



## Examination of Conscience before Confession

Ages 7-10

1. Do I say my morning and night prayers with real purpose, and do I try to think of God at different times throughout the day? Do I pay attention at Mass, especially at the Consecration, thinking of what's happening?
2. Have I saddened my parents, teachers, etc. by my behavior? Am I disobedient to them?
3. Do I know and accept that my "job" right now consists of school work and my tasks at home? Do I look for ways to get out of these jobs, or do I do them poorly?
4. Do I give bad example to my brothers, sisters, or friends in my attitude or actions?
5. Do I get carried away by bad moods or get angry without good reason?
6. Do I have the bad habit of always thinking of myself first? For example, am I unhappy unless I win a game, am first in line, get all the food I like, get to go where I want to go, etc.?
7. Am I selfish about my things? Does it bother me to have to share them with my brothers and sisters?
8. When I am sick or hurt, do I try not to complain? Do I try to offer up times when I am hurt as a private sacrifice to God?
9. Do I try to help my friends and family when they need it? Do I wait to be asked to help, or do I look for ways to do so on my own?
10. Do I realize how important it is to tell the truth and to be sincere at home, at school, and in talking to God in prayer?
11. Am I too caught up in the media world? Do I watch too much TV, or play video games and music more than spending time with my family and friends?
12. Do I look for ways to help others less fortunate than I, and do I volunteer my time?



## Examination of Conscience before Confession

Ages 11-16

1. Do I say my morning and night prayers with real purpose, and do I try to think of God at different times of the day?
2. Have I missed Mass on Sundays or Holy Days without making a real effort of my own to get there? Was I voluntarily distracted at Mass?
3. Have I spoken irreverently about holy things, the Sacraments, the Church, or its ministers? Have I uttered the name of God in disrespectful ways?
4. Do I have an excessive desire for independence which causes me to receive badly the commands of my parents and teachers? Do I realize that this reaction stems from pride?
5. Have I quarreled too much with my brothers and sisters?
6. Am I aware of my principal fault? Am I struggling to identify and get rid of this fault?
7. Do I try to control my appetite for material things (food, possessions, entertainment)? Do I get angry if things don't work out as I plan or want? Do I respect authority? Do I try to learn from disappointments rather than letting them get the best of me?
8. Do I study hard and with order, realizing that by doing so I make best use of the talents God has given me, and show appreciation for the effort my parents make to educate me?
9. Do I treat my peers with respect, and am I aware of the needs of others around me?
10. Have I given in to dishonesty by lying or cheating, either to avoid getting into trouble or for my personal benefit?
11. Have I really worked on my personal relationship with God, asking for special graces in times of temptation or important decisions?
12. Do I observe the details of modesty which safeguard purity? Have I seen bad movies or TV shows, or have I read immoral magazines or other material? Have I allowed my companions to convince me to succumb to any of these? Have I allowed myself to get carried away by desires opposed to the virtue of purity?
13. Have I used electronics wisely and with limits? Has an excess of cell phone usage, texting, music, and video games kept me from being more productive?