

Brief Adult Examination of Conscience

Have I treated people, events, or things as more important than God?

Have my words, actively or passively, put down God, the Church, or people?

Do I go to Mass every Sunday and on Holy Days of Obligation

Do I avoid, when possible, work that impedes worship to God, joy for the Lord's Day, and proper relaxation of mind and body?

Do I look for ways to spend time with family or in service on Sunday?

Do I show my parents due respect?

Do I seek to maintain good communication with my parents where possible?

Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind?

Have I respected the physical and sexual dignity of others and of myself?

Have I taken or wasted time or resources that belonged to another?

Have I gossiped, told lies, or embellished stories at the expense of another?

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?