

Examination of Conscience for Adults

- Have I failed to give adequate time and attention to prayer?
If so, what else have I given higher priority?
- Have I used God's name irreverently or taken false or unnecessary oaths?
- Have I missed Mass on Sundays or Holy Days through my own fault?
If so, why? What did I choose to do instead?
- Have I neglected my duties at home, at work, or at school?
- Have I failed to show the love and respect that I promised to my spouse?
- Have I failed to teach, correct, and provide a good example to my children?
- Have I been disrespectful of authority figures (employer, parents, or teachers)?
- Have I been unjust or unkind to those under my authority?
- Have I quarreled with, or purposely hurt, anyone?
- Have I been judgmental or overly critical of others?
- Have I gossiped or spoken uncharitably about others?
- Have I harbored anger, resentment or envy toward anyone?
- Have I caused or led anyone else to commit sin?
- Have I indulged in impure thoughts, actions or words?
- Have I stolen or destroyed another's property?
- Have I been dishonest in any way?
- Have I abused alcohol or drugs?
- Have I failed to be generous with my time, talents or financial resources?
- Is there anything else that is bothering my conscience?