

EXAMINATION OF CONSCIENCE

1. I AM THE LORD YOUR GOD. YOU SHALL NOT HAVE STRANGE GODS BEFORE ME.

Do I give God time every day in **prayer**?

Do I seek to love Him with my whole **heart**?

Have I been involved in witchcraft, superstition or black **magic**?

Have I received Communion in a **state** of mortal **sin**?

Have I deliberately told a lie in Confession or withheld a mortal sin in **Confession**?

2. YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN.

Did I curse or swear? Did I use God's name in vain, lightly, carelessly, by **blasphemy**?

Have I wished evil upon another **person**?

Have I been angry with God and stayed in that state of **anger**?

Have I insulted a sacred person or abused a sacred **object**?

3. 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 get enough rest or am I constantly **running**?

Do I do needless work on **Sunday**?

4. HONOR YOUR FATHER AND YOUR MOTHER.

Do I honor and obey my parents? Am I respectful towards **them**?

Have I neglected my duties to my spouse and **children**?

Have I given my family good religious example and try to bring peace into the **home**?

Do I care for my aged and infirmed **relatives**?

5. YOU SHALL NOT KILL.

Have I had an abortion or encouraged anyone to have an **abortion**?

Have I mutilated myself through any form of **sterilization, etc.**?

Have I harbored anger or resentment or hatred in my **heart**?

Have I physically harmed anyone? Have I driven **recklessly** (too fast, showing off, **etc.**)?

Have I abused alcohol or **drugs**?

Have I hurt myself through cutting, scratching, or in any other **way**?

6. 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** (**intercourse**, oral sex, **inappropriate** touching, mutual **masturbation**)?

Has each sexual act in my marriage been open to the transmission of new **life**?

Have I been guilty of masturbation? Have I entertained lustful **thoughts**?

Have I been guilty of any homosexual **activity**?

Do I seek to be **chaste** in my thoughts, words, and **actions**?

Was I "**immodest**" in the way I dressed, acted or spoke (leading others to **arousal**)?

Are my words, texts and photos on Facebook and/or other social media sites sexually **charged**?

Did I look at pornography or visit chat rooms that were **inappropriate**?

7. YOU SHALL NOT STEAL.

Have I stolen what **is** not **mine**?

Have I returned or made restitution for what I have **stolen**?

Did I waste time at work (**which** is really stealing from the **company**)?

Do I **gamble excessively**, thereby denying my family of their **needs**?

Do I seek to share what I have with the **poor**?

8. YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR.

Have I lied? Have I gossiped? Have I spoken behind someone **else's back**?

Do I always tell the truth? Did I reveal secrets that **should** have been kept **confidential**?

Am I sincere in my dealings with **others**?

Am I critical, negative, or uncharitable in my thoughts of **others**?

Is what I write in my emails, IM's, text messages or on any social media sites true about myself or **others**?

9. YOU SHALL NOT DESIRE YOUR NEIGHBOR'S WIFE.

Have I caused impure **thoughts** by impure reading, movies, conversations or **curiosity**?

Do I pray at once to banish impure thoughts and **temptations**?

10. 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 the purpose of my **life**?

