

Examination of Conscience for Young Adults

Responsibilities to God

- Have I attended Mass weekly? Have I been stubborn about going?
- Did I participate in Mass or did I let myself become distracted?
- Have I prayed or immersed myself in scripture every day?
- Have I followed God's commandments?
- Have I misused the name of the Lord by my language?
- 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?

Responsibilities to Others and Myself

- Have I been disrespectful and disobedient to my parents and other adults in authority?
- Have I lied to or deceived my parents or 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 engaged in sexual fantasies or looked at others in lust?
- Have I engaged in any form of pornography?
- Have I engaged in any sexual activity with others? 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 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?
- Have I treated myself and others with dignity and respect?