

Examination of Conscience

by Confiteor · v1.0.0

A standard examination of conscience organized by the Ten Commandments, Precepts of the Church, and duties of one's state in life.

First Commandment

You shall have no other gods before Me. (Ex 20:3)

Fidelity to God alone—rejecting idols, superstition, and pride, and holding fast to the Lord in fear and love. (Dt 10:12-13, 17-20; Dt 4:15-16; Isa 2:17-18)

1. Have I denied the faith?
2. Have I doubted the faith?
3. Have I lost trust in God's mercy?
4. Have I engaged in superstition?
5. Have I engaged in occult practices?
6. Have I consulted horoscopes to seek guidance or control apart from God?
7. Have I questioned God's truth?
8. Have I refused to seek help through prayer?
9. Have I refused to seek help through the sacraments?
10. Have I refused to seek help through the teaching of the Church?
11. Have I despaired of God's willingness to forgive me?
12. Have I presumed on forgiveness while refusing to repent?

Second Commandment

You shall not take the name of the Lord your God in vain. (Ex 20:7)

Reverence in speech, worship, vows, and oaths, with no careless or dishonest use of holy things. (Dt 10:20-21; Sir 27:4-7, 14-17)

1. Have I taken the Lord's name in vain?
2. Have I used holy things without respect?
3. Have I sworn falsely?
4. Have I spoken blasphemously in words?
5. Have I spoken blasphemously by my example?
6. Have I used God's name carelessly, such as swearing without thought?
7. Have I mocked God in words or attitudes?
8. Have I treated prayers as meaningless?
9. Have I used prayers without attention or reverence?
10. Have I used the holy names of God, Jesus, Mary, or the saints as jokes?
11. Have I spoken of holy names in a disrespectful way?
12. Have I made promises lightly that called upon God's name?
13. Have I made vows or oaths without seriousness?
14. Have I failed to keep a promise I made before God?
15. Have I failed to keep a vow made before God?
16. Have I failed to keep an oath made before God?
17. Have I used the name of God to control someone?

18. Have I used God's name to pressure someone?
19. Have I used God's name to threaten someone?
20. Have I used God's name to excuse wrongdoing?
21. Have I used God's name to justify untruth?
22. Have I used God's name to justify deception?

Third Commandment

Remember the Sabbath day, to keep it holy. (Ex 20:8)

Keeping holy time for the Lord through Sabbath rest and worship rather than treating sacred time as ordinary labor. (Ex 34:21-23, 28; Lev 26:2; Heb 4:9-11; Mk 2:27-28)

1. Have I missed Mass on Sunday or Holy Days without a serious reason?
2. Have I gone to Mass without respect and attention?
3. Have I treated Sunday like any other day?
4. Have I chosen extra work on Sunday that prevented worship, rest, or family prayer?
5. Have I chosen unnecessary activities on Sunday that prevented worship, rest, or family prayer?
6. Have I arrived late for Mass without a serious reason?
7. Have I left Mass early without a serious reason?
8. Have I talked or been distracting during Mass?
9. Have I used my phone inappropriately during Mass?
10. Have I distracted myself during Mass?
11. Have I distracted others during Mass?
12. Have I neglected Sunday prayer through laziness?
13. Have I neglected Sunday spiritual habits through laziness?
14. Have I failed in Sunday prayer because I made myself too busy?
15. Have I failed in Sunday spiritual habits because I made myself too busy?

Fourth Commandment

Honor your father and your mother. (Ex 20:12)

Honoring parents and lawful authority, and fulfilling family and civic duties with respect and obedience. (Dt 10:19-20; Dt 17:11-13, 19-20; Rom 13:1-7)

1. Have I dishonored my parents?
2. Have I dishonored elders?
3. Have I dishonored lawful authority?
4. Have I neglected my family duties?
5. Have I failed to help when I should?
6. Have I failed to guide when I should?
7. Have I failed to show respect when I should?
8. Have I refused to obey legitimate authority?
9. Have I ignored good advice?
10. Have I answered with contempt?
11. Have I answered with disrespect?
12. Have I answered with stubbornness?
13. Have I neglected my responsibilities to children entrusted to me?
14. Have I neglected my responsibilities to students entrusted to me?

15. Have I neglected my responsibilities to employees entrusted to me?
16. Have I neglected my responsibilities to others placed under my care?
17. Have I failed to show proper love to parents and elders?
18. Have I failed to show proper honor to parents and elders?
19. Have I failed to show proper gratitude to parents and elders?
20. Have I failed to show proper respect to parents and elders?
21. Have I failed to give needed support to parents and elders?

Fifth Commandment

You shall not murder. (Ex 20:13)

Anger, cruelty, violence, reckless harm, and neglect of life, including harm done by silence when warning is needed. (Sir 10:6-7, 18; Rom 14:13, 15, 20-21; Ezek 33:6-9)

1. Have I harmed others by anger?
2. Have I harmed others by insults?
3. Have I harmed others by cruelty?
4. Have I harmed others by threats?
5. Have I harmed others through unfair neglect?
6. Have I ignored another person's well-being?
7. Have I caused serious injury to someone?
8. Have I joined violence?
9. Have I intentionally endangered someone's life?
10. Have I cooperated in actions that intentionally destroy innocent human life?
11. Have I failed to protect life when I should have?
12. Have I treated my life with reckless disregard?
13. Have I treated others' lives with reckless disregard?
14. Have I harmed myself through self-harm?
15. Have I encouraged someone else to self-harm?

Sixth Commandment

You shall not commit adultery. (Ex 20:14)

Bodily purity and self-mastery, resisting passions that drag the person away from holiness. (Rom 6:12-13; Rom 13:13-14)

1. Have I committed fornication?
2. Have I committed adultery?
3. Have I committed masturbation?
4. Have I committed any other deliberate sexual act?
5. Have I looked at explicit sexual behavior online?
6. Have I looked at explicit sexual behavior offline?
7. Have I done explicit sexual behavior online?
8. Have I done explicit sexual behavior offline?
9. Have I chased pornography or sexual content with full consent?
10. Have I violated marital faithfulness in my thoughts?
11. Have I violated marital faithfulness in my actions?
12. Have I weakened chastity in marriage by deliberate unfaithfulness?

13. Have I used coercion to lead someone into sexual sin?
14. Have I used manipulation to lead someone into sexual sin?
15. Have I abused influence to lead someone into sexual sin?

Seventh Commandment

You shall not steal. (Ex 20:15)

Greed, theft, and living for possessions, gain, or comfort rather than trust in God. (Lk 12:15-21; Job 20:19-23, 26-29; Sir 27:1-3)

1. Have I stolen money?
2. Have I stolen possessions?
3. Have I cheated someone?
4. Have I been dishonest with money?
5. Have I been dishonest with possessions?
6. Have I misused time?
7. Have I misused opportunities?
8. Have I taken what was not mine?
9. Have I damaged property that was not mine?
10. Have I ignored debts that I owed?
11. Have I ignored responsibilities regarding property?
12. Have I failed to make things right when I should have?
13. Have I committed fraud?
14. Have I engaged in dishonest accounting?
15. Have I misused workplace resources for my benefit?
16. Have I misused government resources for my benefit?
17. Have I benefitted from another person's theft?
18. Have I allowed wrongdoing to continue when I had a duty to stop it?

Eighth Commandment

You shall not bear false witness against your neighbor. (Ex 20:16)

Truthfulness, and guarding another's good name, secrets, and reputation. (Sir 27:4-7, 14-17; Rom 14:13-21)

1. Have I lied?
2. Have I gossiped?
3. Have I repeated harmful rumors?
4. Have I exaggerated?
5. Have I spoken in a way that damaged someone's good name?
6. Have I given false testimony?
7. Have I broken confidentiality when I should have protected the truth?
8. Have I twisted information to mislead someone?
9. Have I made mean accusations?
10. Have I shared unverified rumors?
11. Have I harmed someone with unkind speech?
12. Have I judged others unfairly?
13. Have I spoken with harshness without caring about the truth?

14. Have I spoken with contempt without caring about charity?

Ninth Commandment

You shall not covet your neighbor's wife. (Ex 20:17)

Inner discipline over thoughts and desires, keeping the imagination and will from being ruled by sin. (Rom 6:12-13; Rom 13:13-14; Heb 4:12-13)

1. Have I agreed to lustful thoughts?
2. Have I imagined impure fantasies?
3. Have I chosen impurity in my thoughts instead of resisting temptation?
4. Have I stayed with provocative images that stirred lust?
5. Have I stayed with provocative messages that stirred lust?
6. Have I stayed with provocative conversations that stirred lust?
7. Have I excused lustful thoughts in my mind?
8. Have I treated impurity as "normal" in my desires?
9. Have I let impurity grow by making it seem acceptable?
10. Have I waited too long to run from temptation?
11. Have I continued conversations that led to lust?
12. Have I stayed in situations that led to lust?

Tenth Commandment

You shall not covet your neighbor's goods. (Ex 20:17)

Envy, comparison, and disordered desire for what belongs to others. (Lk 12:15-21; Rom 13:13-14; Rom 14:13-21)

1. Have I been greedy?
2. Have I treated money as more important than charity?
3. Have I treated money as more important than justice?
4. Have I treated possessions as more important than charity?
5. Have I treated possessions as more important than justice?
6. Have I wanted what belongs to others?
7. Have I wanted something that belongs to others in a way that hurts love?
8. Have I wanted something that belongs to others in a way that hurts fairness?
9. Have I wanted something that belongs to others in a way that hurts peace?
10. Have I been envious of another person's success?
11. Have I been envious of another person's possessions?
12. Have I been envious of another person's talents?
13. Have I let envy stop me from rejoicing in what is good?
14. Have I been unwilling to be generous?
15. Have I been unwilling to do my duty because I wanted comfort?
16. Have I been unwilling to do my duty because I wanted pleasure?
17. Have I been unwilling to do my duty because I wanted more for myself?

Sunday & Holy Days

Giving God the first place in time by worship and rest, especially through the Sabbath pattern. (Ex 34:21-23; Lev 26:2; Heb 4:9-11; Mk 2:27-28)

1. Have I missed Mass on a Sunday without a serious reason?

2. Have I missed Mass on a Holy Day of Obligation without a serious reason?
3. Have I gone to Mass without paying attention?
4. Have I gone to Mass without acting with reverence?

Confession

Purity, mercy, repentance, and accountability before God. (Rom 6:12-14; Heb 4:14-16; 1 Tim 5:22)

1. Have I gone one year without making a sacramental confession when I could have gone?
2. Have I delayed going to confession after realizing I committed serious sin?
3. Have I avoided confession to protect my comfort?
4. Have I avoided confession to protect my reputation?
5. Have I deliberately failed to confess a sin I knew should have been confessed?

Holy Communion

Reverent worship, covenant faithfulness, and holy rest before God. (Ex 34:21-28; Lev 26:2; Heb 4:9-11)

1. Have I failed to receive Holy Communion at least once during the Easter season when I could?

Fasting & Abstinence

Self-denial and disciplined restraint before God, learning to govern appetite rather than be ruled by it. (Ex 34:28; Rom 13:13-14; Heb 4:9-11)

1. Have I failed to fast on Ash Wednesday when I was obliged and able?
2. Have I failed to fast on Good Friday when I was obliged and able?
3. Have I failed to abstain from meat on Fridays during Lent when I was obliged and able?

Support of the Church

Material and practical support for those who serve in the house of God, so that holy work may continue faithfully. (2 Chr 31:19-21; 1 Tim 5:17-18)

1. Have I failed to support the Church according to my means?
2. Have I given to the Church reluctantly instead of generously?

Married Persons

Mutual fidelity and orderly household life, with responsibility toward spouse and family. (1 Tim 5:14-16; Rom 13:7-8)

1. Have I neglected attending family Mass together?
(MARRIED)
2. Have I neglected the sacramental and spiritual life of our home?
(MARRIED)

Parents

Teaching children, forming them in reverence, and guiding the home with faithfulness and care. (Dt 4:10, 13-14; 2 Chr 31:18-21; 1 Tim 5:14, 16)

1. Have I failed to make family worship faithful and regular?
(PARENT)
2. Have I failed to teach my children the faith?
(PARENT)
3. Have I failed to teach my children to pray?
(PARENT)

Widowed / Elderly / Retired

Later life lived in holiness, mutual support, and continued faithful witness. (1 Tim 5:15-18, 20-21; 2 Chr 31:20-21)

1. Has confession become less frequent without good reason?

(WIDOWED_ELDERLY_RETIRED)

Pride

Pride was not created for human beings. (Sir 10:18)

Exalting oneself, forgetting dependence on God, and placing personal greatness above humility. (Sir 10:12-18; Isa 2:11, 17-18)

1. Have I been proud?
2. Have I been boastful?
3. Have I been defensive?
4. Have I been unwilling to listen to God?
5. Have I been unwilling to listen to other people?
6. Have I boasted?
(CHILDREN_YOUTH)
7. Have I demanded attention?
(CHILDREN_YOUTH)
8. Have I acted like I was better than others?
(CHILDREN_YOUTH)
9. Have I refused correction?
(CHILDREN_YOUTH)

Greed

Take care! Be on your guard against all kinds of greed. (Lk 12:15)

Being driven by gain and possessions rather than charity, justice, and trust in God. (Lk 12:15-21; Job 20:19-23, 26-29; Sir 27:1-3)

1. Have I been greedy?
2. Have I placed too much value on money?
3. Have I placed too much value on possessions?
4. Have I harmed charity because of greed?
5. Have I harmed justice because of greed?

Lust

Fornication, impurity, passion, evil desire. (Col 3:5)

Allowing bodily desire to rule reason and holiness instead of self-mastery. (Rom 6:12-13; Rom 13:13-14)

1. Have I fed lust through my thoughts?
2. Have I fed lust through my words?
3. Have I fed lust through my actions?
4. Have I allowed temptation to grow instead of resisting it?
5. Have I flirted in an impure way?
(ADOLESCENT_YOUNG_ADULT)
6. Have I sexted?
(ADOLESCENT_YOUNG_ADULT)
7. Have I used content that fed lust?
(ADOLESCENT_YOUNG_ADULT)
8. Have I failed to resist impurity even when I knew it was wrong?
(ADOLESCENT_YOUNG_ADULT)

Envy

All toil and all skill in work come from one person's envy of another. (Eccl 4:4)

Resenting another's good and refusing peace, charity, and mutual upbuilding. (Rom 13:13-14; Rom 14:13-21)

1. Have I been jealous of others?
2. Have I resented the gifts of others?
3. Have I resented the successes of others?
4. Have I failed to rejoice in what is right and good?

Gluttony

Relax, eat, drink, be merry. (Lk 12:19-20)

Letting appetite and comfort rule the person instead of disciplined gratitude. (Lk 12:19-21; Rom 13:13-14)

1. Have I lacked self control in eating?
2. Have I lacked self control in drinking?
3. Have I lacked self control in other pleasures?

Wrath

Get rid of all such things—anger, wrath, malice. (Col 3:8)

Anger that becomes harsh, proud, or destructive rather than being governed by justice and charity. (Sir 10:6-7, 18; Rom 14:13-21)

1. Have I given in to anger?
2. Have I kept grudges?
3. Have I wanted revenge?
4. Have I failed to practice patience?
5. Have I failed to practice forgiveness?
6. Have I used silent treatment in anger?
(MARRIED)
7. Have I shown contempt toward my spouse?
(MARRIED)
8. Have I been harsh toward my spouse?
(MARRIED)
9. Have I unfairly withdrawn love?
(MARRIED)
10. Has parenting fatigue led me to unjust anger?
(PARENT)
11. Has parenting fatigue led me to neglect?
(PARENT)
12. Has parenting fatigue led me to inconsistent discipline?
(PARENT)

Sloth

How long will you lie there, O lazybones? (Prov 6:6-11)

Spiritual laziness and unwillingness to persevere in God's rest and work. (Heb 4:9-11; 2 Chr 31:20-21; Deut 17:19-20)

1. Have I been spiritually lazy?
2. Have I neglected prayer?
3. Have I neglected the sacraments?
4. Have I avoided duties because it was easier?

5. Have I avoided duties because I was afraid?
6. Have I avoided duties through deliberate avoidance?
7. Have I become isolated?
(WIDOWED_ELDERLY_RETIRED)
8. Have I become bitter?
(WIDOWED_ELDERLY_RETIRED)
9. Have I become spiritually inactive?
(WIDOWED_ELDERLY_RETIRED)
10. Have I failed in charity?
(WIDOWED_ELDERLY_RETIRED)
11. Have I failed in hope?
(WIDOWED_ELDERLY_RETIRED)

Children & Youth - School

Learning obedience, honesty, and diligence rather than laziness or disregard for duty. (Dt 4:10; 2 Chr 31:20-21; Heb 4:11)

1. Have I cheated on schoolwork?
(CHILDREN_YOUTH)
2. Have I copied schoolwork?
(CHILDREN_YOUTH)
3. Have I disrespected teachers?
(CHILDREN_YOUTH)
4. Have I disrespected classmates?
(CHILDREN_YOUTH)
5. Have I spoken untruthfully about assignments?
(CHILDREN_YOUTH)

Children & Youth - Home

Learning obedience, honesty, and diligence rather than laziness or disregard for duty. (Dt 4:10; 2 Chr 31:20-21; Heb 4:11)

1. Have I avoided chores?
(CHILDREN_YOUTH)
2. Have I complained about chores?
(CHILDREN_YOUTH)
3. Have I been unkind to siblings?
(CHILDREN_YOUTH)
4. Have I neglected home responsibilities?
(CHILDREN_YOUTH)

Adolescents & Young Adults - School/Work

Choosing companions, speech, and habits that build peace rather than jealousy, disorder, or ruin. (Sir 27:4-7, 14-17; Rom 13:13-14; Rom 14:13-21)

1. Have I been dishonest on tests?
(ADOLESCENT_YOUNG_ADULT)
2. Have I been dishonest on projects?
(ADOLESCENT_YOUNG_ADULT)
3. Have I been dishonest on work tasks?
(ADOLESCENT_YOUNG_ADULT)
4. Have I failed to meet responsibilities fairly?
(ADOLESCENT_YOUNG_ADULT)

Adolescents & Young Adults - Peers

Choosing companions, speech, and habits that build peace rather than jealousy, disorder, or ruin. (Sir 27:4-7, 14-17; Rom 13:13-14; Rom 14:13-21)

1. Have I pressured others to sin?
(*ADOLESCENT_YOUNG_ADULT*)
2. Have I joined bad company?
(*ADOLESCENT_YOUNG_ADULT*)
3. Have I ignored warning signs in friendships?
(*ADOLESCENT_YOUNG_ADULT*)
4. Have I ignored warning signs in places I go?
(*ADOLESCENT_YOUNG_ADULT*)

Single Adults - Work

Using freedom for holiness, service, and disciplined self-mastery. (Rom 6:12-13; Heb 4:14-16; 1 Tim 5:22)

1. Have I been lazy at work?
(*SINGLE_ADULT*)
2. Have I been unethical at work?
(*SINGLE_ADULT*)
3. Have I allowed too much work to make me neglect prayer?
(*SINGLE_ADULT*)
4. Have I allowed too much work to make me neglect spiritual duties?
(*SINGLE_ADULT*)

Single Adults - Discernment

Using freedom for holiness, service, and disciplined self-mastery. (Rom 6:12-13; Heb 4:14-16; 1 Tim 5:22)

1. Have I avoided God's call because of comfort?
(*SINGLE_ADULT*)
2. Have I avoided God's call because of unchosen habits?
(*SINGLE_ADULT*)
3. Have I avoided God's call because of impurity?
(*SINGLE_ADULT*)
4. Have I refused to grow in virtue?
(*SINGLE_ADULT*)

Married Persons - Spousal

Faithfulness, mutual support, and responsible stewardship within the household. (1 Tim 5:14-16; Rom 13:7-8; 2 Chr 31:18-21)

1. Have I been faithful to my spouse?
(*MARRIED*)
2. Have I been emotionally supportive to my spouse?
(*MARRIED*)
3. Have I harmed the marriage with unloving words?
(*MARRIED*)
4. Have I harmed the marriage with unloving actions?
(*MARRIED*)

Married Persons - Household

Faithfulness, mutual support, and responsible stewardship within the household. (1 Tim 5:14-16; Rom 13:7-8; 2 Chr 31:18-21)

1. Have I handled chores fairly?

(MARRIED)

2. Have I handled money fairly?

(MARRIED)

3. Have I handled resources with charity?

(MARRIED)

4. Have I handled resources with honesty?

(MARRIED)

5. Have I used chores, money, or resources to control others?

(MARRIED)

6. Have I used chores, money, or resources to neglect others?

(MARRIED)

7. Have I used chores, money, or resources to take advantage of others?

(MARRIED)

Parents - Children

Shaping the household by prayer, discipline, and protection from scandal. (Dt 4:10, 13-14; Rom 14:13-21; Ezek 33:6-9)

1. Have I modeled prayer for my children?

(PARENT)

2. Have I disciplined my children justly?

(PARENT)

3. Have I helped my children grow spiritually?

(PARENT)

4. Have I neglected my children?

(PARENT)

5. Have I failed to correct my children?

(PARENT)

6. Have I allowed sin to grow in my children?

(PARENT)

Parents - Correction & Protection

Shaping the household by prayer, discipline, and protection from scandal. (Dt 4:10, 13-14; Rom 14:13-21; Ezek 33:6-9)

1. Have I failed to correct wrongdoing in a timely way?

(PARENT)

2. Have I failed to correct wrongdoing in a fair way?

(PARENT)

3. Have I failed to correct wrongdoing in a loving way?

(PARENT)

4. Have I been inconsistent in correction?

(PARENT)

5. Have I refused clear boundaries?

(PARENT)

Parents - Avoiding Scandal

Shaping the household by prayer, discipline, and protection from scandal. (Dt 4:10, 13-14; Rom 14:13-21; Ezek 33:6-9)

1. Have I allowed situations at home that predictably lead children toward sin?

(PARENT)

2. Have I allowed sinful habits to develop in the home?

(PARENT)

3. Have I allowed unsafe media in the home?

(PARENT)

4. Have I been too permissive with media?
(PARENT)
5. Have I failed to monitor what my children consume?
(PARENT)
6. Have I failed to protect my children from spiritual danger?
(PARENT)

Direct & Voluntary Participation

Direct involvement, encouragement, approval, or silence that enables wrongdoing. (1 Tim 5:22; Rom 14:13, 15, 20-21; Ezek 33:6-9)

1. Have I joined in another person's sin directly and on purpose?

Ordering / Initiating Sin

Direct involvement, encouragement, approval, or silence that enables wrongdoing. (1 Tim 5:22; Rom 14:13, 15, 20-21; Ezek 33:6-9)

1. Have I told someone to commit a sin?
2. Have I pushed or pressured someone to commit a sin?
3. Have I initiated someone else's sinful action?

Advising / Encouraging

Direct involvement, encouragement, approval, or silence that enables wrongdoing. (1 Tim 5:22; Rom 14:13, 15, 20-21; Ezek 33:6-9)

1. Have I advised someone to commit a sin?
2. Have I encouraged someone to commit a sin?
3. Have I led someone into sin by my example?

Praising / Approving Sin

Direct involvement, encouragement, approval, or silence that enables wrongdoing. (1 Tim 5:22; Rom 14:13, 15, 20-21; Ezek 33:6-9)

1. Have I praised sinful behavior?
2. Have I approved of sinful behavior?
3. Have I acted like sin was acceptable because it suited me?

Not Hindering / Not Disclosing

Direct involvement, encouragement, approval, or silence that enables wrongdoing. (1 Tim 5:22; Rom 14:13, 15, 20-21; Ezek 33:6-9)

1. Have I failed to report wrongdoing when I had a real duty to do so?
2. Have I failed to stop wrongdoing when I could and should have?

Protecting Evil-Doers

Direct involvement, encouragement, approval, or silence that enables wrongdoing. (1 Tim 5:22; Rom 14:13, 15, 20-21; Ezek 33:6-9)

1. Have I protected someone who was doing wrong?
2. Have I covered for someone's wrongdoing?
3. Have I helped someone continue harming others?

Grave Offense (Leading Others to Sin)

Giving bad example or becoming a stumbling block that makes it easier for others to fall into sin. (Rom 14:13, 15-21; Ezek 33:6-9)

1. Have my actions or my failure to act deliberately led others to sin?
2. Have my choices made it easier for others to choose sin?
3. Have I encouraged sinful behavior by bad example?
4. Have I caused spiritual harm through my influence?