

Examination of Conscience for Teens Based on the Ten Commandments

1. You shall have no other gods besides the Lord your God.

- Do I love God above all things?
- Is He number one in my life or do I put myself before God?
- Have money and pleasure become more important to me than the God who created me for Himself?
- Do I pray often? Have I neglected my friendship with God by neglecting prayer?
- Have I been involved with occult or superstitious practices, i.e., fortune telling?
- Have I ever received Holy Communion in the state of mortal sin?
- Have I told a lie in confession or deliberately withheld confessing a mortal sin?

2. You shall not take the Lord your God's name in vain.

- Have I ever committed perjury, that is, lied under oath in a court of law?
- Have I ever lied after "swearing to God" that I am telling the truth?
- Have I ever used God's name out of anger, that is, as a curse?

3. Keep the Sabbath day holy.

- Have I deliberately missed Holy Mass on the Sabbath (Saturday evening through Sunday)?
- Have I ever missed Mass on a Holy Day of Obligation.

4. Honor your father and your mother so that you may live long and flourish.

- Do I disobey my parents?
- Do I fail to respect them?
- Do I swear at them?
- Am I ashamed of them?
- Do I let them know I love them?
- Do I lie to them?
- Do I steal from them?
- Am I obeying and honouring those in place of my parents, such as teachers and principals?
- Do I skip class?
- Do I lie to my teachers?
- Do I swear at them?

5. You shall not kill.

- Am I killing myself by taking illegal drugs, such as marijuana?
- Abusing alcohol?
- Have I had an abortion?
- Have I ever counselled anyone to have an abortion?
- Do I stand up for the unborn child's right to life, or have I merely accepted society's anti-life mentality?
- Have I used abortifacient contraceptives or encouraged anyone to do so?
- Have I sterilized myself in any way or encouraged anyone to do so?
- Did I participate in or approve of euthanasia or "mercy-killing"?

- Have I murdered anyone's reputation by deliberately spreading rumours or keeping rumours alive by passing them on?
- Do I nurse anger against anyone?
- Hold a grudge?
- Refuse to forgive another?
- Have I cursed anyone?

6. You shall not commit adultery.

- Have I ever had sex with anyone?
- Have I had sex with myself?
- Have I ever watched pornography either on the Internet or through some other media?
- Have I ever freely and deliberately entertained impure thoughts?
- Have I practiced any form of contraception?
- Am I modest in dress?

7. You shall not steal.

- Do I steal from my parents?
- Do I steal from friends?
- Have I ever stolen from a stranger?
- Have I stolen any property from a store?
- In other words, have I ever taken what rightfully belongs to another?
- Do I gamble excessively?
- Do I seek to share what I have with the poor and needy?

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

- Am I a liar?
- Am I guilty of detraction, that is, making known the faults of others?
- Am I guilty of slander, that is, spreading lies about someone?
- Do I gossip about others?
- Do I reveal information that should be confidential?
- Am I "two-faced", that is, have I been a certain kind of person to some people, but a completely different kind of person to others?

9. & 10. You shall not envy your neighbor's wife and goods.

- Am I envious of others?
- Do I wish that others be deprived of the goods or talents that are theirs?
- Am I jealous of others?
- Do I harbor unforgiveness and grudges against others?
- Am I a resentful person?
- Do I put down others?