

Examination of Conscience for Adults

1. **I am the Lord your God. You shall not have strange gods before me.**
 - o Do I give God time every day in prayer?
 - o Do I seek to love Him with my whole heart?
 - o Have I been involved with superstitious practices or have I been involved with the occult?
2. **You shall not take the name of the Lord your God in vain.**
 - o Have I used God's name in vain: lightly or carelessly?
 - o Have I been angry with God?
 - o Have I wished evil upon another person?
3. **Remember to keep holy the Lord's Day.**
 - o Have I deliberately missed Mass on Sundays or Holy Days of Obligation?
 - o Have I tried to observe Sunday as a family day and a day of rest?
 - o Do I do needless work on Sunday?
4. **Honor your Father and your Mother.**
 - o Do I honor and obey my parents?
 - o Have I neglected my duties to my spouse and children?
 - o Have I given my family good religious example?
 - o Do I try to bring peace into my home life?
 - o Do I care for my aged and infirm relatives?
5. **You shall not kill.**
 - o Have I had an abortion or encouraged anyone to have an abortion?
 - o Have I physically harmed anyone?
 - o Have I abused alcohol or drugs?
 - o Have I been angry or resentful?
 - o Have I harbored hatred in my heart?
6. **You shall not commit adultery.**
 - o Have I been faithful to my marriage vows in thought and action?
 - o Have I engaged in any sexual activity outside of marriage?
 - o Have I used any method of contraception or artificial birth control in my marriage?
 - o Have I respected all members of the opposite sex, or have I thought of other people as objects?
7. **You shall not steal.**
 - o Have I stolen what is not mine?
 - o Have I returned or made restitution for what I have stolen?
 - o Do I waste time at work, school or at home?
 - o Do I gamble excessively, thereby denying my family of their needs?
 - o Do I pay my debts promptly?
 - o Do I seek to share what I have with the poor?
8. **You shall not bear false witness against your neighbor.**
 - o Have I lied?
 - o Have I gossiped?
 - o Have I spoken behind someone else's back?
 - o Am I critical, negative or uncharitable in my thoughts of others?
9. **You shall not desire your neighbor's wife.**
 - o Have I consented to impure thoughts?
 - o Have I caused them by impure reading, movies, conversations or curiosity?
 - o Do I seek to control my imagination?
 - o Do I pray at once to banish impure thoughts and temptations?
10. **You shall not desire your neighbor's goods.**
 - o Am I jealous of what other people have?
 - o Do I envy the families or possessions of others?
 - o Am I greedy or selfish?
 - o Do I trust God will care for all of my material and spiritual needs?