

## AN EXAMINATION OF CONSCIENCE FOR TEENAGERS, AGES 16-19

1. Have I ever hidden a serious sin in confession because of fear of shame?
2. Have I ever denied the existence of God or any other truth of my Catholic Faith because of fear or embarrassment?
3. Have I ever despaired of God's love for me?
4. Have I ever sinned presuming God would forgive me?
5. Have I received Communion when I knew I should not have because of a serious sin?
6. Have I failed to receive Communion during Easter Time?
7. Have I ever received Communion after missing Mass on the previous Sunday or Holy Day without Confession?
8. Have I willfully broken any Church laws concerning fast or abstinence?
9. Have I failed to love God above all else? Have I put anything ahead of Him, such as money, power, or sex? Have I blamed Him when dissatisfied?
10. Have I played with a Ouija Board?
11. Have I gone to Tarot Card readers or fortunetellers? Have I placed my trust in astrology?
12. Have I overindulged in playing "Dungeons and Dragons" or similar games?
13. Have I ever attended a séance or a satanic ritual?
14. Have I ever watched shows, seen movies or listened to songs mocking Jesus or the Catholic Church and its values?
15. Have I listened to music that promoted Satan or bad values?
16. Have I failed to support my Church?
17. Have I been lazy, neglectful, or willfully distracted during prayer or at Mass? Have I failed to pray often?
18. Have I used God's name irreverently or used profanity?
19. Have I sworn falsely or taken needless oaths?
20. Have I missed Mass through my own fault on Sundays or Holy Days of Obligation.
21. Have I neglected my home and family, my duties or work?
22. Have I been ungrateful to my parents?
23. Have I lied to my parents?
24. Have I hated, disobeyed or been disrespectful or critical toward my parents, teachers, employers, or other superiors?
25. Have I failed to support my parents in their needs? Have I failed to love my parents as much as I should?
26. Have I been unjust and unkind to my brothers, sisters or friends? Have I given them bad example?
27. Have I been uncharitable toward others? Have I been selfish with things, time or friendship? Have I failed to love my neighbor? Have I failed to be attentive to the needs of others?

*(Turn to other side)*



28. Have I ever acted out of pride? Have I pretended to be someone I'm not so others would look up to me? Have I put other people down so that I could look cool?
29. Have I told lies, repeated harmful gossip, or injured another person's character?
30. Have I damaged anyone's reputation?
31. Have I been sinfully jealous or envious? Have I been mean or petty toward those who have more than I?
32. Have I quarreled with or willfully hurt anyone? Have I endangered anyone by anger, drunkenness or carelessness?
33. Have I been unjustly angry with friends or relatives? Have I wished for revenge or hoped that bad things would happen to them?
34. Have I delighted in seeing anyone else get hurt or suffer?
35. Have I been unforgiving to those who hurt me? Have I failed to pray for my enemies?
36. Have I overeaten to the point of gluttony?
37. Have I gotten high or drunk? Have I used drugs?
38. Have I attempted suicide or seriously contemplated it?
39. Have I stolen or destroyed property belonging to any other person or company? Have I knowingly accepted stolen goods?
40. Have I paid all my debts?
41. Have I had sex outside of marriage (with members of the opposite sex, the same sex, or just with myself)?
42. Have I kissed passionately and with impure thoughts?
43. Have I committed any impure acts, such as impure touching or petting, or passionate kissing? Have I committed any other sexual act?
44. Have I told obscene jokes or used obscene language? Have I been immodest in speech, gestures, or clothing?
45. Have I looked at pornography or movies showing nudity and sexual acts?
46. Have I entertained impure thoughts or spoken about someone as an object of desire?
47. Have I looked at someone with sexual desires?
48. Have I failed to speak in defense of the unborn when someone was thinking of having an abortion?
49. Have I used contraception or had an abortion? Have I advised, procured or participated in one?
50. Have I led others into sin?