

Examination of Conscience

My Relationship with God

- Do I put God first in my life?
- Do I make decisions based on my love for God?
- Do I make choices that show I honor God above all other things?
- Have I made a decent effort to live the Lord's Day (Sunday) with special attention, resting and rejoicing, and avoiding unnecessary work?
- Do I participate fully and consciously when I attend Mass?
- Have I used the Lord's name respectfully and reverently?
- Does my language reflect my love and respect for God?
- Have I made a decent effort to pray every day, thanking God for his blessings, seeking to know his will, and opening my heart to him?
- Have I made a decent effort to find God's love and presence in the beauties of nature, the circumstances of my life, and the depths of my soul?
- Have I asked God every day to give me the grace I need to live my life to the full, as he wants me to do?
- Do I acknowledge that Jesus died for my sins?
- Do I seek opportunities to help me grow in the knowledge of my Catholic faith?
- Do I sincerely try to avoid sin?
- Do I use the talents and skills God has given me to glorify him?

My Relationship with Others

- Do I make time to keep in touch and be involved with my parents?
- Are my words respectful and kind when I speak to my parents?
- Do I listen to my parents and follow their rules?
- Am I patient and loving when helping my elderly parents?
- Have I avoided lies, gossip, and slander?
- Have I avoided judging others and purposefully thinking evil thoughts about them?
- Have I avoided doing things that bother, insult, or harm people, especially those closest to me?
- Have I avoided bullying, mocking, or making fun of others?
- Have I avoided scandal through my bad example?
- Am I grateful for the material blessings that I have?
- Do I place too much value on material things?
- Do I have a proper Christian concern for the poor and needy?
- Have I avoided stealing?
- Do I respect the property of others?
- Do I drive responsibly?
- Have I wasted resources that belong to others?
- Have I used my time at work efficiently?

- Am I honest and fair in my business dealings?
- Have I avoided being selfish?
- Have I avoided being arrogant and stubborn?
- Have I allowed the Gospel to influence my political and social opinions?
- Have I forgiven others?
- Have I shown special respect towards my parents, my elders, and those in positions of legitimate authority of me?
- Am I respectful of the earth and use its resources prudently?
- Have I made a decent effort to help others in need, to encourage the downhearted, to find and bring the best out of others?
- Have I forgiven those who have offended or hurt me?
- Have I avoided resentments and bitterness?
- Have I made a decent effort to be fair and to promote fairness and justice in my relationships, in my community, and in society?
- Have I been especially attentive to help, support, and respect those people closest to me (spouse, family members, friends, colleagues)?
- Have I lied or been deceitful to my spouse?
- Do I tell my spouse that I love him or her?
- Have I lived my sexuality with Godly joy and dignity, avoiding sexual intimacy outside of marriage and avoiding immodesty in dress and language?
- Have I thought of and treated members of the opposite sex with the respect and dignity that all children of God deserve?
- Do I avoid activities that lead to impure thoughts and actions?
- Have I courageously defended and shared my Catholic faith when I felt God was asking me to?
- Do I teach my children the Gospel and the commandments of God?
- Do I hug my children and tell them that I love them?
- Have I corrected my children out of love to teach them what is right and good?
- Do I pray with my spouse and/or my children?

How I Treat Myself

- Have I made a decent effort to be responsible in all my duties and obligations, avoiding laziness and procrastination?
- Have I made a decent effort to do everything I do out of love for God and for others, and not just for self-centered motives?
- Have I respected my own life and person, taking reasonable care of my physical, emotional, and spiritual needs?
- Do I use the internet and technology appropriately?
- Do I do my best?
- Have I used the entertainment media wisely and responsibly?
- Have I avoided abusing alcohol and other intoxicating or mind-altering substances?

- Have I made a decent effort to continue developing my natural talents and to put them at the service of God and others?
- Have I paid attention to my thoughts, accepting good and useful ones, but resisting and rejecting evil ones?
- Have I made a decent effort to govern my feelings and my imagination, instead of being governed by them?
- Have I made a good use of my time and my money, avoiding irresponsibility and waste?
- Have I respected my God-given sexuality, avoiding pornography, masturbation, and the acceptance of lustful fantasies?
- Have I made a decent effort to stay informed about important issues affecting my family, community, and society?