

I. “I am the Lord, thy God, thou shalt not have strange gods before Me.” Have I sinned against Religion by seriously believing in New Age, Scientology, Astrology, Horoscopes, Fortune-telling, Superstition or engaging in the Occult? Did I endanger my Catholic Faith or cause scandal by associating with anti-Catholic groups & associations (e.g., the Freemasons)? Have fame, fortune, money, career, pleasure, etc. replaced God as my highest priority? Have I neglected my daily prayers?

II. “Thou shalt not take the name of the Lord thy God in vain.” Have I committed blasphemy by using the name of God and Jesus Christ to swear rather than to praise? Have I committed sacrilege by showing disrespect to holy objects (crucifix, rosary) or contempt for religious persons (bishop, priests, deacons, women religious) or for sacred places (in Church). Have I committed sacrilege by going to Holy Communion in the state of mortal sin without first going to confession e.g., after missing Mass on Sunday or a Holyday? Did I violate the one-hour fast before Communion? Did I break the laws of fast and abstinence during Lent? Did I neglect my Easter duty to receive Holy Communion at least once? Have I neglected to support the Church and the poor by sharing my time, talent and treasure?

III. Remember to keep holy the Sabbath day. Did I miss Mass on *any* Sunday or Holyday of Obligation? (Bad weather and being sick do not count) *Have I shown disrespect by leaving Mass early*, not paying attention or not joining in the prayers? Did I do unnecessary work on Sunday which could have been done the day before? Have I been stingy in my support for the Church? Do I give of my time & talent?

IV. Honor thy Father and Mother. *Parents:* Have I set a bad example for my children by casually missing Mass, neglecting prayer, or ignore my responsibility to provide a Catholic education by either sending my children to parochial school or to C.C.D. (Religious Education Program)? Do I show little or no interest in my children’s faith and practice of it? Have I shown disrespect for those in authority, government or church? Have I not expressed my moral values to them? *Children:* Have I been disobedient and/or disrespectful to my parents or guardians? Did I neglect to help them with household chores? Have I caused them unnecessary worry and anxiety by my attitude, behavior, moods, etc.?

V. Thou shalt not kill. Did I consent, recommend, advise, approve, support or have an abortion? Did I realize that there is an excommunication for anyone who procures an abortion? Did I actively or passively cooperate with an act of euthanasia whereby ordinary means were stopped or means taken to directly end the life of an elderly or sick person? Have I committed an act of violence or abuse (physical, sexual, emotional or verbal)? Have I endangered the lives of others by reckless driving or by driving under the influence of drugs or alcohol? Do I show contempt for my body by neglecting to take care of my own health? Have I been mean or unjust to anyone? Have I held a grudge or sought revenge against someone who wronged me? Do I point out others’ faults and mistakes while ignoring my own? Do I complain more than I compliment? Am I ungrateful for what other people do for me? Do I tear people down rather than encourage them? Am I prejudiced against people because of their color, language or ethnic-religious background?

VI. Thou shalt not commit adultery. IX. Thou shalt not covet thy neighbor’s wife. Did I have any sex before or outside of marriage? Do I view pornographic material (magazines, videos, internet, hot-lines)? Have I gone to massage parlors or adult book stores? Did I commit the sins of masturbation and/or use artificial contraception? Have I not avoided the occasions of sin (persons or places) which would tempt me to be unfaithful to my spouse or to my own chastity? Do I encourage and entertain impure thoughts and desires? Do I tell or listen to dirty jokes? Have I committed fornication or adultery?

VII. Thou shalt not steal. X. Thou shalt not covet thy neighbor’s goods. Have I stolen any object, committed any shoplifting or cheated anyone of their money? Did I knowingly deceive someone in business or commit fraud? Have I shown disrespect or even contempt for other people’s property? Have I done any acts of vandalism? Am I greedy or envious of another’s goods? Do I let financial and material concerns or the desire for comfort override my duty to God, to Church, to my family or my own spiritual well-being?

VIII. Thou shalt not bear false witness against thy neighbor.

Have I told a lie in order to deceive someone? Have I told the truth with the purpose and intention of ruining someone’s reputation (sin of detraction)? Have I told a lie or spread rumors which may ruin someone’s reputation (sin of calumny or slander)? Did I commit perjury by false swearing an oath on the Bible? Am I a busybody or do I love to spread gossip and secrets about others? Do I love to hear bad news about my enemies?