

## Examination of Conscience

### **First Commandment: I am the Lord your God. You shall not have strange gods before me.**

- Do I give God every time every day in prayer?
- Do I seek to love Him with my whole heart?
- Have I been involved with superstitious practices or have I been involved with the occult?
- Do I seek to surrender myself to God's Word as taught by the Church?
- Have I ever received Holy Communion in the state of mortal sin?
- Have I ever deliberately told a lie in Confession or have I withheld a mortal sin from the priest in Confession?
- Have I put myself first before God, and been too full of pride?
- Have I placed the pursuit of money and/or material things as my priority above Him?
- Have I adopted other non-Christian faiths as my own, such as Buddhism, Hinduism, etc., who believe in plural gods?
- Have I fallen for any New Age belief that we are all part of God Himself, and therefore equal to Him?

### **Second Commandment: You shall not take the name of the Lord your God in vain.**

- Have I used God's name in vain: lightly or carelessly? Have I ever meant it when I did?
- Have I been angry with God? Have I wished evil upon any other person?
- Have I insulted a sacred person or abused a sacred object?
- Have I secretly or publicly said that I hoped that God has damned to hell some person that I have judged to be evil, thereby forgetting that He is the ultimate Judge of us all?

### **Third Commandment: Remember to keep holy the Lord's Day.**

- Have I deliberately missed Mass on Sundays or Holy Days of Obligation?
- Have I tried to observe Sunday as a family day and a day of rest?
- Do I do needless work on Sunday?
- Do I resent having to attend Mass, wishing I were somewhere else, or thinking of all the things that I could be doing rather than spending time with Our Lord?
- If I am too sick to go to Mass and receive Holy Communion, do I bother to think of Our Lord at all that day?

### **Fourth Commandment: Honor your father and your mother.**

- Do I honor and obey my parents?
- Have I neglected my duties to my spouse and children?
- Have I given my family good religious example?
- Do I try to bring peace into my home life?
- Do I care for my aged and infirm relatives?
- If my parents had used poor judgment in raising me, have I forgiven them or accepted that they did the best they knew how?
- Have I abused, either physically, emotionally, or verbally my parents or spouse or children?
- If I have deceased family members, have I prayed for their souls?
- Do I blame my upbringing as an excuse for my bad behavior?

### **Fifth Commandment: You shall not kill.**

- Have I had an abortion or encouraged anyone to have an abortion?
- Have I physically harmed anyone?
- Have I abused alcohol or drugs?
- Did I give scandal to anyone, thereby leading them into sin?

- Have I been angry or resentful? Have I harbored hatred in my heart?
- Have I mutilated myself through any form of sterilization for the sole purpose of contraception?
- Have I encouraged or condoned sterilization of another person?
- Have I been cruel to or abused any animal, or any of God's creatures?
- Have I intentionally caused another person harm professionally that caused them to lose their jobs or source of income?
- Have I divulged secrets of another person that I knew would ruin their reputation?
- Have I been malicious by teasing unduly or playing pranks on others that I knew would embarrass them publicly, causing others to laugh at them?
- Have I intentionally or unintentionally exposed others to danger or dangerous situations?
- Have I driven drunk and killed another person in a car wreck?
- Have I bullied or beat up another person?
- Do I threaten violence to get others to conform to my wishes?
- Have I blackmailed another?
- Do I support political candidates who are pro-choice?
- Do I condone, support, or get involved in any "sport" that pits animals against one another to the death? Or entertainment that glamorizes these events?
- Am I excited when I view others in pain?
- Do I enjoy pain being inflicted on me?
- Do I belong to a gang or any fraternal organization that encourages violence to others?
- Do I attempt to control others out of the need for power, so that the others' spirits are broken?

**Sixth Commandment: You shall not commit adultery.**

- Have I been faithful to my marriage vows in thought and action?
- Have I engaged in any sexual activity outside of marriage?
- Have I used any method of contraception or artificial birth control in my marriage?
- Has each sexual act in my marriage been open to the transmission of new life?
- Have I been guilty of masturbation? Have I sought to control my thoughts?
- Have I respected all members of the opposite sex, or have I thought of other people as objects?
- Have I been guilty of any homosexual activity?
- Do I seek to be chaste in my thoughts, words, and actions? Am I careful to dress modestly?
- If I am single, have I had a sexual relationship with a married person?
- Have I gotten remarried outside of the Church and not had my previous marriage annulled?
- Have I had sexual relations with my spouse strictly for self-gratification and not out of love?
- Do I think of other people when I am having sex with my spouse?
- Have I had sex with more than one person at a time?
- Do my spouse and I have an "open marriage"?
- Have I excused my sexual behavior because I decided that I was too drunk or too high to be responsible for my actions?
- Have I had sex with another against their will?

**Seventh Commandment: You shall not steal.**

- Have I stolen what is not mine? Have I returned or made restitution for what I have stolen?
- Do I waste time at work on purpose and get paid for my idleness?
- Do I gamble excessively, thereby denying my family of their needs?
- Do I pay my debts promptly? Or at least as soon as my finances allow?
- Do I seek to share what I have with the poor and less fortunate?
- Have I sabotaged another so that I can get their job or position from them?
- Have I found something that I knew how to return to its proper owner, but didn't?

- Have I filed a frivolous lawsuit against another for the sole purpose of gaining financially and getting "easy money"?
- Have I taken things that belonged to my employer home with me?
- Have I taken advantage of an elderly person for the purpose of gaining a larger inheritance or their estate?
- Have I assumed someone else's identity, and used it for my own profit and to their detriment?
- Have I used someone else's credit card or bank account without their knowledge? Have I ruined their credit?
- Have I kidnapped anyone, or disappeared with my children so my spouse or ex-spouse could not find them?
- Have I robbed a person of their mental health by being overly cruel, abusive, controlling, or manipulative?
- Have I borrowed something and not returned it on purpose?
- If I own a place of business that offers services or products, have I price-gouged or padded my accounts to make a quick buck?

**Eighth Commandment: You shall not bear false witness against your neighbor.**

- Have I lied?
- Have I gossiped? Do I spread rumors that I'm not sure are true or not?
- Have I spoken behind someone else's back?
- Am I sincere in my dealings with others?
- Am I critical, negative, or uncharitable in my words and thoughts of others?
- Do I keep secret what should be kept confidential? Do I keep secrets that should be revealed?
- Have I omitted parts of the truth that might make me look bad or get me into trouble?
- Do I blame others for my mistakes? Do I make excuses to get out of doing things I don't want to do?
- Am I overly critical of my spouse, children, or friends?
- Do I lie to myself about my own behavior, making it sound better than it is?

**Ninth Commandment: You shall not desire your neighbor's wife.**

- Have I consented to impure thoughts? Have I caused them by impure reading, movies, conversation, or curiosity?
- Do I seek to control my imagination? Do I pray at once to banish impure thoughts and temptations?
- Have I broken up another couple, either dating or in a marriage?
- Do I mistreat my spouse because he/she is not the other person I long for?
- Do I make every effort to avoid situations with the opposite sex that would tempt me to sin?
- Do I read into every conversation I have with the opposite sex? Do I view friendliness as a "come on"?
- Do I like to flirt with people who are already in a relationship and should be unavailable to me?
- Do my actions with others encourage them to have covetous feelings about me?

**Tenth Commandment: You shall not desire your neighbor's goods.**

- Am I jealous of what other people have? Do I envy the families or possessions of others? Am I greedy or selfish?
- Are material possessions and money the purpose of my life?
- Do I trust that God will care for all of my material and spiritual needs?
- Do I wish others harm or death so that I can inherit their possessions?
- Am I so jealous of others who have more than me that I wish they would lose their good fortune?
- Do I have to "keep up with the Joneses" and always get bigger and better things than my neighbor has?
- Do I try to make others jealous with my own good fortune and possessions?
- Do I brag about material things I own, making others feel bad or jealous? Do I flaunt my lifestyle?