

## **An Examination of Conscience for Children Using the 10 Commandments**

### **1. I am the Lord your God. You shall not have strange gods before me.**

Have I wanted more things, making things or money more important than God?  
Have I made an idol of sports or entertainment figures?

### **2. You shall not take the name of the Lord your God in vain.**

Do I use God's name carelessly?  
Do I use God's name in anger?

### **3. Remember to keep holy the Lord's Day.**

Did I attend Mass on Sunday? Did I pay attention, and participate with good behavior?  
Did my behavior make it difficult or impossible for my parents to get to church on time?  
Have I remembered to pray daily?

### **4. Honor your father and your mother.**

Do I obey my parents?  
Have I done my chores without complaining?  
Do I do my chores without being reminded?  
Have I been disrespectful to teachers, coaches or others in authority?

### **5. You shall not kill.**

Do I keep my patience or do I lose my temper?  
Do I hold grudges and try to get even with others?  
Have I been unfair to others, especially those who are different than I am?

### **6. You shall not commit adultery.**

Do I show respect for my body?  
Do I respect the bodies of others?  
Do I avoid harmful things like drugs, tobacco and alcohol?

### **7. You shall not steal.**

Have I taken something that belongs to someone else?  
Have I "forgotten" to return something that I borrowed?  
Have I used money responsibly?

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

Do I play fairly or do I ever cheat at school or games?  
Have I been honest or have I lied?  
Have I hurt someone by what I have said or done?  
Have I copied someone else's homework?

### **9. You shall not covet your neighbor's wife.**

Have I been jealous of the friends that someone else has?  
Have I tried to be kind to others?

### **10. You shall not covet your neighbor's goods.**

Have I been jealous of the things that my friends have?  
Have I nagged my parents into buying things because my friends have them?  
Have I helped others when they needed help?

Taken from Seven Frequently Asked Questions About Children and the Sacrament of Reconciliation,  
written for the Archdiocese of Milwaukee by Kathleen D. Beuscher, 2010

# Children's Examination of Conscience

## Responsibilities to God

- \_\_\_ Do I try to pray, even when I find it hard to do so?
- \_\_\_ Do I always show respect to God, my family and friends by the words I use?
- \_\_\_ Have I gone to Mass every Sunday or asked an adult to take me to Mass?
- \_\_\_ Do I have a good attitude about attending Mass?
- \_\_\_ Have I been good in church?

## Responsibilities to others

- \_\_\_ Have I ever been disobedient or disrespectful to my parents?
- \_\_\_ Have I talked back to parents, teachers or others?
- \_\_\_ Have I been selfish toward my parents, siblings, teachers or friends?
- \_\_\_ Have I lied or been deceitful to my parents or to others?
- \_\_\_ Have I been arrogant, stubborn or rebellious?
- \_\_\_ Have I pouted and been moody?
- \_\_\_ Have I gotten angry and lost my temper?
- \_\_\_ Have I held grudges or not forgiven others?
- \_\_\_ Have I hit or shoved anyone?
- \_\_\_ Have I made fun of others and called them names?
- \_\_\_ Have I said mean things about another person behind their back?
- \_\_\_ Have I used bad language?
- \_\_\_ Have I stolen anything? Have I returned it?
- \_\_\_ Have I skipped my household chores when I was supposed to do them?
- \_\_\_ Have I skipped my homework when I was supposed to do it?
- \_\_\_ Have I ever copied another person's answers on a test or assignment?
- \_\_\_ Have I destroyed or damaged someone's property?
- \_\_\_ Have I ever been jealous about what other people have?
- \_\_\_ Have I ever been jealous about what other people get to do?