

EXAMINATION OF CONSCIENCE - SHORTER VERSION

- Did I deny or doubt God's existence?
- Did I refuse to believe God's revelation?
- Did I believe in horoscopes, fortune telling, dreams, good luck charms or reincarnation?
- Did I deny I was a Catholic?
- Did I abandon the Catholic Faith?
- Did I despair of or presume of God's mercy?
- Did I neglect prayer for a long time?
- Did I fail to pray daily?
- Did I blaspheme God or take God's Name in vain, curse or break an oath or vow?
- Did I miss mass on a Sunday or on a Holy Day of Obligation through my own fault?
- Am I always reverent in the presence of the Most Blessed Sacrament?
- Was I inattentive at Mass?
- Did I arrive at Mass late?
- Did I leave Mass early?
- Did I do unnecessary servile work on Sunday?
- Did I disobey or disrespect my parents or legitimate superiors?
- Did I neglect my duties to my Husband, Wife, children or parents?
- Did I fail to actively take an interest in the religious education and formation of my children?
- Have I failed to educate myself concerning the teachings of the church?
- Did I give a full day's work in return for a full day's pay?
- Did I give scandal by what I said or did, especially to the young?
- Was I the cause of anyone abandoning the Catholic Faith?
- Did I give a fair wage to my employee(s)?
- Was I impatient, angry, envious, unkind, proud, jealous, revengeful, hateful toward others or lazy?
- Did I give a bad example, abuse drugs, drink alcohol to excess, fight or quarrel?
- Did I physically injure or kill anyone?
- Have I had or advised anyone to have an abortion?
- Did I participate in or approve of the grave evil known as "mercy killing" or euthanasia?
- Did I attempt suicide?
- Did I willfully entertain impure thoughts and desires?
- Did I dress immodestly?
- Did I use impure stories or listen to them?
- Did I deliberately read impure material?

- Did I perform impure acts by myself (masturbation) or with another (adultery, fornication or sodomy)?
- Did I marry or advise another to marry outside of the church?
- Did I abuse my marriage rights?
- Was I unfaithful to my marriage vows?
- Have I kept company with someone else's spouse?
- Did I practice artificial birth control or was I or my spouse permanently sterilized (tubal ligation or vasectomy)?
- Did I steal, cheat, help or encourage others to steal or keep stolen goods?
- Have I made restitution for stolen goods?
- Did I fulfill my contracts, give or accept bribes, pay my bills, rashly gamble or speculate or deprive my family of the necessities of life?
- Did I tell lies, deliberately in order to deceive or injure others?
- Did I commit perjury?
- Did I vote in accordance with a properly informed conscience, in a way consistent with the teachings of the church, in regard to the sanctity of human life and human life issues?
- Was I uncharitable in word or deed?
- Did I gossip or reveal the faults and sins of others?
- Did I fail to keep secrets that I should have kept?
- Did I eat meat on Fridays during Lent or on Ash Wednesday?
- Did I fast as required on Ash Wednesday and Good Friday?
- Did I fail to receive Holy Communion during the Easter season?
- Did I fail to confess my sins at least once a year?
- Did I go to Holy Communion in the state of mortal sin?
- Did I go to Holy Communion without fasting for one hour or more from food and drink (water and medicine are permitted)?
- Did I make a bad confession?
- Did I deliberately not tell all the sins I committed during one of my confessions?
- Did I fail to contribute to the support of the church?