

Simple Examination of Conscience Based on the Ten Commandments

- Have I treated people, events, or things as more important than God?
- Am I actively living my Catholic faith and, if I have them, raise my children in the faith?
- Have I been ashamed to speak about my faith?
- Have my words, actively or passively, put down God, the Church, or people?
- Do I go to Mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation?
- Do I look for ways to spend time with family or in service on Sunday?
- Do I use my gifts and talents to serve God?
- Do I take time for prayer?
- Do I care for those around me or do I use them to get what I want?
- Do I show respect to my parents and those in positions of legitimate authority?
- Do I show respect to my children and others who are under my authority?
- Have I taken or wasted time or resources that belonged to another?
- Am I lazy?
- Have I harmed others through physical, verbal, or emotional means?
- Do I look down on those who are different from me?
- Have I gossiped, told lies or embellished stories at the expense of another?
- Have I respected the physical and sexual dignity of others and of myself?
- Have I honored my spouse with my full affection and exclusive love?
- Am I content with my own means and needs, or do I compare myself to others unnecessarily?
- Do I seek to fill what is lacking in my life with material possessions?
- Am I sincerely sorry for the things I have done wrong?
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When you have completed the examination above, review what you have learned by asking yourself these questions:

- What does this say about my relationship to God, to others, and to myself?
- What patterns or habits do I detect in my behavior?
- What bad attitudes or faulty perceptions lie behind my actions?
- In what ways am I growing as a Christian?
- In what ways do I need to grow more?
- What do I want or need to change about my life right now?