An Examination of Conscience for Children
Using the 10 Commandments

1. I am the Lord your God. You shall not have strange gods before me.
   Have I wanted more things, making things or money more important than God?
   Have I made an idol of sports or entertainment figures?

2. You shall not take the name of the Lord your God in vain.
   Do I use God’s name carelessly?
   Do I use God’s name in anger?

3. Remember to keep holy the Lord's Day.
   Did I attend Mass on Sunday?
   Did my behavior make it difficult or impossible for my parents to get to church on time?
   Have I remembered to pray daily?

4. Honor your father and your mother.
   Do I obey my parents?
   Have I done my chores without complaining?
   Do I do my chores without being reminded?
   Have I been disrespectful to teachers, coaches or others in authority?

5. You shall not kill.
   Do I keep my patience or do I lose my temper?
   Do I hold grudges and try to get even with others?
   Have I been unfair to others, especially those who are different than I am?

6. You shall not commit adultery.
   Do I show respect for my body?
   Do I respect the bodies of others?
   Do I avoid harmful things like drugs, tobacco and alcohol?

7. You shall not steal.
   Have I taken something that belongs to someone else?
   Have I “forgotten” to return something that I borrowed?
   Have I used money responsibly?
8. You shall not bear false witness against your neighbor.
   Do I play fairly or do I ever cheat at school or games?
   Have I been honest or have I lied?
   Have I hurt someone by what I have said or done?
   Have I copied someone else’s homework?

9. You shall not covet your neighbor's wife.
   Have I been jealous of the friends that someone else has?
   Have I tried to be kind to others?

10. You shall not covet your neighbor's goods.
    Have I been jealous of the things that my friends have?
    Have I nagged my parents into buying things because my friends have them?
    Have I helped others when they needed help?

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