

An Examination of Conscience for Adults—Christmas 2017

"I am the Lord, your God. You shall have no other gods besides me."

1. Have I doubted or denied God's existence?
2. Have I been ungrateful to God for His benefits?
3. Am I open to God's will? Have I abandoned the Faith?
4. Do I rely solely on myself and not on God?
5. Have I joined a non or anti-Catholic church group?
6. Have I refused to believe any truths of the Faith or any teachings of the Church? Did I fail to profess or defend the Faith?
7. Have I failed to go to confession at least once a year?
8. Have I practiced any superstitions?
9. Am I unwilling to turn away from everything that is opposed to God's work in my soul?

"You shall not take the name of the Lord, your God, in vain."

10. Have I taken the Lord's name in vain, for example, carelessly, in anger, or surprise?
11. Do I speak irreverently of holy persons, places or things?
12. Have I cursed myself or others? Did I use profanity?
13. Have I called down evil upon anyone or anything?
14. Did I get angry with God?
15. Have I broken a vow made to God?
16. Have I murmured or complained about God?

"Remember the Sabbath Day, to keep it holy."

17. Did I miss Mass on a Sunday or a Holy Day of Obligation?
18. Did I arrive to Mass late or leave early?
19. Did I receive Holy Communion in a state of mortal sin?
20. Have I been irreverent while receiving the Most Blessed Sacrament?
21. Have I been willfully distracted during Mass?
22. Do I distract others during Mass?
23. Have I done unnecessary work on Sunday?

"Honor your father and your mother."

24. Have I disobeyed, insulted, or shown disrespect to my parents or legitimate superiors? Did I neglect my duties to my husband, wife, children or parents?
25. Did I neglect to give a good religious example to my family? Did I not take interest in their religious education?
26. Am I disrespectful, impolite, or discourteous toward my family? Have I failed to meet my children's physical, spiritual, emotional, and educational needs?
27. Have I disobeyed the lawful demands of my superiors, teachers, or employer?
28. Did I cause anyone to leave the Catholic Church?
29. Did I cause tension and fights in my family?

"You shall not kill."

30. Did I kill or physically injure anyone? Did I have an abortion, or advise someone else to have an abortion?
31. Do I use artificial contraception or birth control?
32. Have I entertained thoughts of suicide, desired to commit suicide, or attempted suicide?
33. Have I participated in euthanasia or assisted suicide?
34. Have I placed others in harms way, by driving or texting inappropriately? Have I failed to help someone in danger?
35. Do I drink or smoke excessively or abuse prescribed drugs?
36. Have I spread gloom through my words and actions?

"You shall not commit adultery" and "You shall not covet your neighbor's wife"

37. Did I commit impure acts with another – fornication (premarital sex) or adultery (sex with a married person)?
38. Did I commit impure acts by myself (masturbation)?
39. Do I engage in homosexual acts?
40. Have I refused my spouse the marriage right without good reason?
41. Am I dating someone who is civilly divorced but still bound by a valid marriage?
42. Did I marry or advise anyone to marry outside the Catholic Church?
43. Have I willfully entertained impure thoughts or desires?
44. Did I respect all members of the opposite sex, or have I objectified them?
45. Have I read, listened to, viewed, or spoken of impure things? Have I worn revealing or immodest clothing?
46. Have I succumbed occasions of impurity?

"You shall not steal."

47. Have I stolen money or property?
48. Have I cheated? Have I failed to make restitution for what I stole?
49. Have I intentionally damaged property?
50. Have I accepted or bought stolen property?
51. Have I helped someone steal?
52. Am I dishonest in my business dealings?
53. Have I failed to make restitution for my stealing, cheating and frauds?
54. Have I borrowed without permission?
55. Have I failed to return things borrowed?
56. Did I waste time at work, school or at home?
57. Have I cheated my employer of an honest day's work?
58. Have I cheated my employees of their wages?
59. Have I refused or neglected to help anyone in urgent need?

"You shall not bear false witness against your neighbor."

60. Have I lied deliberately?
61. Have I deliberately misled or deceived anyone?
62. Did I gossip or reveal others' faults or sins?
63. Have I failed to keep promises or oaths?
64. Have I signed false documents?
65. Have I failed to prevent the defamation of another's character? Have I revealed secrets and betrayed trust?
66. Do I make false judgments and harbor false suspicions?
67. Have I failed to forgive someone or held a grudge?
68. Have I failed to apologize or make amends?
69. Did I fail to keep secret what should be confidential?
70. Have I disclosed another's sins without serious reason?

"You shall not covet anything that belongs to your neighbor."

71. Am I greedy or selfish?
72. Am I envious of someone's possessions, talents, or blessings? Do I indulge in self-pity?
73. Am I proud, vain, or desire to be praised?
74. Have I exaggerated my success?
75. Have I minimized or made excuses for my failures?
76. Have I measured my charity by what others have given, rather than my ability to give?