

EXAMINATION OF CONSCIENCE FOR ADULTS Using the 10 Commandments as a Guide

Prayer before Reconciliation: *O Lord, grant me light to see myself as Thou dost see me and the grace to be truly and efficaciously contrite for my sins. O Mary, help me to make a good confession.*

Besides telling the **NATURE** of our sins, we must also recollect, as far as possible, the **FREQUENCY** by which we have committed them, telling also (and only) those **CIRCUMSTANCES** which at times may either make a venial sin mortal or a mortal sin notably worse.

- *Have I ever failed to confess a serious sin or disguised it?*
- *Have I been guilty of irreverence for this sacrament by failing to examine my conscience carefully?*
- *Have I failed to perform the penance given me by the confessor or disobeyed any of his directions?*
- *Have I neglected the Easter duty of receiving Holy Communion or failed to confess my sins within a year?*
- *Have I any HABITS of serious sin to confess first (impurity, drunkenness, etc.)?*

I am the Lord your God. You shall not have strange gods before me.

- Have I neglected the knowledge of my faith, such as the Apostles' Creed, the Ten Commandments, the Seven Sacraments, the Our Father, etc.?
- Have I willfully doubted or denied any of the teachings of the Church (heresy)?
- Have I taken active part in any non-Catholic worship?
- Am I a member of any anti-Catholic or any secret society?
- Have I knowingly read any anti-Catholic literature?
- Have I practiced any superstitions (horoscopes, fortune tellers, etc.)?
- Have I hated God?
- Have I given too much importance to any creature, activity, object or opinion?

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

- Have I used God's name in vain by way of profanity?
- Have I murmured or complained against God (blasphemy)?
- Have I maligned priests or others consecrated to God?
- Have I sworn by God's name (oath) either falsely or rashly?
- Have I broken a vow made to God?

Remember to keep holy the Lord's Day.

- Have I missed Mass on Sundays or Holy Days of obligation?
- Have I been late for Mass on Sundays or Holy Days of obligation or left early through my own fault?
- Have I made others miss Mass on Sundays or Holy Days of obligation, leave early or be late for Mass?
- Have I been willfully distracted during Mass?
- Have I done or commanded unnecessary work on Sunday or Holy Days of Obligation?



Honor your father and mother.

- Have I been disrespectful to my parents or neglected them?
- Have I failed in obedience or reverence to others in authority?
- Have I mistreated my wife or children?
- Have I been disobedient or disrespectful to my husband?
- 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 bad them example?
 - Have I interfered with their freedom to marry or follow a religious vocation

You shall not kill

- Have I quarreled with any one?
- Have I cursed anyone or otherwise wished evil on him?
- Have I taken pleasure in anyone's misfortune?
- Is there anyone to whom I refuse to speak or be reconciled?
- Have I lied about anyone (calumny)?
- Have I rash judged anyone of a serious sin?
- Have I engaged in gossip (detraction) or spread scandal?
- Have I lent an ear to scandal about my neighbor?
- Have I been jealous or envious of anyone?

You shall not commit adultery

- Have I denied or abused my spouse of their marriage vows?
- Have I practiced birth control?
- Have I committed adultery or fornication?
- Have I committed masturbation or otherwise sinned impurely with myself?
- Have I harbored lustful desires for anyone?
- Have I indulged in other impure thoughts?
- Have I failed to dress modestly?
- Have I done anything to provoke or occasion impure thoughts in others?
- Have I read indecent literature, looked at indecent pictures or watched suggestive films or programs?
- Have I used indecent language or told indecent stories, or listened to such stories?
- Have I boasted of my sins?

You shall not steal

- Have I stolen what is not mine?
- Have I returned or made restitution for what I have stolen?
- Do I waste time at work, school, home?
- Do I gamble excessively, thereby denying my family of their needs?
- Do I pay my debts promptly?
- Do I seek to share what I have with the poor?
- Have I cheated anyone out of what is justly theirs, for example, creditors, insurance companies, big corporations?



You shall not bear false witness against your neighbor?

- Have I lied?
- Have I gossiped?
- Do I speak badly of others behind their backs?
- Am I sincere in my dealings with others?
- Am I critical, negative or uncharitable in my thoughts of others?
- Do I keep secret what should be kept confidential?

You shall not covet/desire your neighbor's wife.

- Have I consented to impure thoughts?
- Have I caused impure thoughts by impure reading, movies, conversations or curiosity?
- Do I pray at once to banish impure thoughts and temptations?

You shall not covet/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?

