

# Examination of Conscience

## The Ten Commandments:

### I: I am the Lord your God: you shall not have strange gods before me.

- Have I denied the existence of God?
- Does someone or something other than God influence my choices?
- Have I doubted or denied my faith?
- Have I rejected the Christian faith, associating myself formally with another religion?
- Have I received communion at a non-Catholic service?
- Have I engaged in superstitious or occult practices?

### II: You shall not take the Name of the Lord your God in vain.

- Have I used the name of God in cursing or blasphemy?
- Have I failed to keep the vows or promises that I have made to God?
- Have I spoken about the Church, the saints, or sacred things with irreverence, hatred, or defiance?
- Have I watched television or movies, or listened to music that treated God, the Church, the saints, or sacred things irreverently?
- Have I been disrespectful in my behavior in Church?

### III: Remember to keep holy the Lord's Day.

- Have I set time aside each day for personal prayer to God?
- Have I missed Mass on Sunday or other Holy Days of Obligation?
- Did I habitually come late to and/or leave early from Mass without a good reason?
- Have I fasted an hour before receiving Communion?
- Have I received a sacrament while in a state of mortal sin?
- Did I do unnecessary shopping and business on Sunday and the other Holy Days of Obligation?
- Do I do penance every Friday, if not abstaining from meat, then some other form of penance?
- If I am 14 years of age or older, did I abstain from meat on Ash Wednesday and the Fridays of Lent?
- If I am between the ages of 18 and 59, did I fast on Ash Wednesday and Good Friday?

### VI: Honor your father and mother.

- If still under the care of my parents, did I obey all that they reasonably asked of me?
- Have I neglected the needs of my parents in their old age or in their time of need?
- Do I live in humble obedience to those who legitimately exercise authority over me?

- Have I provided for the religious education and formation of my children for as long as they are under my care?
- Have I broken the law?

### V: You shall not kill.

- Have I intentionally killed a human being?
- Have I procured, performed, cooperated, or advised another in the intentional killing of an unborn child through abortion?
- Have I seriously considered or attempted suicide?
- Have I unjustly inflicted bodily harm on another person?
- Have I afflicted another person with verbal or emotional abuse?
- Have I failed to forgive?
- Have I harbored hatred, anger, or resentment?
- Am I prejudiced or have I unjustly discriminated against others because of their race, color, nationality, gender or religion?
- Did I, by my actions, recklessly endanger my life or health, or that of another person?
- Have I gotten drunk or abused drugs?
- Do I endanger my health by not eating right or exercising?
- Have I encouraged others to sin by giving scandal?

### VI: You shall not commit adultery.

#### IX: You shall not covet your neighbor's wife.

- Have I committed adultery, having sexual relations with someone who is married, or with someone other than my spouse?
- Have I committed fornication, having sexual relations with someone of the opposite sex when neither of us is married?
- Have I committed sodomy, having sexual relations with someone of my own sex?
- Have I raped someone?
- Have I committed masturbation (impurity withself), using my sexual organs for my own sexual pleasure?
- Have I engaged in sexual foreplay reserved for marriage?
- Have I used artificial means of birth control?
- Have I undergone an operation to render myself sterile for contraceptive purposes?
- Have I willfully entertained impure thoughts?
- Have I purchased or made use of pornography in any form?
- Have I watched movies and television that involve sex and nudity?
- Have I listened to music or jokes that are harmful to purity?
- Have I set out to seduce someone, or allowed myself to be seduced?
- Have I made uninvited and unwelcome sexual advances toward another?

- Have I purposely dressed immodestly?
- Am I living in a valid and licit marriage according to the laws of the Catholic Church?
- Have I given scandal by living with a member of the opposite sex without the benefit of marriage?

### VII: You shall not steal.

#### X: You shall not covet your neighbor's goods.

- Did I take something that doesn't belong to me?
- Did I deface, destroy, or lose another's property without making restitution?
- Did I cheat on a test, on my taxes, or in business?
- Do I pay employees a living wage, or fail to give a full day's work for a full day's pay?
- Did I take advantage of another's hardship or ignorance by charging more for a product than it is worth?
- Have I squandered money in compulsive gambling?
- Am I envious of others on account of their possessions?
- Have I misused natural resources?
- Do I contribute my time, talents, and money to support the poor, my parish, and the work of the Church?

### VIII: You shall not bear false witness against your neighbor.

- Have I deceived another by lying?
- Did I perjure myself under oath?
- Am I guilty of passing gossip?
- Am I guilty of detraction, destroying a person's reputation by telling others about his faults for no good reason?
- Am I guilty of slander or calumny, telling lies about another person in order to destroy his reputation?
- Am I guilty of libel, writing lies about another person in order to destroy his reputation?
- Am I guilty of rash judgment, assuming the worst of another person based on circumstantial evidence?
- Have I failed to make reparation for a lie I told, or for harm done to a person's reputation?
- Did I betray another's confidence through speech?