

Examination of Conscience for Married Adults

Responsibilities to God

- Have I attended Mass weekly? Do I find excuses not to go?
- Do I participate in Mass or do I let myself become distracted?
- Have I prayed or immersed myself in scripture every day?
- Have I shown an interest in knowing the faith that I claim to profess?
- Have I picked what I choose to believe about the faith? Rejected some of the truths that the Church teaches?
- Have I followed God's commandments?
- Have I misused the name of the Lord by my language?
- Do I hold any resentment toward God? Toward Church authority?
- Have I thanked God the Father for creating me in His image?
- Have I thanked Jesus for His sacrifice upon the cross for the salvation of my soul?
- Have I asked the Holy Spirit for guidance and help when tempted to sin and to be obedient to God's commands?
- Have I been financially generous to the church? Have I participated in parish life?

Responsibilities to Others and Myself

- Have I been disrespectful to others?
- Have I lied to or deceived others?
- Have I been arrogant and stubborn?
- Have I gotten angry or held grudges and resentment and refused to forgive those who have hurt me?
- Have I cultivated or encouraged hatred toward others?
- Have I nurtured self-pity?
- Have I engaged in any form of pornography, sexual fantasies or looked at others in lust?
- Have I engaged in any sexual activity with those other than my spouse? By myself?
- Have I had an abortion or encouraged another to have one?
- Have I gossiped about others? Told lies about someone? Mocked or made fun of someone? Have I treated myself and others with dignity and respect?
- Have I lied? Cheated? Stolen anything?
- Have I been selfish or spiteful towards others?
- Have I been jealous or envious of someone?
- Have I gotten drunk or taken drugs?
- Have I participated in occult activities: ouija board, fortune teller, seances, channeling, astrology, mediums?
- Have I been patient, kind, and gentle? Have I exhibited self-control?
- Have I followed my conscience when prompted to do something good? Have I ignored temptations when prompted to do something bad?

Responsibilities to My Spouse

- Have I cared for my spouse? Been affectionate, loving, patient?
- Have I been concerned about the well-being and needs of my spouse: spiritually, mentally, emotionally, physically, psychologically, financially?
- Have I listened and paid attention to my spouse? Have I let them know I care about their worries, fears, sorrows, and opinions?
- Have I held resentment toward my spouse? Have I been angry and not forgiven them?
- Have I mistakenly mistrusted my spouse or given them a reason to mistrust me?
- Have I deceitfully manipulated my spouse to get my own way?
- Have I tried to bully or overpower my spouse?
- Have I disrespected my spouse through harsh language or miscommunication?
- Have I physically abused my spouse?
- Have I gossiped or told lies about my spouse?
- Have I been selfish toward my spouse? Have I lied or been deceitful to my spouse?
- Have I misused sexuality? Have I been too forward sexually with my spouse and made them feel like an object for my own use? Have I not been affectionate enough or withheld sexual relations from my spouse out of spite or manipulation?
- Have I used artificial means of contraception (condoms, birth control, withdrawal, IUD, etc.) to deny the conception of children?
- Have I fostered improper thoughts or relationships with others, whether in thought or in action?
- Have I committed adultery?

Responsibilities to Children (if you are a parent)

- Have I cared for the spiritual needs of my children and helped to foster a Christian home where Jesus is Lord and taught them to follow God's commandments? Have I prayed with my children? Have I brought them to Mass when obligated?
- Have I disciplined my children when needed?
- Have I been lazy when it comes to my responsibilities as a parent?
- Have I shown my children I love them in word and in action?
- Have I treated my children with respect and dignity?
- Do I have the same set of Christian standards for my children and for myself?
- Have I made getting my children to Heaven my number one priority as a parent?
- Have I accepted or allowed my children to live or act in a way that goes against the teachings of Christ? Have I corrected them when they are wrong?
- Have I fostered good friendly relationships and modeled sexual purity and morality for my children? Have I shown them what a holy, Catholic marriage looks like?

Responsibilities to Society

- Have I been a Christian witness to those around me, living out the faith I claim to profess?
- Have I allowed the Gospel of Christ to influence my social opinions and political stance?
- Have I had a proper Christian concern for the poor and needy?
- Have I been financially responsible and consistently paid what I owe?