

Examination of Conscience for Young Adults

Taken from <https://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/sacrament-reconciliation-young-adults-examination-of-conscience>

Responsibilities to God:

Have I gone to Mass on Sunday or have I rebelled and been stubborn about going to Mass?
Did I participate in the Mass or did I daydream?
Have I prayed every day?
Have I read the Bible?
Have I been rebellious toward God and his commands?
Have I misused the name of God by swearing and cursing?
Have I told the Father that I love him for creating me and making me his son/daughter?
Have I thanked Jesus for becoming man, dying for my sin and rising to give me eternal life?
Have I asked the Holy Spirit to help me conquer sin and temptation and to be obedient to God's commands?

Responsibilities to others and myself:

Have I been rebellious, disobedient or disrespectful to my parents, teachers and those in authority over me?
Have I lied to or deceived my parents or others?
Have I been arrogant and stubborn?
Have I talked back to my parents or those in authority?
Have I gotten angry or nurtured and held grudges and resentments? Have I refused to forgive others? Have I cultivated hatred?
Have I engaged in sexual fantasies? Have I looked at others lustfully?
Have I read pornographic literature or looked at pornographic pictures, shows or movies?
Have I masturbated?
Have I lustfully kissed or sexually touched someone? Have I had sexual intercourse?
Have I had an abortion or encouraged another to have one?
Have I gossiped about others? Have I slandered anyone? Have I told lies about others? Have I mocked or made fun of others?
Have I lied or cheated? Have I stolen anything? Have I paid it back?
Have I been selfish or spiteful toward others? Have I been jealous?
Have I gotten drunk, or taken drugs?
Have I participated in anything that is of the occult: ouija boards, fortune tellers, séances, channeling, astrology?
Have I been patient, kind gentle and self-controlled?
When my conscience told me to do something good, did I do it or did I ignore it?

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