

An Examination of Conscience for Adults

1. I am the Lord your God: you shall not have strange Gods before me.

- Have I treated people, or things as more important than God?
- Do I give God time every day in prayer?
- Do I seek to love Him with my whole heart?
- Have I been involved with superstitious practices, or have I been involved with the occult?
- Do I seek to live by God's Word as taught by the Church?
- Have I ever received Communion in the state of mortal sin?
- Have I ever deliberately told a lie in Confession, or have I withheld a mortal sin from the priest in Confession?
- Are there other "gods" in my life? Money, security, power, people, etc.?

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

- Have my words, actively or passively, put down God, the Church, or people?
- 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?

3. Remember to keep holy the Lord's Day.

- Have I missed Mass on Sundays or Holy Days of Obligation?
- Do I avoid, when possible, work that impedes worship to God, joy for the Lord's Day, and proper relaxation of mind and body?
- Do I look for ways to spend time with family on Sunday?
- Have I tried to observe Sunday as a day of rest?
- Do I do needless work on Sunday?

4. Honor your father and your mother.

- Do I show my parents due respect?
- Do I seek to maintain good communication with my parents where possible?
- Do I criticize them for lacking skills I think they should have?
- 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?

5. You shall not kill.

- Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind?
- Have I had an abortion or encouraged or helped anyone to have an abortion?
- Have I physically harmed anyone?
- Have I abused alcohol or drugs?
- Did I give scandal to anyone, leading him or her into sin?
- Have I been angry or resentful?
- Have I harbored hatred in my heart?
- Have I mutilated myself through any form of sterilization?
- Have I encouraged or condoned sterilization?
- Have I engaged, in any way, in sins against human life such as artificial insemination or in vitro fertilization?
- Have I participated in or approved of euthanasia?

6. You shall not commit adultery.

- Have I respected the physical and sexual dignity of others and of myself?
- 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?
- Do I seek to control my thoughts and imaginations?
- Have I viewed pornography?
- Have I respected all members of the opposite sex, or have I thought of other people as mere objects?
- Do I seek to be chaste in my thoughts, words, actions?
- Am I careful to dress modestly?

7. You shall not steal.

- Have I taken or wasted time or resources that belonged to another?
- 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, 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, for example creditors, insurance companies, corporations, government?

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

- Have I gossiped, told lies, or embellished stories at the expense of another?
- Do I speak badly of others behind their back?
- Am I sincere in my dealings with others?
- Am I critical, negative, or uncharitable in my thoughts of others?
- Do I keep secret what should be kept confidential?
- Have I injured the reputation of others by slander?

9. You shall not covet your neighbor's spouse.

- Have I honored my spouse with my full affection and exclusive love?
- Have I consented to impure thoughts?
- Have I caused impure thoughts by impure reading, movies, television, conversation, or curiosity?
- Do I pray at once to banish impure thoughts and temptations?
- Have I behaved in an inappropriate way with members of the opposite sex: flirting, being superficial, etc.?

10. You shall not covet your neighbor's goods.

- Am I content with my own means and needs, or do I compare myself to others unnecessarily?
- Am I jealous of what other people have?
- Do I envy the families or possessions of others?
- Am I greedy or selfish?
- Are material possessions the purpose of my life?