

A BRIEF EXAMINATION OF CONSCIENCE FOR THE YOUNG

I. YOU SHALL WORSHIP THE LORD YOUR GOD AND HIM ONLY SHALL YOU SERVE

Have I failed to love God at all times?
 Have I failed to pray every day?
 Have I failed to orient my life and activities toward God,
 Who is my Creator and Redeemer?
 Have I neglected my prayer life?
 Have I failed to make an act of penance or perform a work
 of mercy on Fridays?
 Have I done unnecessary physical work on Sundays?
 Have I shown lack of reverence to holy objects or even to
 the Blessed Sacrament?
 Have I failed to study and learn the Word of God?
 Have I failed to educate myself in the Catholic Faith
 according to my capacities?
 Have I failed to defend the Faith against detractors?

II. YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN

Have I used the Holy Name of God disrespectfully?
 Have I used the Holy Name of God in a curse?
 Have I broken an oath made with God as a witness?

III. REMEMBER THE SABBATH DAY, KEEP IT HOLY

Have I done unnecessary work on a Sunday?
 Have I failed to charitable works on a Sunday?
 Have I forgotten or refused to go to Mass on a Sunday or
 Holy Day of Obligation?
 Have I been the cause of someone else's missing Mass?
 Have I received Holy Communion without keeping the fast
 for at least an hour?
 Have I received communion in a church that was not a
 Catholic Church?

IV. HONOR YOUR FATHER AND YOUR MOTHER, THAT YOUR DAYS MAY BE LONG IN THE LAND WHICH THE LORD YOUR GOD GIVES YOU

Have I failed to show my parents due honor and respect?
 Have I failed to love my parents and relatives?
 Have I disobeyed my parents or grandparents?
 Have I disrespected someone in authority over me?
 Have I abused my own authority?
 Have I made it difficult for my children to respect their
 father or mother?
 Have I failed to accept the discipline or teachings of the
 Holy Catholic Church?

V. YOU SHALL NOT MURDER

Have I teased people?
 Have I said mean things?
 Have I picked on someone?
 Have I failed to make peace?
 Have I refused to forgive someone?
 Am I bigoted or prejudiced?
 Have I been physically or verbally abusive?
 Have I taken unnecessary risks for fun or on a dare?
 Have I harbored hatred or held a grudge?
 Have I been indifferent to the needs of the poor?
 Have I neglected the care of the infirm, the elderly or the
 handicapped who are in my charge?

VI. YOU SHALL NOT COMMIT ADULTERY

IX. YOU SHALL NOT COVET YOUR NEIGHBOR'S WIFE

Have I had impure thoughts?
 Have I told or laughed at dirty jokes?
 Have I watched bad movies?
 Have I failed to be chaste according to my state in life?
 Have I been impure in conversation, thought or deed?

VII. YOU SHALL NOT STEAL

X. YOU SHALL NOT COVET ANYTHING THAT BELONGS TO YOUR NEIGHBOR

Have I cheated?
 Have I failed to share with others?
 Have I pouted when I didn't get what I want?
 Have I wished bad things would happen to people because
 they have something I want?
 Have I failed to respect other people's property?
 Have I stolen anything?
 Have I been envious or jealous of another's fortune?
 Have I unlawfully copied software, videos or music?
 Have I failed to put in a full day's work for a full day's pay?
 Have I failed to make my just contribution to Church?
 Have I lied or hidden the truth?

VIII. YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR

Have I played games with the truth?
 Have I lied?
 Have I gossiped?
 Have I injured anyone else's reputation unnecessarily?

A SECOND EXAMINATION OF CONSCIENCE FOR THE YOUNG

1. Do you worship the "false gods" of status, consumerism or peer approval? _____

Do you ignore or avoid old friends in order to be part of the popular crowd? _____

Do you make unreasonable demands on your parents for clothes or money? _____

Do you feel that you have no responsibility to save for your college education? _____

Do you give support to your peers when they tell racial or ethnic jokes? _____

Do you show indifference toward the poor by thinking of them as "losers"? _____

Do you find it hard to see the value in those who are different from you? _____

2. Do you use language that you would never speak in front of your grandmother? _____

Is this choice prompted by the desire to fit in? _____

3. Are you irreverent and uninterested during Mass? _____

Do you fail to value your faith? _____

Do you fail make efforts to grow in faith? _____

Do you think Jesus would be disappointed with your efforts to know, love and serve Him? _____

4. Do you fail to thank your parents for what they do for you? _____

Do you fail to help around the house or do things to help without being asked? _____

If your parents are divorced, separated or widowed, do you fail to be considerate of their pain or loneliness? _____

Do you try to impress others, yet have little sense of the needs of those in your family? _____

5. Do you fail to value your life and that of others? _____

Do you drink and drive or travel with those who do? _____

Do you use alcohol/drugs and pretend that doing so does not affect your grades, your self-respect or your relationships? _____

Have you ever hit your girlfriend or boyfriend? _____

Do you feel the need to control or humiliate someone you claim to care about? _____

6. Do you fail to keep yourself chaste in thought and deed? _____

Do you fail to respect God's intended plan for sexuality to be expressed within the committed and sacred bonds of marriage? _____

7. Do you cheat on tests or homework assignments? _____

Do you ever shoplift? _____

Do you take things belonging to your parents, your family or other students? _____

8. Do you gossip or pass on rumors that hurt another's reputation? _____

Do you fail to keep promises you make? _____

Do you lie to protect your own ego, even if someone will be hurt? _____

9. Are you envious of others? _____

Do you resent the popularity or success of others? _____

Do you feel you have to put others down in order to feel better about yourself? _____

10. Do you resent your parents when they tell you that they cannot afford to buy the things that you feel you need to keep up with your friends? _____

Do you fail to give of your own resources (time, talents, treasures) to support those in need? _____