

A Thorough Adult Examination of Conscience For Confession Based on the Ten Commandments

1st Commandment

I am the LORD your God. You shall worship the Lord your God and Him only shall you serve. Have I...

- Put career, money, financial goals, opinions, social or personal interests or politics more important than my Christian vocation?
- Refused to accept what God has revealed, and what the Church teaches?
- Denied the Catholic Faith, or deliberately misled others about it?
- Put partisan political views ahead of Church teaching?
- Not attended Mass on Sundays or Holy Days because of laziness, business or other activities?
- Not brought my children to Mass on Sundays or Holy Days because of sports or other activities?
- Neglected to have my children baptized, confirmed or receive Communion in a timely fashion, or neglected to be actively involved in their preparation for these Sacraments?
- Have given the Church a bad name by what I've said or done?
- Despaired about my salvation or the forgiveness of my sins?
- Loved someone or something more than God (money, power, pleasure, sex, ambition, etc.)?
- Engaged in superstitious practices (horoscopes, palm readers, etc.)?
- Been involved in the occult (seances, ouija board, etc.)?
- Formally left or mocked the Catholic Church?
- Hidden a serious sin or told a lie in confession?

2nd Commandment

You shall not take the name of the Lord your God in vain. Have I...

- Used God's name in cursing or blasphemy?
- Mocked the Church or sacred things, or mocked people because of their religion?
- Enjoyed entertainment that mocked God, the Church, the saints, or sacred things?
- Used suggestive or obscene speech?
- Belittled others in speech?
- Behaved disrespectfully in Church?

- Committed perjury (breaking an oath or lying under oath)?
- Blamed God for misfortunes?

3rd Commandment

Remember to keep holy the Sabbath day. Have I...

- Missed Mass on Sundays or Holy Days (without sufficient reason)?
- Habitually come late to and/or leave early from Mass without a good reason?
- Worked unnecessarily on Sundays?
- Not taken my children to Mass?
- Received a sacrament (other than confession) while in the state of mortal sin?
- Set time aside each day for personal prayer to God?

4th Commandment

Honor your father and your mother. Have I...

- Neglected the needs of elderly parents, family members or neighbors?
- Neglected the religious and moral upbringing of my children (including after Confirmation)?
- Been too lax or severe in disciplining my children? Too impatient?
- Ensured that my children frequent the sacraments of Penance and Holy Communion?
- Provided my children with a positive and healthy education in the virtues of honesty, charity, self-control, chastity and the other virtues? Set a good example for my children? Prayed with and for my children?
- (If in public policy) Promoted policies that uphold social justice and healthy family life?
- (If still under my parents' care) Obeyed all that my parents reasonably ask of me?

5th Commandment

You shall not kill. Have I...

- Unjustly inflicted or threatened bodily harm on someone?
- Verbally or emotionally abused another person?
- Hated, wished evil or harbored grudges against another person?
- Discriminated against another person because of their race, nationality, sex or religion?
- Harassed or threatened someone?
- Driven recklessly or under the influence of alcohol or drugs?
- Abused alcohol or drugs, or deliberately or carelessly became intoxicated?
- Illegally sold or given drugs to others?
- Helped another to commit a mortal sin (through advice, driving them somewhere, etc.)?
- Failed to control my temper?
- Refused to forgive, especially when mercy or pardon was requested?
- Sought revenge?

- Delighted to see someone else get hurt or suffer?
- Been guilty of racist thoughts, jokes or actions?
- Directly and intentionally killed an innocent person?
- Been involved with in-vitro fertilization and the cryopreservation of human embryos?
- Been involved in an abortion, directly or indirectly (through advice, payment, etc.)?
- Seriously considered or attempted suicide? Have I assisted another in a suicide?
- Been party to or consented to euthanasia?
- Mutilated myself or another person?
- Been involved with human trafficking?
- Been involved with illicit or harmful drug dealing?
- Promoted or encouraged assisted suicide or euthanasia?
- (If a landlord) Been inconsiderate or unaccommodating to poor persons or families, and the legitimate needs of tenants?
- (If in public policy) Supported torture in any way?
- (If in public policy) Failed to support laws and policies promoting the right-to-life of the unborn and other forms innocent or vulnerable life?
- (If in military or government operations) Been involved in campaigns that involve torture or the direct and intentional killing of innocent persons or non-belligerents?
- (If in the medical/scientific profession) Been willfully involved with or assisted with an abortion, euthanasia, in-vitro fertilization, trans gendering, cryopreserving or experimenting with human embryos or any form of killing, deforming or mutilating persons?

6th & 9th: Commandment

You shall not commit adultery...nor covet your neighbor's spouse. Have I...

- Committed adultery or been unfaithful to my marriage vows in any way?
- Engaged in any kind of relationship which compromises marriage vows?
- Willfully entertained impure thoughts?
- Used artificial birth control?
- Been disrespectful to my spouse in word or deed?
- Abused my spouse, verbally or physically?
- Deceived or lied to my spouse?
- Refused to reconcile hurts or differences with my spouse?
- Engaged in sexual activity outside of marriage?
- Harbored grudges or anger toward my spouse?
- Courted inappropriate relationships at work?
- Sexually harassed employees or colleagues at work?
- Married outside the Church?
- Cohabited or lived unchastely with someone outside of marriage?
- Viewed pornography or used social media in an unchaste way?
- Enjoyed unchaste entertainment?
- Gone to strip clubs or similar establishments?

- Been unchaste with myself?
- Sexually abused or engaged in inappropriate activity with a minor, elderly person or any vulnerable person?
- Performed or participated in in-vitro fertilization or artificial insemination?
- Sterilized myself?
- Engaged in homosexual activity?
- Dressed immodestly?
- (If in public policy) Promoted marriage as something other than a union between one man and one woman?
- (If employer or manager) Used my position to court sexual favors?
- (If employer or manager) Neglected to promote a safe and appropriate environment for workers?

7th and 10th Commandment

You shall not steal...nor covet your neighbor's goods. Have I...

- Stolen or embezzled?
- Cheated or been dishonest any business or commercial dealings?
- Harbored envy against others because of their possessions, talents, status or accomplishments?
- Helped the poor and needy, and respected their rights to food, shelter, clothing and kindness?
- Deprived my family because of selfish consumption or pleasure?
- Spent or invested my money unwisely, carelessly or selfishly?
- Incurred risky, careless or undue debt?
- Gambled excessively?
- Defaced or destroyed another's property?
- Cheated on taxes?
- Engaged in business practices that exploit or harm the poor or disadvantaged?
- Engaged in business practices which misuse or squander natural resources?
- Overcharged someone?
- Made a false or contrived claim to an insurance company?
- Honored my part in contracts?
- (If employed by someone else) Performed the work that my employer pays me to do to the best of my ability?
- (If an employer) Paid my employees a just wage?
- (If an employer) Treated my employees — or the employees of anyone with whom I do business, especially those of humble status or stressful work — with respect?
- (If an employer) Respected the legitimate family and health needs of employees to the best of my ability?
- (If an employer) Been overbearing in my demands?
- (If in business or public service) Accepted or given bribes or gifts for commercial or political favors?

- (If in business of public service) Engaged in unethical or illegal practices? given bribes, or gifts, that betoken immoral or illegal practices in business or politics?
- (If in public policy) Supported the human rights and dignity of immigrants, migrants, minorities, the poor and working people, to the best of my ability and according to my best judgment?

8th Commandment

You shall not bear false witness against your neighbor. Have I...

- Lied or maliciously deceived another?
- Perjured myself (lied under oath)?
- (Especially for those in the legal profession) Told someone else to perjure himself/herself?
- Gossiped or promoted rumors?
- Committed slander or calumny? (Told lies that destroy a person's reputation)
- Committed detraction (Destroying a person's reputation by disclosing his or her faults for no good reason)?
- Committed libel? (Deliberately writing lies or misleading information about another person)?
- Been guilty of rash judgment (Unreasonably assuming the worst about someone)?
- Betrayed confidences?



"But the tax collector, standing some distance away, was even unwilling to lift up his eyes to heaven, but was beating his breast, saying, 'God, be merciful to me, the sinner!'" (Luke 18:13)