ACT OF CONTRITION

My God, I am sorry for my sins with all my heart.

In choosing to do wrong and failing to do good,

I have sinned against You whom I should love above all things.

I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin.

Amen.
Examination of Conscience
According to the Ten Commandments

1. I am the Lord your God. You shall not have strange gods before me.
   - Do I give God time every day in prayer?
   - Do I seek to love Him with my whole heart?
   - Have I been involved with superstitious practices or have I been involved with the occult?
   - Do I seek to surrender myself to God’s word as taught by the Church?
   - Have I ever received communion in the state of mortal sin?
   - Have I ever deliberately told a lie in Confession or have I withheld a mortal sin from the priest in Confession?

2. You shall not take the name of the Lord your God in vain.
   - Have I used God’s name in vain: lightly or carelessly?
   - Have I been angry with God?
   - Have I wished evil upon any other person?
   - Have I insulted a sacred person or abused a sacred object?

3. Remember to keep holy the Lord’s Day.
   - Have I deliberately missed Mass on Sundays or Holy Days of Obligation?
   - Have I tried to observe Sunday as a family day and a day of rest?
   - Do I do needless work on Sunday?

4. Honor your father and your mother.
   - Do I honor and obey my parents?
   - Have I neglected my duties to my spouse and children?
   - Have I given my family good religious example?
   - Do I try to bring peace into my home life?
   - Do I care for my aged and infirm relatives?

5. You shall not kill.
   - Have I had an abortion or encouraged or helped anyone to have an abortion?
   - Have I physically harmed anyone?
   - Have I abused alcohol or drugs?
   - Did I give scandal to anyone, thereby leading him or her into sin?
   - Have I been angry or resentful?
   - Have I harbored hatred in my heart?
   - Have I mutilated myself through any form of sterilization?
   - Have I encouraged or condoned sterilization?
   - Have I engaged, in any way, in sins against human life such as artificial insemination or in vitro fertilization?
   - Have I participated in or approved of euthanasia?

6. You shall not commit adultery.
   - Have I been faithful to my marriage vows in thought and action?
   - Have I engaged in any sexual activity outside of marriage?
   - Have I used any method of contraception or artificial birth control in my marriage?
   - Has each sexual act in my marriage been open to the transmission of new life?
   - Have I been guilty of masturbation?
   - Do I seek to control my thoughts and imaginations?
   - Have I respected all members of the opposite sex, or have I thought of other people as mere objects?
   - Have I been guilty of any homosexual activity?
   - Do I seek to be chaste in my thoughts, words, actions?
   - Am I careful to dress modestly?

7. You shall not steal.
   - Have I stolen what is not mine?
   - Have I returned or made restitution for what I have stolen?
   - Do I waste time at work, school, and home?
   - Do I gamble excessively, thereby denying my family of their needs?
   - Do I pay my debts promptly?
   - Do I seek to share what I have with the poor?
   - Have I cheated anyone out of what is justly theirs, for example creditors, insurance companies, big corporations?

8. You shall not bear false witness against your neighbor.
   - Have I lied? Have I gossiped?
   - Do I speak badly of others behind their back?
   - Am I sincere in my dealings with others?
   - Am I critical, negative or uncharitable in my thoughts of others?
   - Do I keep secret what should be kept confidential?
   - Have I injured the reputation of others by slanders?

9. You shall not desire your neighbor’s wife.
   - Have I consented to impure thoughts?
   - Have I caused them by impure reading, movies, television, conversation or curiosity?
   - Do I pray at once to banish impure thoughts and temptations?
   - Have I behaved in an inappropriate way with members of the opposite sex: flirting, being superficial, etc.?

10. You shall not desire your neighbor’s goods.
    - Am I jealous of what other people have?
    - Do I envy the families or possessions of others?
    - Am I greedy or selfish?
    - Are material possessions the purpose of my life?