

Examination of Conscience for Adults

First Commandment: I am the Lord your God. You shall not have strange gods before me.

- Do I pray every day and seek to love Him with my whole heart?
- Do I continue my studying of the authentic teachings of the Catholic Church?
- Do I accept all the absolutes of what the Bride of Christ (the Church) teaches on Faith and Morals?
- Have I ever received Holy Communion in the state of mortal sin?
- Have I ever deliberately withheld a mortal sin from the priest in Confession?
- Have I placed the pursuit of money and/or material things as my priority above Him?

Second Commandment: You shall not take the name of the Lord your God in vain.

- Have I used God's name in vain: lightly or carelessly?
- Have I been angry with God?
- Have I wished evil upon any other person?
- Have I insulted a sacred person or abused a sacred object?

Third Commandment: Remember to keep holy the Lord's Day.

- Have I deliberately missed Mass on Sundays or Holy Days of Obligation?
- Have I tried to observe Sunday as a family day and a day of rest?
- Do I do needless work on Sunday?
- Do I resent having to attend Mass, wishing I were somewhere else?

Fourth Commandment: Honor your father and your mother.

- Do I honor and obey my parents?
- Have I neglected my duties to my spouse and children?
- Have I given my family good religious example?
- Do I try to bring peace into my home life?
- Do I care for my aged and infirm relatives?
- If my parents had used poor judgment in raising me, have I forgiven them or accepted that they did the best they knew how?
- Have I abused, either physically, emotionally, or verbally my parents or spouse or children?
- If I have deceased family members, have I prayed for their souls?
- Do I blame my upbringing as an excuse for my bad behavior?

Fifth Commandment: You shall not kill.

- Have I had an abortion or encouraged anyone to have an abortion?
- Have I physically harmed anyone?
- Have I abused alcohol or drugs?
- Did I give scandal to anyone, thereby leading them into sin?
- Have I been angry or resentful?
- Have I harbored hatred in my heart and wish harm on others I do not like?
- Have I mutilated myself through any form of sterilization for the sole purpose of contraception?
- Have I encouraged or condoned sterilization of another person?
- Have I divulged secrets of another person that I knew would ruin their reputation?
- Have I intentionally or unintentionally exposed others to danger or dangerous situations?
- Have I bullied or beat up another person? Do I threaten violence to get others to conform to my wishes?

Sixth Commandment: You shall not commit adultery.

- Have I been faithful to my marriage vows in thought and action?
- Have I engaged in any sexual activity outside of marriage?
- Have I used any method of contraception or artificial birth control in my marriage?
- Has each sexual act in my marriage been open to the transmission of new life?
- Have I been guilty of masturbation?
- Have I sought to control my thoughts?
- Have I respected all members of the opposite sex, or have I thought of other people as objects?
- Have I been guilty of any homosexual activity?
- Do I seek to be chaste in my thoughts, words, and actions?
- Am I careful to dress modestly?
- Have I gotten remarried outside of the Church and not had my previous marriage annulled?

Seventh Commandment: You shall not steal.

- Have I stolen what is not mine?
- Have I returned or made restitution for what I have stolen?
- Do I waste time at work, school, and home?
- Do I gamble excessively, thereby denying my family of their needs?
- Do I pay my debts promptly?
- Do I seek to share what I have with the poor?
- Have I cheated anyone out of what is justly theirs.

Eighth Commandment: You shall not bear false witness against your neighbor.

- Have I lied?
- Have I gossiped or spread rumors?
- Have I spoken behind someone else's back?
- Am I sincere in my dealings with others?
- Am I critical, negative, or uncharitable in my words and thoughts of others?

- Do I keep secret what should be kept confidential?
- Do I keep secrets that should be revealed?
- Have I omitted parts of the truth that might make me look bad or get me into trouble?
- Do I blame others for my mistakes?
- Do I make excuses to get out of doing things I don't want to do?
- Am I overly critical of my spouse, children, or friends?
- Do I lie to myself about my own behavior, making it sound better than it is?

Ninth Commandment: You shall not desire your neighbor's wife.

- Have I consented to impure thoughts?
- Have I caused them by impure reading, movies, the internet, conversation, or curiosity?
- Do I seek to control my imagination?
- Do I pray at once to banish impure thoughts and temptations?
- Do I mistreat my spouse because he/she is not the other person I long for?
- Do I make every effort to avoid situations with the opposite sex that would tempt me to sin?
- Do I like to flirt with people who are already in a relationship and should be unavailable to me?

Tenth Commandment: You shall not desire your neighbor's goods.

- Am I jealous of what other people have?
- Am I greedy or selfish?
- Are material possessions and money the purpose of my life?
- Do I trust that God will care for all of my material and spiritual needs?
- Am I so jealous of others who have more than me that I wish they would lose their good fortune?