

Examination of Conscience for Young People

Parents (or guardians)

- Do you yell at, curse at, or otherwise speak disrespectfully to your parents? Do you apologize after you have cooled down?
- Are you slow to obey when your parents ask or tell you to do something? Do you force them to tell you several times before you comply?
- Do you ever lie to your parents, or tell them less than the whole truth, or hide information from them?
- Do you ever deliberately hurt your parents' feelings?
- Do you fail to help with household tasks as much as you should?
- Do you fail to show gratitude for all that your parents have done for you?
- Have you sinned against your parents in any other ways?

Siblings

- Do you fight with your siblings (physically or verbally)? What is the main cause of your conflicts?
- Do you tease, call names, or provoke fights with your siblings? Do you notice when you have hurt their feelings? Do you apologize?
- Do you take things from your siblings without permission? Do you ever fail to return them promptly and in good condition?
- Have you failed to be a good role model for a younger sibling? How?
- Have you sinned against your siblings or other family members in any other ways?

Friends

- Are you sometimes selfish with your friends, putting your desires ahead of theirs?
- Are you sometimes mean to your friends? Why?
- Are you envious of your friends? Why?
- Have you shared personal information that a friend told you in confidence?
- Do you encourage bad behavior in your friends?
- Do you lie to protect your friends? (This is a sin, not a virtue.)

Boyfriend or girlfriend

- Have you engaged in inappropriate sexual behavior with your boyfriend/girlfriend?
- Do you ever pressure him/her into more physical contact than he/she wants?
- Are you jealous of his/her other friendships? Do you try to keep him/her to yourself?
- Do you sometimes treat him/her disrespectfully?

Other peers

- Do you bully or make fun of other people, in person or on social media?
- Do you gossip or spread rumors about other people, in person or on social media?
- Are you unwelcoming to people who want to be your friends?

Teachers

- Are you disrespectful or disruptive in class? Do you always apologize to the teacher after being reprimanded?
- Have you cheated on any tests or assignments? Have you been dishonest with your teachers in any other way?
- Have you encouraged dishonesty among your classmates?
- Do you say nasty things about your teachers or other authority figures on social media?

Strangers

- Have you vandalized another person's property?
- Have you stolen anything from a retail store?
- Do you look lustfully at other people, by viewing pornography or sexual imagery, or by looking at other people's bodies as sexual objects?

Yourself and your body

- Have you consumed alcohol or used drugs? Do you have an addiction?
- Do you masturbate or otherwise stimulate yourself sexually? Has this behavior become compulsive and hard to stop?
- Do you cut or otherwise harm your body? Have you sought help?
- Do you overeat or starve yourself? Have you sought help for an eating disorder?
- Do you deprive yourself of sleep, perhaps because of excessive use of social media?

God

- Do you ever skip Mass on Sundays or holy days? What do you choose to do instead?
- Are you inattentive at Mass?
- Do you devote enough time and attention to personal prayer?
- When you pray, do you seek to deepen your relationship with God, or does it seem that you are just going through the motions?
- Have you repented of your sins and asked for God's mercy and help?

Is there anything else you would like to confess?

For your assistance in the confessional:

Beginning Your Confession

(While making the Sign of the Cross) "Bless me Father, for I have sinned. It's been _____
(weeks, months, years) since my last confession. *[Then confess your sins.]*

Act of Contrition

O my God, I am heartily sorry for having offended You, and I detest all my sins, because of Your just punishments, but most of all because they offend You, my God, Who are all-good and deserving of all my love. I firmly intend, with your help, to sin no more and to avoid whatever leads me to sin.