

An Examination of Conscience for Teenagers

- Do I love God? Do I try to grow in my understanding and love of God? Are there false gods I worship by giving them more attention than I give to God (money, superstition, possessions)? Do I pray to God every day? Do I pray on Sundays by participating at Mass? Have I made an effort to grow in faith, and in knowledge of my church and its teachings? Do I thank God for his gifts to me? Am I careful not to use the name of God and the name of Jesus carelessly?

- Do I try to love others? At home? At work? In my neighborhood? At school? Am I ever cruel to others? Have I physically abused anyone - physically, emotionally, sexually? Do I speak unkindly to others - or about others? Do I give my parents the respect they deserve? Am I good to my brothers and sisters? Do I help them? Am I generous to them? Am I faithful to my friends? Do I try to help the poor? Do I share my own belongings with friends and with my family members? Do I try to look out for the needs of others before I take care of my own needs? Do I invite other people into my group of friends? Do I ever exclude other people from my circle of friends? Do I reach out to those who are lonely, or do I ignore them?

- Have I stolen? Have I taken anything that does not belong to me? Have I taken anything I have not paid for? Have I damaged what belongs to others? Am I jealous of what other people have? Am I greedy or selfish? Do I place too much importance on material goods? Do I trust that God will provide what I truly need?

- Do I tell the truth? Do I lie? Am I honest with myself? Am I honest with God? Am I honest with my parents? with my teachers? with my employers? with my classmates? with my friends? Am I fair in my dealings with other people? Do I object to and try to remedy injustice when I see it? Do I cheat? Do I take credit for work that's not mine? Do I gossip about others? Do I contribute to tearing down the reputations of other people? Do I make an honest effort to forgive those who have hurt me? Do I ask forgiveness of those whom I have hurt? Do I hold grudges?

- Have I taken care of the gift of my body? Have I abused my body and my mind with drugs or alcohol? Have I respected the gift of sexuality that God has given me? Have I respected the sexuality of other persons? Have I taken advantage of another person for my own pleasure? Do I take part in conversations or jokes that are sexually inappropriate? Have I viewed sexually inappropriate materials on the Internet or other media ?

- Have I been faithful to my conscience? Have I given in to the pressure of those around me to things I know were wrong? Have I encouraged others to participate in wrong-doing?