

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

Do you I put my trust in superstitions, good luck charms, horoscopes, crystals rather than God?

Have I rejected any Church teaching or denied that I was Catholic?

Have I received communion in a state of mortal sin?

Does something or someone, other than God, influence my choices?

Did I spend time with God in prayer?

Have I lied to a priest or withheld a mortal sin during confession?

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

Have I used the name of Jesus or God in anger or irreverently?

Have I wished evil on another?

Have I insulted a sacred person or abused a sacred object?

Have I been disrespectful in my behavior in Church?

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

Have I missed Mass on Sunday or any other day of obligation?

Do I arrive at Mass late or leave early?

Do I try to be reverent and pay attention during Mass?

Do I avoid unnecessary work on Sunday?

Do I make Sunday a day of prayer or rest?

Have I fasted an hour before receiving Holy Communion?

Have I received a sacrament in a state of mortal sin?

IV. Honor your father and mother.

Do I respect and obey my parents?

Have I dishonored or mistreated them by word or deed?

Am I willing to help around the house, or must I be nagged and bribed?

Do I try and get along with my brothers and sisters?

Do I respect others in authority?

Have I given my family a good religious example?

Do I try and bring peace into my home life?

V. You shall not kill.

Do I beat up others or hurt their bodies/

Am I a bully and do I respect others with my words and actions?

Do I say mean things or gossip about others behind their backs?

Do I encourage others to do bad things?

Have I had an abortion, encouraged, or helped anyone have an abortion?

Have I abused drugs and/or alcohol?

Have I harbored hatred in my heart or failed to forgive?

Have I used or made another use any form of contraception?

Did I take part in or approve of euthanasia?

VI. You shall not commit adultery.

Do I treat my body and other people's bodies with purity and respect?

Do I look at television shows, movies, pictures, or books that depict pornography?

Have I been faithful to my marriage vows or my other relationships?

Have I participated in sexual activity outside of marriage?

Do I seek to be chaste in my thoughts, words, and actions?

Do I commit impure actions by myself ?

VII. You shall not steal.

Have I taken things that were not mine from a store or another person?

Have I destroyed or misused another person's property for fun?

Do I return things that I borrowed? In good condition?

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

Am I honest in my schoolwork and words?

Do I tell lies to make myself look good?

Do I tell lies to protect myself from punishment?

Do I tell lies that make another person look bad or get them in trouble?

Do I keep secret what should be confidential?

IX. You shall not covet your neighbor's wife.

Do I get mad when I must share my friends?

Have I committed adultery by either having sex with a married person or with someone other than my spouse?

Have I honored my spouse with my full affection?

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

Did I envy other's goods or circumstances?

Am I thankful for what has been given to me?

Do I take advantage of another's circumstances or ignorance?

Do I compare myself to others unnecessarily?

Other sins

Do I love my neighbor?

Is there anyone I do not or refuse to love?

Do I fast on Ash Wednesday and Good Friday?

Do I eat meat on Fridays in Lent or on Ash Friday?