

EXAMINATION OF CONSCIENCE

1. I am the Lord your God. You shall not have strange gods before me.
 - Do I pray to God each day?
 - Do I try to love God with my whole heart?
 - Do I make things like sports, TV, video games, playing and doing what I want more important than what I am supposed to do?
 - Do I make a good effort to learn my prayers and my religion lessons?
 - Have I denied that I believe in God or that I am Catholic?
2. You shall not take the name of the Lord your God in vain.
 - Have I used God's name carelessly without reverence and love?
 - Have I held onto feelings of anger with God?
 - Have I been careless with something that is blessed or sacred?
3. Remember to keep holy the Lord's Day.
 - Have I missed Mass on Sundays or Holy Days without a very good reason (such as illness)?
 - Do I respond and sing at Mass?
 - Do I pay attention at Mass or do I do things that distract myself and others?
 - Do I regularly arrive at church late or leave early without a good reason?
 - Do I make Sunday a day of rest and joy for my family or treat it as a day of work?
4. Honor your father and mother.
 - Do I pay attention to my parents, priests and teachers when they talk to me about God?
 - Do I "talk back" to my mom, dad or anyone in charge of me?
 - Am I respectful toward those who are in authority over me and ask for forgiveness when I fail at this?
 - Do I obey my parents and teachers quickly and cheerfully, or must I be reminded many times?
 - Do I obey the rules of my home and school?
5. You shall not kill.
 - Have I been unkind to anyone?
 - Have I hurt anyone on purpose?
 - Have I excluded others without a good reason?
 - Have I made fun of or spoken unkindly to anyone?
 - Have I spoken badly about others behind their back?
 - Do I take care of my health by eating and sleeping well and getting exercise?
 - Have I forgiven people, or am I holding a grudge against someone?

6. You shall not commit adultery.
 - Have I watched TV programs or videos that my parents have told me not to watch or that I know wouldn't please God?
 - Do I say bad words like swear words?
 - Have I told or listened to bad jokes or stories that did not respect another person?
 - Am I modest in my speech and in the clothes that I wear?
7. You shall not steal.
 - Have I stolen what is not mine?
 - Have I given back what I have borrowed?
 - Have I wasted time at home or school?
 - Have I cheated in school or in a game?
 - Do I fail to do my homework or do I do it poorly on purpose?
 - Do I break things or treat things carelessly or wastefully?
8. You shall not bear false witness against your neighbor.
 - Have I lied about anything?
 - Have I said things about people that are not true?
 - Have I told another person something I was supposed to keep a secret?
 - Do I tell lies to make myself look good? To avoid punishment? To get others in trouble?
9. You shall not covet your neighbor's wife.
 - Do I keep good thoughts in my mind about others that are respectful and pure?
 - Do I turn away from things on TV and movies that might show people not respecting each other?
 - Do I allow my parents to spend time with one another, or do I get jealous and want them to only focus on me?
 - Do I get upset when I have to share my friends?
10. You shall not covet your neighbor's goods.
 - Do I want too much the things or talents that others have?
 - Am I willing to share my things with others, or am I selfish and want them only for myself?
 - Am I happy with what I have and thank God and my parents for all they have given me?

