



# EXAMINATION OF CONSCIENCE

## FOR RECONCILIATION

### **1) My Relationship with God:**

**Do I pay attention at Mass and join in the prayers and hymns?**

**Do I say prayers to God at home during the week? Do I thank God for his blessings?**

**Do I use God's name as a curse when I am angry or upset?**

**Did I miss Mass on Sunday or a holy day of obligation through my own fault?**

### **2) My Relationships with Family and Myself:**

**Do I say mean things to my mom or dad? To my brothers and sisters?**

**Do I do what my parents or guardians tell me to do? Am I lazy around the house?**

**Do I start fights with my brothers and sisters at home?**

**Do I care for things that belong to the family? Do I share my things with the family?**

**Do I lie to my parents or others at home? Do I waste or refuse to eat the food I am given?**

### **3) My Relationships with Friends:**

**Do I get other people into trouble, at school or with their parents?**

**Do I throw things or break things in anger?**

**Do I refuse or avoid another boy or girl for no good reason?**

**Do I lie to my friends? Do I talk about them to others when they are not there?**

**Am I hard to get along with during school, at a friend's house, or at home?**

### **4) My Relationships with Other People:**

**Do I do what my teachers tell me to do? Do I pay attention in school?**

**Do I cheat or use others' work in school? Do I lie to my teachers or others?**

**Am I lazy about my schoolwork? Do I do my homework?**

**Do I forgive people who hurt me? Do I hold a grudge against others?**

**Do I take things that don't belong to me at school or in a store?**

**Do I blame other people for things I do? Do I judge others?**

**Am I helpful and polite to people I meet outside my home?**

### **5) My Relationship with People in Need:**

**Do I offer to help others who need a helping hand?**

**Do I share some of the good things I have with others who have less than me?**

**Do I pray for those who are sick? For those who have lost a loved one?**