*Examination of Conscience for teenagers*

*Based on an examine by* DEACON DOUGLAS MCMANAMAN

1. You shall have no other gods besides the Lord your God.

* Do I actively doubt or refuse to believe in the existence of God? Do I doubt that the Catholic Church is His Church, and that all the Catholic Church’s teachings and claims about itself are true?
* Do I love God above all things?
* Is He number one in my life or do I put myself before God?
* Have money and pleasure become more important to me than the God who created me for Himself?
* Do I pray often? Have I neglected my friendship with God by neglecting prayer?
* Have I been involved with occult or superstitious practices, i.e., witchcraft, brujeria or santeria, fortune telling or tarot cards, ouija boards or séances, horoscope stuff, etc.?
* Have I ever received Holy Communion in a state of mortal sin?
* Have I told a lie in Confession or deliberately left a mortal sin out of my Confession?

2. You shall not take the Lord your God's name in vain.

* Have I ever committed perjury, that is, lied under oath in a court of law?
* Have I ever lied after "swearing to God" that I am telling the truth?
* Have I ever used the name of God, Mary, or the saints and angels out of anger – that is, as a curse?

3. Keep the Sabbath day holy.

* Have I deliberately missed Holy Mass, neglecting to attend Saturday evening or Sunday?
* Have I ever missed Mass on a Holy Day of Obligation?

4. Honor your father and your mother so that you may live long and flourish.

* Do I disobey my parents?
* Do I fail to respect them?
* Do I swear at them?
* Am I ashamed of them?
* Do I let them know I love them?
* Do I lie to them?
* Do I steal from them?
* Am I obeying and honoring those in place of my parents, such as teachers, police officers, and principals?
* Do I skip class?
* Do I lie to my teachers?
* Do I swear at them?

5. You shall not kill.

* Am I killing myself by taking intoxicating drugs, such as marijuana?
* Abusing alcohol?
* Have I had an abortion?
* Have I ever encouraged anyone to have an abortion, or supported politicians/political parties who seek to make abortion more available?
* Do I stand up for the unborn child's right to life, or have I merely accepted society's anti-life mentality?
* Have I used contraceptives that induce miscarriage, like a Plan-B pill, or encouraged anyone to do so?
* Have I sterilized myself in any way or encouraged anyone to do so?
* Did I participate in or approve of euthanasia or "mercy-killing"?
* Have I ruined anyone's reputation by deliberately spreading rumors, either true or not, or keeping rumors alive by passing them on? (If the rumors were lies, specify that)
* Do I refuse to let go of anger against anyone?
* Hold a grudge?
* Refuse to forgive another?
* Have I cursed anyone?

6. You shall not commit adultery.

* Have I ever had sex with anyone?
* Have I committed sexual acts on myself?
* Have I ever watched pornography either on the Internet or through some other media?
* Have I ever freely and deliberately entertained impure thoughts?
* Have I practiced any form of contraception like condoms or birth control pills, or encouraged anyone to do so?
* Am I modest in dress?

7. You shall not steal.

* Do I steal from my parents?
* Do I steal from friends?
* Have I ever stolen from a stranger?
* Have I stolen any property from a store?
* In other words, have I ever taken what rightfully belongs to another?
* Do I gamble excessively?
* After taking care of my own actual needs and responsibilities, do I use the money and goods God has given me for the good of the Church, the poor, and my neighbors?

8. You shall not bear false witness against your neighbor.

* Have I ever told a lie, even with “good” intentions?
* Am I guilty of detraction, that is, making known the faults of others?
* Am I guilty of slander, that is, spreading lies about someone?
* Do I gossip about others? (This can even include good things about a person who doesn’t want, or even *may not want* those good things generally known.)
* Do I reveal information that should be confidential?
* Am I "two-faced", that is, have I been a certain kind of person to some people, but a completely different kind of person to others?

9. & 10. You shall not envy your neighbor's wife and goods.

* Am I envious of others?
* Do I wish that others be deprived of the goods or talents that are theirs?
* Am I jealous of others?
* Do I harbor unforgiveness and grudges against others?
* Am I a resentful person?
* Do I put down others?