Examination of Conscience
Based on the Ten Commandments

1. You shall have no gods before me
   Is God the center of my life?
   Do I fully practice my faith?
   Is there a relationship, a possession, an activity that has become more important
to me than God?

2. You shall not take the name of the Lord in vain.
   Do I swear or use God’s name in vain?
   Is my speech worthy of a child of God?

   Do I attend Mass on all Sundays and holy days?
   Do I make Sunday a day of rest and prayer?
   Do I avoid unnecessary work and shopping on Sundays?

4. Honor your father and mother.
   Do I love, respect and obey my parents?
   Do I respect and help those in authority?

5. You shall not kill.
   Have I physically or emotionally hurt others?
   Do I respect the dignity of everyone?
   Do I work for the great cause of the defense of all human life?
6. You shall not commit adultery.
   Do I live chastity as proper to my state in life?
   Do I respect the sexuality of others and myself as a divine gift?
   Do I use artificial contraceptives?
   Do I use masturbation, pornography, extra-marital sexual intercourse as a way to gratify lust?

7. You shall not steal.
   Have I taken what does not belong to me?
   Do I work diligently for the pay I receive?
   Do I share what the Lord has given to me?

8. You shall not bear false witness against your neighbor.
   Do I lie?
   Have I gossiped or slandered others?
   Have I hurt the reputation of others?

9. You shall not covet your neighbor’s wife.
   Do I honor and respect the proper boundaries of relationships?
   Have I led others to sin through immodesty or bad example?

10. You shall not covet your neighbor’s possessions.
    Am I envious or jealous of others?
    Am I selfish, greedy or possessive with things or relationships?

Taken from the brochure: Personal Encounter with Jesus Christ: The Sacrament of Reconciliation by the Rosary Evangelization Apostolate