

An example of an Examination of Conscience:

Begin with a prayer asking the Holy Spirit to see you as God sees you. Ask for the courage to confess what is needed. Then ask yourself questions such as these:

- **DO I MAKE ANYONE OR ANYTHING MORE IMPORTANT TO ME THAN GOD? DO I TAKE TIME TO PRAY EACH DAY?**
- **DO I USE GOD'S NAME RESPECTFULLY AND AVOID CURSING AND SWEARING?**
- **DO I PARTICIPATE IN MASS EACH SUNDAY OR SATURDAY EVENING?**
- **AM I RESPECTFUL OF OTHERS?**
- **AM I FAITHFUL TO MY MARRIAGE VOWS (IF MARRIED)?**
- **DO I WORK TO HELP THE POOR, OTHER FAMILY MEMBERS, AND NEIGHBORS WHO NEED SPECIAL ATTENTION?**
- **DO I AVOID ANYTHING THAT WOULD HARM MY BODY OR OTHERS?**
- **HAVE I BEEN SELFISH?**
- **HAVE I STOLEN ANYTHING? HAVE I ABUSED OR FAILED TO RETURN ITEMS I BORROWED?**
- **AM I TRUTHFUL? HAVE I BEEN FAIR AND HONEST WITH FRIENDS, FAMILY, NEIGHBORS AND CO-WORKERS?**
- **HAVE I BEEN HAPPY FOR OTHERS WHEN THEY HAVE THINGS THEY WANT OR NEED, OR AM I JEALOUS?**
- **DO I AVOID EXCESSIVE USE OF ALCOHOL?**
- **DO I AVOID SITUATIONS THAT I KNOW WILL LEAD ME TO SIN?**
- **HAVE I MADE GOD MY TREASURE RATHER THAN MATERIAL POSSESSIONS?**