

EXAMINATION OF CONSCIENCE

Put a check mark next to the sins that you need to confess!

If you can remember how many times you committed the sin, write that next to it.

You can bring this sheet into the confessional to help you remember what sins you need to confess.

- I didn't go to Mass every Sunday.
- I didn't pay attention at Mass.
- I wasn't respectful in church.
- I didn't say my prayers every day.
- I didn't use God's name in the right way/I used God's name in anger.
- I used bad language.
- I complained about praying and/or going to Mass.
- I said mean things to my mom and dad.
- I didn't obey and was disrespectful to my parents, teachers, coaches, or other adults.
- I complained about doing my chores.
- I lied to my parents and others.
- I was selfish toward my parents, brothers, sisters, teachers, friends or classmates.
- I was jealous of another's things, abilities, or belongings.
- I was not grateful for what I have.
- I did not do what my mom, dad, and teacher told me to do.
- I didn't treat other children with respect.
- I called people bad names.
- I started fights with my siblings or kids at school.
- I blamed other people for things I did.
- I got other people into trouble.
- I was angry with people
- I have not forgiven people/I am holding a grudge.
- I harm people's reputation by hurtful, cruel words.
- I was harmful toward my own body.
- I watched movies and shows that were not good for me to watch.
- I dressed and acted immodestly.
- I cheated in games or at school.
- I refused to play with someone for no good reason.
- I was lazy about my schoolwork.
- I didn't do my homework.
- I took things that didn't belong to me
- I was quiet about something when I should have spoken up.
- I said/repeated something hurtful about someone that was not necessary to say.
- I didn't return something that I borrowed.
- I nagged my parents into buying things because my friends have them.
- I didn't help others when they needed help.

In the space below, write any other sins you may have committed. Remember: Jesus loves you so much that he wants to heal and forgive you. Don't be afraid to bring every sin to him!
