

# EXAMINATION OF CONSCIENCE

## THINGS IN MY HEART ....

- Do I pray to God every day? Have I thanked God for his gifts for me?
- Did I put my faith in danger through readings contrary to Catholic teachings or involvement in non-Catholic activities?
- Did I engage in superstitious practices: palm reading or fortune telling?
- Did I take the name of God in vain? Did I curse or take a false oath?
- Did I miss mass on Sunday or Holy days of Obligation through my own fault? Am I attentive at Mass? Did I keep fast and abstinence on the prescribed dates?

## ACTIONS THAT HURT OTHERS...

- Did I disobey my parents and lawful superiors in important matters?
- Did I hate or quarrel with anyone, or desire revenge? Did I refuse to forgive? Was I disrespectful?
- Was I unfaithful to my spouse? Did I engage in sexual activity outside of marriage?
- Did I steal or damage another's property? Have I been honest or just in my business relations?
- Did I judge others rashly in serious matters?

## ACTIONS THAT HURT ME...

- Did I get drunk? Did I take illicit drugs?
- Did I consent to, recommend, or actively take part in abortion?
- Did I willfully look at pornography, entertain impure thoughts, or engage in impure conversation or actions?
- Did I tell lies? Did I sin by gossiping or making false statements about others?
- Have I envied other people?

## HAVE I HELPED OTHERS?

- Have I been responsive to the needs of the poor and respected the dignity of others?