

An Examination of Conscience

Preliminary Questions

1. Have I ever failed to confess a serious sin or disguised it?
2. Have I been guilty of irreverence for this sacrament by failing to examine my conscience carefully?
3. Have I failed to perform the penance given me by a priest in confession?
4. Have I neglected the Easter duty of receiving Holy Communion or failed to confess mortal sins within a year?
5. Have I cooperated in the sins of others?
6. Have I received Holy Communion or another sacrament (other than Confession) in the state of mortal sin?

You Shall Have No Other Gods Besides Me

1. Am I ignorant of the teachings of the Church and neglected to learn them?
2. Have I willfully doubted or denied any of the teachings of the Church (heresy)?
3. Am I a member of any anti-Catholic or any secret society (such as Freemasonry)?
4. Have I practiced any superstitions (horoscopes, fortune tellers, etc.)?

You Shall Not Take the Name of the Lord Your God In Vain

1. Have I used God's name in vain by way of profanity?
2. Have I murmured or complained against God (blasphemy)?
3. Have I maligned priests or others consecrated to God?
4. Have I sworn by God's name (oath) either falsely or rashly?
5. Have I broken any private vow?

Remember to Keep the Lord's Day

1. Have I missed Mass on Sundays or holydays through my own fault?
2. Have I been late for Mass through my own negligence?
3. Have I been inattentive at Mass or otherwise failed in reverence for the Most Blessed Sacrament?
4. Have I done unnecessary servile work (physical labor) or shopping on Sunday?
5. Did I knowingly break the Church's law by eating meat on a Friday in Lent?

Honor Your Father & Mother

1. Have I been disrespectful to my parents or neglected them?
2. Have I failed in obedience or reverence to my boss and others in authority?
3. Have I mistreated my wife or children?
4. Have I been disobedient or disrespectful to my husband?
5. Regarding my children:
 - Have I neglected their material needs?
 - Have I failed to care for their early Baptism or their proper religious instruction?
 - Have I allowed them to neglect their religious duties?
 - Have I otherwise failed to discipline them?
 - Have I given them bad examples?

An Examination of Conscience

-Have I interfered with their freedom to marry or follow a religious vocation?

You Shall Not Kill

1. Have I quarreled with anyone?
2. Have I cursed anyone or otherwise wished evil on them?
3. Have I taken pleasure in anyone's misfortune?
4. Is there anyone to whom I refuse to speak or be reconciled?
5. Have I had an abortion or supported someone in obtaining one?
6. Have I physically hurt anyone with intention?
7. Have I sinned by gluttony?
8. Have I become intoxicated?
9. Have I used narcotics?

You Shall Not Commit Adultery

1. Have I denied my spouse his or her marriage rights?
2. Have I practiced birth control?
3. Have I abused my marriage rights in any other way?
4. Have I had sexual relations with someone who is not my spouse?
5. Have I touched or embraced another impurely?
6. Have I sinned with others of the same sex?
7. Have I sinned impurely with myself?
8. Have I read indecent literature or looked at indecent pictures?
9. Have I watched suggestive films or programs?

You Shall Not Steal

1. Have I stolen anything?
2. Have I damaged anyone's property through my own fault?
3. Have I cheated or defrauded another?
4. Did I do an honest day's work for my employer?
5. Have I refused or neglected to pay any debts?
6. Have I neglected my duties or been slothful in my work?

You Shall Not Bear False Witness Against Your Neighbor

1. Have I lied about anyone (calumny)?
2. Have I rash judged anyone of a serious sin?
3. Have I engaged in gossip (detraction) or spread scandal?
4. Have I lent an ear to scandal about my neighbor?
5. Have I spoken falsely when the truth should have been told?
6. Have I boasted pridefully?

An Examination of Conscience

You Shall Not Covet Your Neighbor's Wife

1. Have I harbored lustful desires for anyone?
2. Have I indulged in other impure thoughts?
3. Have I failed to dress modestly?
4. Have I done anything to provoke or occasion impure thoughts in others?
5. Have I used indecent language or told indecent stories?
6. Have I willingly listened to such stories?
7. Have I boasted of my sins?
8. Have I sinned against chastity in any other way?

You Shall Not Covet Your Neighbor's Goods

1. Have I been jealous or envious of anyone?
2. Have I refused or neglected to help anyone in urgent necessity?
3. Have I been generous with my money, time and talents?