?
- Did I set aside Sunday as a day of rest and a family day? Did I shop on Sundays?

### **4th Commandment (Honoring your father and mother)**

- Did I disobey, disrespect, or hurt my parents or legitimate superiors?
- Did I neglect my duties to my husband, wife, children or parents?
- Did I neglect to give good religious example to my family?
- Did I fail to actively take an interest in the religious formation of my children?
- Did I give scandal by what I said or did? Did I not treat my children with love and respect?
- Did I not care for my aged and infirm relatives?
- Have I disciplined my children with charity and prudence or did I abuse them?

### **5th Commandment (Respect for the dignity of the life coming from God)**

- Did I kill or physically injure anyone?
- Did I have an abortion, or advise someone else to have an abortion or support those who promote abortion.
- Did I use or cause my spouse to use the so-called 'morning after' pill?
- Did I attempt suicide or entertain thoughts of suicide? (With consideration that psychological illness or grave fear can lessen a person's responsibility)
- Did I take part in or approve of euthanasia?
- Did I get angry, impatient, envious, was I unkind, prideful, vengeful, jealous, hateful toward another? Was I lazy?
- Did I abuse drugs, drinking alcohol to excess?
- Was I gluttonous?
- Did I fight or quarrel?
- Have I borne hatred or withheld forgiveness?
- Have I taken pleasure in other's misfortune?
- Have I mutilated or harmed my body in anyway? Have I had desecrated the body by excessive permanent tattoos or piercings? Do I take care for my health?

### **6th and 9th Commandment (called to live purity of mind, heart, and body)**

- Did I willfully entertain impure thoughts or desires?
- Did I use impure or suggestive words? Tell or listen to impure stories?
- Did I deliberately look at impure images or read impure materials?
- Did I view pornography?
- Did I commit impure acts by myself?
- Did I commit impure acts with another - fornication (premarital sex), adultery (sex with a married person)? Other impure actions? Or same-sex acts?
- Have I neglected to control my imagination?
- Did I pray to banish impure thoughts?
- Have I been an occasion of sin for others by acting provocatively or dressing immodestly?
- Have I used or forced my spouse to use any form of artificial contraception or be sterilized?
- Did I marry or advise anyone to marry outside the Church?
- Have I thought of other people as objects?

### **7th and 10th Commandments (Respect for other people's things and fostering a spirit of detachment)**

- Did I steal, cheat, help or encourage others to do so? Have I made restitution for stolen goods?
- Did I deliberately destroy property of others?
- Did I pirate materials?

- Did I receive stolen goods?
- Did I fulfill my contracts; give or accept bribes; intentionally not pay my bills or taxes; rashly gamble and deprive my family of the necessities of life?
- Was I greedy?
- Did I make material possessions the purpose of my life? Am I attached from the things?
- Did I give a full day's work for a full day's pay?

**8th Commandment (love for truth)**

- Did I lie? Did I deliberately deceive others, or injure others by lies?
  - Have I lied about anybody (calumny)? Have I made rash judgments about others?
  - Do I engage in uncharitable talk or idle conversations?
  - Have I injured others by revealing true hidden faults others do not have a right know?
  - Did I gossip or reveal others' faults or sins?
  - Did I plagiarize or been academically dishonest?
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