

EXAMINATION OF CONSCIENCE



- Did I fail to pray every day?
- Did I use the name of God in anger or without respect?
- Did I use bad words?
- Did I fail to forgive someone?
- Did I miss Mass on Sunday on purpose?
- Did I misbehave or play at Mass?
- Did I disobey my parents or teachers?
- Did I speak disrespectfully to my parents or teacher?
- Did I fail to do my chores?
- Did I argue or fight with my brothers or sisters?
- Did I call anyone names?
- Did I make fun of someone?
- Did I hurt someone?
- Did I use angry words?
- Did I give bad example?
- Did I lie?
- Did I cheat?

- Did I fail to do my homework or study?
- Did I want what other people have?
- Did I encourage others to do bad things?
- Did I refuse to play with someone I don't like?
- Did I eat many foods not good for my body?
- Did I fail to treat my body or the bodies of others with respect?
- Did I look at things that I knew could hurt my soul?
- Did I steal?
- Did I act unfairly in a game?
- Did I show poor sportsmanship?
- Did I brag, thinking I am better than other people?
- Did I put other people down?
- Did I show jealousy or envy of what other people have?
- Did I fail to share with others?
- Did I fail to help someone when I knew I should have?
- Did I commit any other sins?

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.