

Examination of Conscience

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

1. Have I loved God first and with all of my heart?
2. Have I been faithful to my daily prayers?
3. Have I given too much importance to any creature, activity, hobby, object or opinion?
4. Do I strive to develop a close relationship with God through prayer and reading and encourage my children to do so?
5. Do I try to do the will of God or do I consult God in my decisions?

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

1. Have I sworn by God's name falsely, rashly or in slight and trivial matters? Have I taken the name of Jesus or Christ in vain?
2. Have I angered others so as to make them swear or blaspheme God?

Third Commandment: Remember to keep holy the Sabbath day.

1. Have I missed Mass on Sundays or Holy Days of obligation?
2. Have I been deliberately late for Mass on Sundays or Holy Days of obligation or left early without good reason?
3. Have I done or commanded unnecessary servile work on Sunday or Holy Days of Obligation?
4. Have I received Holy Communion with love or rather with indifference?
5. Do I listen and pay good attention at mass?

Fourth Commandment: Honour your father and your mother.

1. Have I been disobedient or disrespectful to my parents, or have I neglected or refused to help them in their needs or old age?
2. Have I shown irreverence to others in positions of authority?
3. Have I mistreated my spouse or my children?
4. Have I given them bad example?

Fifth Commandment: You shall not kill.

1. Have I held on to hatred? Is there anyone I cannot forgive?
2. Have I desired or hastened the death or bodily injury of anyone?
3. Have I desired revenge?
4. Have I caused division between others?
5. Have I fought with anyone physically or verbally?
6. Have I wished evil on anyone?
7. Have I intended or attempted to injure or mistreat others?
8. Is there anyone with whom I refuse to speak, or against whom I bear a grudge?

9. Have I taken pleasure in anyone's misfortunes?
10. Do I drink too much or too often or used illicit drugs?

Sixth and Ninth Commandments: You shall not commit adultery. You shall not covet your neighbour's wife.

1. Have I committed adultery or fornication (premarital sex)?
2. Have I practiced birth control (by pills, devices)?
3. Have I sinned impurely by myself (masturbation)?
4. Have I entertained or taken pleasure in impure thoughts?
5. Have I done anything to provoke or occasion impure thoughts or desires in others deliberately or through carelessness or dress?
6. Have I watched suggestive movies, TV programs, or Internet pornography or permitted my children to do so?
7. Have I told indecent stories or used indecent language?
8. Have I abused anyone for my own sexual gratification?

Seventh and Tenth Commandments: You shall not steal. You shall not covet your neighbour's goods.

1. Have I stolen anything? What or how much?
2. Have I been careless with other people's money or goods?
3. Have I cheated or others?
4. Have I refused or neglected to pay any debts?
5. Have I acquired anything known to be stolen?
6. Have I gambled too often or excessively?
7. Have I cheated my employer of an honest day's work?
8. Have I cheated my employees of their wages?
9. Have I refused or neglected to help anyone in urgent need?
10. Have I been jealous of what another has?
11. Have I been mean with my possessions?
12. Have I supported the poor or charitable organisations?

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

1. Do I exaggerate or tell lies?
2. Have I rashly judged anyone?
3. Have I engaged in gossip or injured the good name of another by revealing true but hidden faults?
4. Have I disclosed another's sins?
5. Have I caused division, (i.e. reporting something unfavourable said of someone by another so as to create enmity between them)?
6. Am I, without necessity, critical, negative or ever uncharitable in my talk?