

Examination of Conscience for Men

Do I give God time every day in prayer?
Have I failed to express gratitude to God for the blessings He's given me?
Do I seek to surrender myself to God's Word as taught by the Church?
Am I unwilling to cast out and destroy everything that makes my soul unworthy to be the dwelling place of the Holy Spirit?
Do I refuse to accept trials that come to me from God as a means of spiritual growth?
Have I been too proud to accept well-merited correction, even from my confessor?
Have I used God's name in vain: lightly or carelessly?
Have I wished evil upon any other person?
Have I deliberately missed Mass on Sundays or Holy Days of Obligation?
When I attend Mass do I let my mind wander?
Do I strive to receive the Eucharist in humility and with devotion?
Have I not kept Sunday as a family day and a day of rest?
Do I do needless work on Sunday?
Do I make others work on Sunday?
Have I neglected my duties to my spouse and children?
Have I given my family good religious example?
Do I respect elders?
Do I respect my pastor, bishop, and the Pope?
Have I abused alcohol or drugs?
Have I harbored hatred in my heart?
Have I been faithful to my marriage vows in thought and action?
Have I engaged in any sexual activity before marriage or outside of marriage?
Have I used any method of contraception or artificial birth control?
Have I respected all members of the opposite sex, or have I thought of other people as objects?
Have I viewed impure television, movies, books, magazines or internet?
Do I seek to be pure in my thoughts, words and actions?
Do I pray at once to banish impure thoughts and temptations?
Do I vainly compare myself to other men?
Do I show off?
Have I minimized or explained away my sins?
Have I stolen what is not mine?
Do I seek to share what I have with the poor?
Have I lied?
Have I needlessly spoken ill of others?
Am I overly critical, negative, or uncharitable in my thoughts of others?
Do I keep secret what should be kept confidential?
Am I jealous of what other people have?
Do I envy other people's families or possessions?
Are material possessions the purpose of my life?
Am I greedy or selfish?