An Examination of Conscience for Single Persons

Responsibilities to God:

Have I gone to Mass every Sunday? Have I participated at Mass or have I daydreamed or been present with a blank mind?
Have I prayed every day (15-20 minutes)?
Have I read the Bible? Have I studied the truths of our faith and allowed them to become more a part of the way I think and act? Have I read any spiritual books or religious literature?
Have I told God that I want to love him with my whole heart, mind and strength? Do I hold any resentments toward God?
Have I recognized my need for Jesus and his salvation? Have I asked the Holy Spirit to empower me to live the Christian life?
Have I been financially generous to the Church? Have I participated in parish or religious activities?
Have I held resentments toward the Church or Church authorities? Have I forgiven them?

Responsibilities to others and to myself:
Have I been rebellious, disobedient or disrespectful to anyone in authority?
Have I lied to or deceived others—friends, boss, or coworkers?
Have I been arrogant and stubborn?
Have I gotten angry or nurtured and held grudges and resentments?
Have I refused to forgive others—parents,relatives, employers, former friend, a former spouse? Have I cultivated hatred?
Have I felt sorry for myself or nurtured self-pity?
Have I engaged in sexual fantasies? Have I looked at others lustfully?
Have I read pornographic literature or looked at pornographic pictures, shows or movies?
Have I masturbated?
Have I lustfully kissed or sexually touched someone? Have I had sexual intercourse?
Have I had an abortion or encouraged another to have one?
Have I gossiped about others? Have I slandered anyone? HaveI told lies about others?
Have I mocked or made fun of others?

Responsibilities to society:

Have I been a Christian witness to those with whom I work or associate? Have I spoken to anyone about the Gospel and how important it is to believe in Jesus?
Have I allowed the Gospel to influence my political and social opinions?
Have I had a proper Christian concern for the poor and needy?
Have I paid my taxes?
Have I fostered or nurtured hatred toward my 'political' opponents, either local, national or international?
Have I been prejudiced toward others because of race, color, religion or social status?

Source: United States Conference of Bishops