## **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 vear?
- 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 mad 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 guarreled 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?

