

An Examination of Conscience

Responsibilities to God:

Did I talk to God and pray every day?
Have I asked the Holy Spirit to help me do what is right?
Have I asked the Holy Spirit to help me whenever I have been tempted to sin?
Have I missed Mass on Sunday through my own fault?
Have I been moody and rebellious about praying and going to church on Sunday?
Have I come to church with a happy attitude?
Have I paid attention and participated at Mass?
Have I listened in Catechism class?
Have I said God's name only in a prayerful way?
Have I used bad language?

Parents and family:

Have I been respectful to my parents?
Did I obey my parents and do what they told me to do?
Did I listen and obey my teachers? My elders?
When someone who is taking care of me asked me to do something good, did I obey?
Have I talked back to parents, teachers or other adults?
Did I say mean things to my parents, teachers or other adults?
Have I been affectionate toward my family?
Have I been helpful to my family?
Have I done my chores well, or did I have to be asked?
Have I started or encouraged fights with my brothers and sisters at home?

Lying and Stealing:

Did I tell the truth?
Have I lied or been deceitful?
Have I blamed other people for things I do?
Have I told the whole truth?
Did I let people believe something that wasn't true?
Have I cheated in games or school?
Have I been unfair in games or school?
Have I taken anything that didn't belong to me?
Have I deliberately broken something that didn't belong to me?
Have I hidden or lost something that didn't belong to me?

School

Did I try to do my best at school?
Did I do my schoolwork?
Did I do my homework?
Did I listen to what my teachers told me?
Did I cheat in school?
Did I show respect to my teachers?
Did I show respect to my classmates?
Did I cause problems in the classroom and make it harder for others to learn?
Did I treat school property with respect?
Did I take care of my school books?

Friends:

Have I been kind to others?

Have I been generous with others? Did I share what I have with others, especially those in need?

Have I treated other children with respect or have I made fun of them and called them names?

Have I helped solve problems between my friends or did I cause more trouble?

Did I say bad things about other people?

Did I let other kids tempt me to do things I knew I shouldn't?

Was I jealous of what other people have?

Did I get other people into trouble?

Did I refuse to play with someone for no good reason?

Did I hit people?

Forgiveness and Gratitude:

Have I held grudges or not forgiven others?

Have I forgive someone who did something bad to me?

Have I said I'm sorry when I have been wrong?

Have I set a good example by my kindness?

Have I said thank you?

Have I shared with others?

Have I been selfish toward my parents, brothers, and sisters, teachers, or my friends and schoolmates?

Have I thanked God for the gifts and talents God has given me?

Have I appreciated the good things I have in my life?

Have I appreciated the goodness in others?

Responsibilities to myself:

Am I trying to trust God like Jesus did?

Have I done what Jesus wants me to do?

Have I done things that will help me grow as God wants?

Have I taken care of what I have?

Have I respected my body and taken care of it?

Have I taken care of the things of the Earth?

Have I been hard to get along with (during school, at Grandma's, at home)?

Have I been arrogant, stubborn or rebellious?

Have I pouted and been moody?

Have I been greedy?