



# AN EXAMINATION OF CONSCIENCE

## FOR TEENAGERS

### RESPONSIBILITIES TO GOD:

- Have I rebelled or been stubborn about going to Mass?
- Do I participate actively in the Mass or do I daydream?
- Have I neglected my prayer life?
- Have I misused the name of God by swearing and cursing?
- Have I thanked God for creating me and making me his son/daughter?
- Have I thanked Jesus for becoming human, dying for my sake, and rising to give me eternal life?
- Have I asked the Holy Spirit to help me overcome sin and temptation?

### RESPONSIBILITIES TO OTHERS AND MYSELF:

- Have I been disrespectful to my parents, teachers, and those in authority over me?
- Have I lied to or deceived others?
- Have I been arrogant and stubborn?
- Have I gotten angry or nurtured and held grudges and resentments? Have I cultivated hatred?
- Have I refused to forgive others as I am forgiven?
- Have I abused God's gift of sexuality by engaging in inappropriate behavior or by making others into mere sex objects?

- Have I treated my own or another's physical body with disrespect, abuse, or violence?
- Have I gossiped about others? Have I slandered anyone?
- Have I told lies about others? Have I mocked or made fun of others?
- Have I lied or cheated? Have I stolen anything? Have I paid it back?
- Have I been selfish or spiteful toward others? Have I been jealous?
- Have I gotten drunk, or taken drugs?
- Have I been patient, kind, gentle, and self-controlled?
- Have I placed too high a value on material possessions?
- Is my self-image or self-worth dependent upon what I own or on how much money I have?
- Have I neglected or ignored the needs of others? Have I shared my gifts, my time, my financial resources with those who do not have basic essentials of food, clothing, or shelter?
- When my conscience told me to do something good, did I do it or did I ignore it?
- Have I acknowledged my sin and sought to repair the damage it has done, or have I ignored it, hoping it would simply go away?

