

An Examination of Conscience

- Am I always truthful?
- Do I ever remain silent instead of standing up for what I believe?
- Do I intentionally hurt others by my words or actions, by my silence, or by avoiding them?
- Do I take pleasure in seeing others suffer or go without?
- Do I try to love, accept, and understand people who are different from me?
- Am I respectful toward people of other races, cultures, religions?
- Do I gossip or say things that may harm the reputations of others?
- Do I lead or encourage others to sin?
- Do I carry grudges? Do I seek revenge? Do I enjoy 'teaching others a lesson'?
- Have I failed to respect the sanctity of human life in any way? Have I encouraged, aided, or supported others in doing so?
- Do I respect my body and take care of my health?
- Do I drink to excess? ...eat too much?
- Do I take, distribute, or encourage others to use illegal substances?
- Do I use or abuse the bodies of others?
- If married, am I truly faithful to my spouse?
- Am I in a relationship which is unhealthy, abusive, or morally wrong?
- Do I try to get along with my spouse, children, in-laws, neighbors, friends and co-workers?
- Do I cheat or act dishonestly?
- Do I take things that do not belong to me?
- Do I treat other people in an unfair or unjust manner?
- Do I give an honest day's work for an honest day's pay? Am I a fair and just employer?
- Am I always angry about something? Do I enjoy making life more difficult for those around me?
- Am I always complaining? ...rarely happy or satisfied? ...Is my temper under control?
- Am I lustful? Do I look at, read, or talk about things that may cause me to sin?
- Am I a 'slave' to my desires or do I try to keep them under control?
- Am I lazy? Am I a constant procrastinator?
- Am I willing to forgive those who offend me? ...always?
- Am I proud? ...boastful? ...arrogant? ...conceited?
- Am I judgmental toward others?
- Am I selfish? ...stingy? ...greedy?
- Am I rude? ...impolite? ...disrespectful?
- Do I swear? ...curse? ...use the name of the Lord thoughtlessly?
- Do I show respect for God? ...the Church? ...those in legitimate authority over me?
- Do I try to set a good example as a Catholic? Am I ever ashamed of being a Catholic?
- Am I apathetic toward the practice of my faith?
- With regard to the Church's teachings, do I pick and choose what suits me?
- Do I willingly and freely skip Mass on Sundays or holy days of obligation?
- If I am a parent, do I set a good example for my children? Am I concerned about their Catholic upbringing?
Do I attend Mass with them regularly?
- Do I sincerely try to pray on a daily basis or only when I want something?
Do my 'priorities' in life keep me from living as I should?