

## Examination of Conscience

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**Did I** deny or doubt God's existence?

**Did I** refuse to believe God's revelation?

**Did I** believe in (or use) horoscopes, fortune telling, good luck charms, tarot cards, Ouija boards or reincarnation?

**Did I** deny that I was a Catholic?

**Did I** abandon the Catholic Faith for any period of time?

**Did I** despair of or presume on God's mercy?

**Did I** neglect prayer for a long time?

**Did I** fail to pray daily?

**Did I** blaspheme God or take God's Name in vain, curse or break an oath or vow?

**Did I** miss Mass on a Sunday or on a Holy Day of Obligation through my own fault?

**Am I** always reverent in the presence of the Most Blessed Sacrament?

**Was I** voluntarily inattentive at Mass?

**Did I** arrive at Mass late through my own fault?

**Did I** leave Mass early?

**Did I** do unnecessary servile work on Sunday?

**Did I** disobey or disrespect my parents or legitimate superiors?

**Did I** neglect my duties to my husband, wife, children or parents?

**Did I** fail to actively take an interest in the religious education and formation of my children?

**Have I** failed to educate myself concerning the teachings of the Church?

**Did I** give a full day's work in return for a full day's pay?

**Did I** give a fair wage to my employee(s)?

**Did I** give scandal by what I said or did, especially to the young?

**Did I** contribute to anyone's abandoning of the Catholic Faith?

**Was I** impatient, angry, envious, unkind, proud, jealous, revengeful, hateful toward others or lazy?

**Did I** give bad example, abuse drugs, drink alcohol to excess, fight or quarrel?

**Did I** physically injure or kill anyone?

**Have I** had an abortion, or advised or supported an abortion?

**Did I** participate in or approve of the grave evil known as "mercy killing," euthanasia or doctor assisted suicide?

**Did I** attempt suicide or physically harm myself?

**Did I** willfully entertain impure thoughts and desires?

**Did I** dress immodestly or provocatively?

**Did I** use impure or suggestive words?

**Did I** tell impure stories or listen to them?

**Did I** deliberately look at impure television, internet, plays, pictures or movies?

**Did I** deliberately read or send impure material?

**Did I** perform impure acts by myself (masturbation) or with another (adultery, fornication or sodomy)?

**Did I** marry or advise another to marry outside of the Church?

**Did I** abuse my marriage rights?

**Was I** unfaithful to my marriage vows?

**Have I** kept company with someone else's spouse?

**Did I** practice artificial birth control or was I or my spouse permanently sterilized (tubal ligation or vasectomy)?

**Did I** steal, cheat, help or encourage others to steal, cheat, or keep stolen goods?

**Have I** made restitution for stolen goods?

**Did I** deliberately fail to fulfill my contracts or to pay my bills? Did I give or accept bribes?

**Did I** rashly gamble or speculate or deprive my family of the necessities of life?

**Did I** tell lies? Deliberately in order to deceive or injure others? (slander or calumny)

**Did I** commit perjury?

**Did I** vote in accordance with a properly informed conscience, in a way consistent with the teachings of the Church, in regard to the sanctity of marriage and of human life issues?

**Was I** uncharitable in thought, word or deed?

**Did I** gossip or reveal the faults or sins of others? (detraction)

**Did I** fail to keep secrets that I should have kept?

**Did I** eat meat knowingly on the Fridays during Lent or on Ash Wednesday? (Ages 14+)

**Did I** fast as required on Ash Wednesday and Good Friday? (Ages 18-59)

**Did I** fail to receive Holy Communion during the Easter Season?

**Did I** fail to confess my sins at least once a year?

**Did I** receive Holy Communion in the state of mortal sin?

**Did I** receive Holy Communion without fasting for one hour or more from food and drink? (water and medicine are permitted)

**Did I** make a bad Confession by deliberately not telling all the mortal sins I had committed?

**Did I** fail to contribute to the support of the Church?

**Have I** forgiven those who have hurt or harmed me or my loved ones?