

Examination of Conscience for High Schoolers

You shall love the Lord, your God, with all your heart, with all of your soul, and with all your strength

1. *I am the Lord, your God; you shall not worship other gods.*

- Is there anything or anyone more important for me than God or have I put other things -- money, clothes, sports, TV, music pleasure, peer approval or famous celebrities before God?
- Do I pray every single day? Do I start and finish the day with prayer? Do I only pray when I need something or do I also seek to praise and thank Him too?
- Have I made a serious effort to get to know my faith well?
- Do I believe the false idea that one religion is just as good as another?
- Have I denied my faith before others? Have I been willing to affirm, defend and practice my faith before others and not just in private?
- Have I believed in horoscopes, have I consulted witches or enchanters, have I consulted palm-readers or tarot readers, have I used or participated in the use of an Ouija board, have I used charms or amulets, or engaged in other superstitious practices? **(Mortal Sin)**

2. *You shall not take the name of the Lord in vain.*

- Have I spoken about God, or used the name of God or Jesus or Mary, carelessly or without thinking?
- Have I made fun of or mocked God, Jesus, Mary or the Church? **(Mortal Sin)**
- Do I use bad language?
- Do I try my best to fulfill the promises and resolutions that I have made toward God, especially those of my Baptism and Confirmation?
- Have I shown disrespect for the Blessed Virgin Mary, the saints, the Church and those who have consecrated their lives to God?

3. *Keep holy the Lord's Day.*

- Did I miss Mass on a Sunday or a Holy Day of Obligation through my own fault? **(Mortal Sin)**
- Have I made a fuss about going to Mass?
- Have I refused to go the Mass? **(Mortal Sin)**
- Have I tried to pay attention to what is going on at the altar when I am at Mass or

- do I just go through the motions?
- Do I participate at Mass by singing and praying the responses or am I just a spectator wanting to be entertained (I'm bored!)?
- Do I arrive at Mass late due to carelessness or have I left early without serious reason? Do I hang out in the back of the church or outside?
- Do I talk and joke with others when I am at Mass?
- Have I kept the Eucharistic Fast?
- Do I chew gum or eat at Mass?
- Have I received Holy Communion in a state of **Mortal Sin? (Mortal Sin)**
- Am I careful to kneel, sit or stand at the right times?
- Have I made time to pray and to read the Bible daily; and especially on Sundays and Holy Days?
- Have I used Sunday just as a part of the "weekend" or as a day for acts of love towards God, my family or those in need?

You shall Love your neighbor as yourself

4. Honor your father and your mother.

- Do I always obey my parents or those in authority (teachers, coaches, principal, police, etc.) and do what they tell me to do?
- Do I obey right away?
- Do I follow my parents' rules?
- Do I talk back to my parents?
- Do I yell at them?
- Do I say mean things to them?
- Do I hide things from my parents?
- Do I lie to my parents?
- Do I tell them *"thank you"*?
- Do I show them love, affection, and respect?
- Do I go places my parents tell me not to go? (**Mortal Sin**)
- Do I watch things my parents tell me not to watch? (**Mortal Sin**)
- Do I read or watch things that I know are not appropriate?
- Have I disrespected my family members or treated them poorly, by insulting, mocking ridiculing or yelling at them?
- Do I try to bring happiness and peace to my family or do I cause tension and division (also known as *"Drama"*)?
- Have I fought or argued with my brothers or sisters?
- Do I offer to help out around the house?

- Do I complete my homework and chores to the best of my ability?
- Do I make time to visit my elderly relatives and those in poor health?
- Have I ignored my old friends in order to be part of the popular crowd?

5. You shall not kill

- Have I been mean to others?
- Do I bully others?
- Do I get angry easily or lose my temper? Do I act rudely, impolitely or arrogantly toward others?
- Do I insult or make fun of others or try to hurt others by my words or actions?
- Do I say things in 'fun' or trying to be funny or cool that hurt others?
- Have I physically harmed someone or tried to do so? Have I been violent in my words or actions?
- Do I refuse to forgive someone?
- Do I hold a grudge or try to get even with anyone?
- Do I hate anyone? (**Mortal Sin**)
- Do I lead others in not being friends with someone I do not like?
- Have I intentionally cut or harmed my body?
- Have I done drugs, allowed myself to become intoxicated or done other things that will damage my health? (**Mortal Sin**)
- Have I sold or distributed drugs? (**Mortal Sin**)
- Have I lead others into sin? (**Mortal Sin**)
- Have I attempted suicide or entertain thought of taking my life?
- Have I harmed animals or been destructive to the environment
- Did I have an abortion, or encourage or help someone else to have one? (**Mortal Sin**)

6. You shall not commit adultery.

- Do I take good care of my body?
- Do I eat the right foods?
- Have I remained chaste and pure in mind and body, as God asks of me?
- Do I dress in a modest and self-respecting way?
- Do I like to show off my body?
- Have I been a temptation of sin to others by acting or dressing immodestly?
- Do I respect my friends?
- Have I treated others, in my words, thoughts or actions, as objects? Have I

fondled or kissed someone lustfully?

- (For Boys) Do I show proper respect for girls?
- (For Girls) Do I show proper respect for boys?
- Do I respect my friends' personal space?
- Do I treat everyone as though they are a Child of God?
- Did I commit impure acts with myself (masturbation), or with others through adultery (sex with a married person), fornication (premarital sex), or homosexual activity? (**Mortal Sin**)
- Do I have a reverence for the Sacrament of Marriage as God made it, a union by God, of one man and one woman?

7. You shall not steal.

- Have I taken anything that did not belong to me without asking permission?
- Did I return what I took? Was it at least in the same condition as when I borrowed it?
- Have I taken something that should have gone to someone else?
- Have I taken anything of value or shoplifted? (**Mortal Sin**)
- Did I knowingly receive stolen goods?
- Have I made restitution for anything of value that I have stolen?
- Have I cheated on a test?
- Have I cheated on a game or changed the rules in the middle to give me an advantage?
- Have I wasted time, goods or food?

8. You shall not bear false witness against your neighbor.

- Have I told lies?
- Have I told lies to hide what I have done wrong?
- Have I said things to make myself look better to others?
- Have I told lies to hurt others?
- Do I love the truth?
- Have I broken promises?
- Have I betrayed secrets?
- Have I talked behind someone's back or spread rumors (gossip)?
- Have I joined in when others are talking negatively about someone?
- Have I lied about someone? Have I hurt others by revealing true hidden faults about them?
- Have I used twitter, snapchat or any other form of social media or app in ways

that are hurtful or damaging to others?

9. You shall not covet your neighbor's wife.

- Am I jealous or envious of my friends?
- Do I continue to do things even after I have been told "No"?
- Do I get into other people's business?
- Do I respect other people's privacy?
- Am I careful about sharing information about myself and about my family?
- Do I give into curiosity about things that are forbidden to me?
- Do I look at or listen to impure things?
- Have I viewed pornography? (**Mortal sin, if it was intentional**)
- Have I thought about impure or lustful desires? (**Mortal sin, if it was intentional**)
- Have I looked at someone else with an impure or lustful desire? (**Mortal sin, if it was intentional**)
- Have I engaged in dirty conversations?

10. You shall not covet your neighbor's property?

- Do I want to have the things others have?
- Am I jealous of people who have lots of things?
- Is it hard for me to share my things?
- Do I constantly ask my parents for new things?
- Am I content with what I have or do I always want more?
- Am I grateful for the things that I do have?
- Do I judge people by the clothes they wear or the condition of the things they have?
- Do I go out of my way to make friends with people who don't have nice clothes or nice things?
- Do I use the money that I have responsibly?
- Am I generous in supporting the mission of the Church? Do I give willingly, my time, talents and treasure in the apostolic and charitable works of my parish community?

Other Sins:

- Have I intentionally refused to mention some grave sin in my previous confessions?
(**Mortal Sin** - note that in this case all mortal sins confessed in those previous confessions)

and since then must be confessed anew)

- Have I fulfilled my obligation to go to confession at least once a year and of going worthily to Holy Communion at least during the Easter Season? (***Failure to do so would be a Mortal Sin***)
- Did I fast on Ash Wednesday and Good Friday?
- Did I abstain from meat on the Fridays of Lent or Ash Wednesday?