

## Examination of Conscience Based on the Ten Commandments

1. Am I always truthful?
2. Do I ever remain silent instead of standing up for what I believe?
3. Do I intentionally hurt others by my words or actions, by my silence, or by avoiding them?
4. Do I take pleasure in seeing others suffer or go without?
5. Do I try to love, accept, and understand people who are different from me?
6. Am I respectful toward people of other races, cultures, religions?
7. Do I gossip or say things that may harm the reputations of others?
8. Do I lead or encourage others to sin?
9. Do I carry grudges? Do I seek revenge? Do I enjoy 'teaching others a lesson'?
10. Have I failed to respect the sanctity of human life in any way? Have I encouraged, aided, or supported others in doing so?
11. Do I respect my body and take care of my health?
12. Do I drink to excess? ...eat too much?
13. Do I take, distribute, or encourage others to use illegal substances?
14. Do I use or abuse the bodies of others?
15. If married, am I truly faithful to my spouse?
16. Am I in a relationship which is unhealthy, abusive, or morally wrong?
17. Do I try to get along with my spouse, children, in-laws, neighbors, friends and co-workers?
18. Do I cheat or act dishonestly?
19. Do I take things that do not belong to me?
20. Do I treat other people in an unfair or unjust manner?
21. Do I give an honest day's work for an honest day's pay? Am I a fair and just employer?
22. Am I always angry about something? Do I enjoy making life more difficult for those around me?
23. Am I always complaining? ...rarely happy or satisfied? ...Is my temper under control?
24. Am I lustful? Do I look at, read, or talk about things that may cause me to sin?
25. Am I a 'slave' to my desires or do I try to keep them under control?
26. Am I lazy? Am I a constant procrastinator?
27. Am I willing to forgive those who offend me? ...always?
28. Am I proud? ... boastful? ...arrogant? ... conceited?
29. Am I judgmental toward others?
30. Am I selfish? ...stingy? ... greedy?
31. Am I rude? ...impolite? ...disrespectful?
32. Do I swear? ...curse? ...use the name of the Lord thoughtlessly?
33. Do I show respect for God? ...the Church? ...those in legitimate authority over me?
34. Do I try to set a good example as a Catholic? Am I ever ashamed of being a Catholic?
35. Am I apathetic toward the practice of my faith?
36. With regard to the Church's teachings, do I pick and choose what suits me?
37. Do I willingly and freely skip Mass on Sundays or holy days of obligation?
38. If I am a parent, do I set a good example for my children? Am I concerned about their Catholic upbringing?
39. Do I attend Mass with them regularly?
40. Do I sincerely try to pray on a daily basis or only when I want something?
41. Do my 'priorities' in life keep me from living as I should?