

EXAMINATION OF CONSCIENCE

Love of God

Is God the most important Person in my life?

Have I loved God above all other things in my life?

Do I pray on a daily basis? What is my prayer life like right now?

What is my relationship like with Jesus?

Do I get to Mass every Sunday? What prevents me from going to Mass every Sunday?

Do I curse and use God's name in vain?

Love of Self

Do I believe that I am worthy of God's love? Do I love who I am?

Do I believe that God truly loves me for who I am?

Have I respected my body?

Have I ever been angry or ashamed of anything I've done recently?

Do I exercise? Do I eat moderately or excessively?

Have I drunk alcohol or used drugs?

Have I ever harmed myself or ever thought about harming myself?

Are there any issues of sexuality that I am currently struggling with?

Love of Neighbor

What is my relationship like with my parents? Do I obey and respect my parents?

How do I treat other authority figures in my life, like teachers, bosses, and coaches?

How is my relationship like with my siblings? Friends? Classmates? Co-workers?

Have I lied or gossiped about anybody recently? Have I mocked anybody?

Have I stolen anything? Have I cheated somebody from something they deserved?

Have I been violent with anybody?

Am I dating? What is that relationship like? Does our relationship value sexual purity?