

Comprehensive Examination of Conscience

by Confiteor · v1.0.0

Based on "Examination of Conscience for Adults" by Rev. Donald F. Miller, C.S.S.R. Organized by twelve virtues for the twelve months of the year. This work is in the public domain.

Faith — January: Mortal Sins

Focuses on trusting God and believing His word, while avoiding superstition or despair. (CCC, 1840)

1. Have I denied that I was a Catholic?
2. Have I openly expressed disbelief in any doctrine of the Catholic faith?
3. Have I affiliated myself with a non-Catholic sect or religious body?
4. Have I suggested or encouraged doubts about the Catholic faith in the minds of others?
5. Have I seriously expressed the opinion that all religions are equally good, equally true, or equally pleasing to God?
6. Have I neglected to settle serious doubts about my faith through reading, study, or consultation, when such neglect was leading to a loss of faith?
7. Have I read books that pretend to disprove the Catholic faith without proper reason?
8. Have I distributed books that pretend to disprove the Catholic faith?
9. Have I, without a serious reason, associated with persons who tried to destroy my faith?
10. Have I attended meetings or listened to speeches that I knew would destroy or seriously weaken my faith?
11. Have I joined a secret society forbidden by the Church?
12. Have I contributed to the advancement of a non-Catholic religious sect or movement?
13. Have I consulted a fortune-teller in the serious belief that I could learn the future?
14. Have I attended a spiritualistic seance?
15. Have I, without the necessary permission, sent my children to a non-Catholic school without making provision to safeguard their faith?

(PARENT)

Faith — January: Venial Sins

Focuses on trusting God and believing His word, while avoiding superstition or despair. (CCC, 1840)

1. Have I been irreverent in church and before the Blessed Sacrament?
2. Have I disturbed and distracted others in their prayers and devotions?
3. Have I carefully avoided giving any sign that I was a Catholic because I might have been ridiculed?
4. Have I rarely, if ever, made an explicit act of faith (for example, by openly saying or praying that I believe in God and trust Him)?
5. Have I been slow in trying to banish or overcome doubts against faith?
6. Have I been irreverent in the use of sacramentals, such as holy water or the Sign of the Cross?
7. Have I accepted the will of God and believed firmly in His providence in the sorrows of life?

Hope — February: Mortal Sins

Focuses on trusting that God will help you, forgive you, and lead you to eternal life. (CCC, 1840)

1. Have I denied the necessity of God's help for my salvation, believing I could win heaven by my own efforts alone?
2. Have I said or seriously believed that, because God is so merciful, no one will be condemned to hell—and therefore I will surely be saved even though I have committed serious (mortal) sins?

3. Have I continued in mortal sin because I believed I would surely receive the grace to repent later?
4. Have I committed a mortal sin just because I expected God to forgive me in confession afterwards?
5. Have I neglected all prayer for periods of a month or longer?
6. Have I refused to pray during a serious temptation because I did not want God to help me overcome it?
7. Have I deliberately put myself in a serious occasion of sin, assuming God would miraculously protect me—or forgive me—if I fell?
8. Have I said or thought that it was impossible for me to overcome a particular sinful habit?
9. Have I believed that because my past sins were so numerous or terrible, I could not expect God to forgive me?
10. Have I quit going to Mass because of the thought that it does no good?
11. Have I quit praying because of the thought that it does no good?

Hope — February: Venial Sins

Focuses on trusting that God will help you, forgive you, and lead you to eternal life. (CCC, 1840)

1. Have I dwelt on my past sins, letting fear take over so that I worry they may not be forgiven?
2. Have I permitted discouragement to possess my heart because of my frequent faults or lack of progress in virtue?
3. Have I worried excessively over material difficulties, as if God did not know them and could not help?
4. Have I acted sad, grumpy, or gloomy when I was with other people, so they felt uncomfortable?
5. Have I given in to unreasonable fear of death and God's judgment?
6. Have I neglected practicing any devotion to the Mother of God?
7. Have I stopped praying when it was hard or didn't feel "good" or inviting?

Love of God — March: Mortal Sins

Focuses on loving God above all things, and choosing what is right because God is worthy. (CCC, 1827)

1. Have I neglected to go to confession at least once a year?
2. Have I failed to receive Holy Communion during the Easter season?
3. Have I missed Mass on a Sunday or holy day without a sufficient reason?
4. Have I caused or permitted my children to miss Mass on Sundays or holy days?
(PARENT)
5. Did I come late to Mass without a good reason?
6. Did I leave Mass early without a good reason?
7. Did I do unnecessary work (chores/jobs) for more than two hours on Sunday without an urgent reason?
8. Have I broken a serious vow made to God?
9. Have I committed sacrilege by receiving a sacrament while in the state of mortal sin?
10. Have I stolen something valuable from the Church?
11. Have I deliberately mocked or made fun of the Sacraments, the Mass, or any liturgical functions?

Love of God — March: Venial Sins

Focuses on loving God above all things, and choosing what is right because God is worthy. (CCC, 1827)

1. Have I been unconcerned and indifferent about acquiring a strong love of God?
2. Have I done my duties to God (Mass, prayers, and the Sacraments) while being distracted or doing them halfheartedly?
3. Have I not often told God, in a real way, that I love Him?
4. Have I been disrespectful to God's presence in church by profane and useless talking?

5. Have I been unfaithful to little promises made to God?
6. Have I never shown my love of God by means of gratitude for the many favors He has given me?

Reverence for God — April: Mortal Sins

Focuses on honoring God's name, worship, and holy things with deep respect. (CCC, 2095)

1. Have I denied any of the attributes of God, such as saying He is not all-powerful, all-merciful, or all-just?
2. Have I spoken in a disrespectful (contempt) way about God, Jesus Christ, the Holy Eucharist, or the Passion of Christ?
3. Have I accused God of cruelty, injustice, or discrimination because of some sorrow I had to bear?
4. Have I spoken slightly or contemptuously of the Mother of God, the saints, or priests and religious?
5. Have I sworn falsely, deliberately telling a falsehood when I had taken an oath to tell the truth?
6. Have I deliberately called upon God to witness the truth of a lie?
7. Have I deliberately cursed another person, seriously wishing that God would condemn them or bring grave misfortune upon them?
8. Have I blasphemed, cursed, or sworn falsely before or to my children?

(PARENT)

Reverence for God — April: Venial Sins

Focuses on honoring God's name, worship, and holy things with deep respect. (CCC, 2095)

1. Have I used God's, Christ's, Jesus's, or the Lord's name in a disrespectful way—when I was angry or just joking?
2. Have I permitted myself to acquire the habit of using God's name profanely or of swearing or cursing without realization?
3. Have I laughed when someone used God's name in a profane or disrespectful way, as if it were funny?
4. Have I failed to correct a child who spoke using irreverent or profane language?

(PARENT)

Love of Neighbor — May: Mortal Sins

Focuses on doing good to others and treating them with kindness and fairness. (CCC, 1805)

1. Have I over a long period refused to give any alms for the relief of the needy, even though I had sufficient means?
2. Have I deliberately permitted a person to die without a priest and without religious ministrations?
3. Have I refused to remind someone of the danger of their state when they had committed mortal sin and my warning might have awakened repentance?
4. Have I made no effort to prevent mortal sins of my spouse?

(MARRIED)

5. Have I refused in my heart to forgive a person who has injured me?
6. Have I over a long time refused to talk to or acknowledge someone who has wronged me?
7. When I was guilty of wronging my neighbor, have I refused to show sorrow or seek forgiveness?

Love of Neighbor — May: Venial Sins

Focuses on doing good to others and treating them with kindness and fairness. (CCC, 1805)

1. Have I been miserly and grudging in giving alms for the relief of the poor?
2. Have I nursed resentment against others, even though I did make an effort at forgiveness?
3. Have I failed to try to make others happy and comfortable, giving in to selfish moods?

4. Have I permitted gossip and petty tale-bearing to go on in my presence without an effort to change the subject?

Love of Neighbor (Avoiding Harm) — June: Mortal Sins

Focuses on avoiding words or actions that hurt others or lead them into sin.

1. Have I hated others, actually and deliberately wishing them grave harm or the loss of their souls?
2. Have I slandered others, attributing serious sins to them which they did not commit or of which I had no evidence?
3. Have I ruined the reputation of others by telling their secret serious sins to persons who had no reason to know?
4. Have I directly desired and tried to lead another into sin?
5. Have I advised or induced others to practice contraception?
6. Have I advised or induced others to have an abortion?
7. Have I advised or induced others to divorce and remarry?
8. Have I caused other people to have bad thoughts by being seriously immodest in what I wear, how I look, what I say, or how I act?
9. Have I cooperated with another in the commission of a mortal sin?

Love of Neighbor (Avoiding Harm) — June: Venial Sins

Focuses on avoiding words or actions that hurt others or lead them into sin.

1. Have I engaged in petty gossip about my neighbors?
2. Have I blamed other people for having bad intentions when I was not sure?
3. Have I hurt others by flare-ups of anger and impatience?
4. Have I made cutting or sarcastic remarks that hurt others?
5. Have I led others into venial sin by suggestion or bad example?

Justice — July: Mortal Sins

Focuses on giving others what you owe them—respecting rights and living with fairness. (CCC, 1805)

1. Have I directly stolen anything of considerable value from another person?
2. Have I continued to steal small amounts at regular intervals, so that the total amounts to a large sum over time?
3. Have I failed to make restitution for grave thefts when I could have done so?
4. Have I accepted stolen goods from another?
5. Have I defrauded another of something valuable by telling a lie, giving false testimony, or secretly changing a contract?
6. Have I enriched myself by paying gravely inadequate wages to those who worked for me?
7. Have I cheated my employer by seriously neglecting the work I was hired to do?

Justice — July: Venial Sins

Focuses on giving others what you owe them—respecting rights and living with fairness. (CCC, 1805)

1. Have I deliberately stolen anything of small value?
2. Have I used the property of others without their permission?
3. Have I borrowed things from others and never returned them?
4. Have I been guilty of petty cheating in games or transactions?

Chastity — August: Mortal Sins

Focuses on purity of heart and self-control in thoughts, words, and actions. (CCC, 1804)

1. Have I deliberately taken delight in impure thoughts and images after recognizing them to be evil?
2. Have I knowingly consented to a desire for impure experiences without any effort to suppress the desire?
3. Have I taken part in impure conversation for the purpose of giving others bad thoughts?
4. Have I read obscene material or looked at obscene images after knowing they would cause serious temptations?
5. Have I gone to places where I knew the entertainment was lewd and immoral?
6. Have I touched others impurely, or taken part in prolonged and intense physical intimacy outside of marriage?
7. Have I encouraged others to sin against purity or told them they could not avoid it?
8. Have I used contraceptive means in performing marriage duties?
(MARRIED)
9. Have I, as a married person, committed sins of impurity with others?
(MARRIED)
10. Have I failed to correct or train my children in regard to chastity when it was evident they needed it?
(PARENT)

Chastity — August: Venial Sins

Focuses on purity of heart and self-control in thoughts, words, and actions. (CCC, 1804)

1. Did I let my eyes linger on things that could tempt me to sin?
2. When I had bad thoughts or desires, did I wait too long to push them away?
3. Was I careless about my clothing, posture, or appearance in a way that could cause trouble for others?
4. Did I ignore or go along with impulses and daydreams that led me away from what is right?

Temperance — September: Mortal Sins

Focuses on self-mastery—keeping desires and pleasures in the right limits. (CCC, 1805)

1. Have I drunk intoxicating liquor to the extent that I lost control of my senses?
2. Have I made my family suffer grave privation by spending most of my income on drink?
3. Have I knowingly broken the fast required before receiving Holy Communion, and then received Holy Communion anyway?
4. Have I broken the law of abstinence by deliberately eating meat on a day of abstinence when I was not excused or dispensed?
5. Have I used drugs or narcotics not under a doctor's orders, or in a way that could make me lose consciousness or become addicted?

Temperance — September: Venial Sins

Focuses on self-mastery—keeping desires and pleasures in the right limits. (CCC, 1805)

1. Have I made myself indisposed by overeating?
2. Have I drunk more alcohol than is healthy for me, even though I did not get drunk?
3. Have I encouraged others to drink more than was good for them?
4. Have I spent more money on alcohol than I could really afford?

Obedience — October: Mortal Sins

Focuses on doing God's will and following legitimate authority, especially when it is difficult.

1. Have I deliberately given in to hatred of my mother or father, refusing to speak to them for a long time?
2. Have I habitually treated my parents harshly, speaking to them with contempt, or making fun of them?

3. Have I refused to help my parents when they had serious needs and I was able to help?
4. Have I failed entirely to teach and discipline my children in serious matters such as morality and religion?
(PARENT)
5. Have I given serious bad example to my children by cursing, serious quarreling, or impure talk?
(PARENT)
6. Have I given serious bad example to my children by neglecting serious religious obligations?
(PARENT)
7. Have I failed to correct and punish my children for serious wrongs?
(PARENT)
8. Have I failed to forbid my children from entering serious occasions of sin?
(PARENT)

Obedience — October: Venial Sins

Focuses on doing God's will and following legitimate authority, especially when it is difficult.

1. Have I failed to show love and gratitude to my parents?
2. Have I positively hurt my parents in small ways?
3. Have I failed in respect due my parents by laughing at them, being openly ashamed of them, or talking harshly to them?
4. Have I disobeyed my parents in small things that they commanded or forbade?
5. Have I, in my mature years, left my parents alone, seldom visiting them or showing gratitude?
6. Have I, as a citizen, disregarded laws made for the safety and well-being of all?

Meekness — November: Mortal Sins

Focuses on patience and gentleness—responding calmly instead of getting angry or bitter.

1. Have I let myself get so violently angry that I lost control and acted cruelly?
2. Have I hurt others seriously in anger?
3. Have I planned revenge against others, looking for an opportunity to do them serious harm?
4. Have I permitted anger against others to become hatred, wishing them serious misfortune and refusing to speak to them for a considerable time?
5. Have I refused to forgive others who had wronged me and asked for forgiveness?

Meekness — November: Venial Sins

Focuses on patience and gentleness—responding calmly instead of getting angry or bitter.

1. Have I taken part in petty quarrels and bitter arguments?
2. Have I given in to sudden spurts of anger by harsh words, calling names, or abusive language?
3. Have I shown dislike and antipathy for others by snubbing them or being sarcastic?
4. Have I shown sensitiveness and hurt feelings over trifling matters?
5. Have I teased others until I made them angry?

Humility — December: Mortal Sins

Focuses on truth about yourself before God—avoiding pride and accepting correction.

1. Have I skipped Mass on Sunday without a good reason?
2. Have I eaten meat on a day when the Church asks me to avoid meat?
3. Have I refused to fast on the days the Church asks me to fast?
4. Have I refused to forgive someone who wronged me because I considered my honor more important than God's command to forgive?

5. Have I used unfair ways in business because I cared more about getting ahead than about obeying God?
6. Have I refused to obey my superiors because I thought my knowledge and importance meant I didn't have to listen?
7. Have I failed to confess mortal sins because I thought they were my business only and not for the priest to hear?
8. Have I maintained that it is unnecessary for a person to pray?

Humility — December: Venial Sins

Focuses on truth about yourself before God—avoiding pride and accepting correction.

1. Have I been guilty of vanity, considering myself more intelligent, learned, or charitable than others?
2. Have I bragged about my accomplishments, virtues, or abilities?
3. Have I given in to anger because I thought myself better than others and that they should know better than to cross me?
4. Have I looked down on others who were less wealthy, cultured, learned, or gifted than I?
5. Have I neglected daily prayer as if I were strong enough to get along without God's help?