

## An Examination of Conscience for Children Based on the Ten Commandments:

- 1. I am the Lord your God. You shall not have strange gods before me.**  
*Have I wanted more things, making things or money more important than God?  
Have I made an idol of sports or entertainment figures?*
- 2. You shall not take the name of the Lord your God in vain.**  
*Do I use God's name carelessly?  
Do I use God's name in anger?*
- 3. Remember to keep holy the Lord's Day.**  
*Did I attend Mass on Sunday?  
Did my behavior make it difficult or impossible for my parents to get to church on time?  
Have I remembered to pray daily?*
- 4. Honor your father and your mother.**  
*Do I obey my parents?  
Have I done my chores without complaining?  
Do I do my chores without being reminded?  
Have I been disrespectful to teachers, coaches or others in authority?*
- 5. You shall not kill.**  
*Do I keep my patience or do I lose my temper?  
Do I hold grudges and try to get even with others?  
Have I been unfair to others, especially those who are different than I am?*
- 6. You shall not commit adultery.**  
*Do I show respect for my body?  
Do I respect the bodies of others?  
Do I avoid harmful things like drugs, tobacco and alcohol?*
- 7. You shall not steal.**  
*Have I taken something that belongs to someone else?  
Have I "forgotten" to return something that I borrowed?  
Have I used money responsibly?*
- 8. You shall not bear false witness against your neighbor.**  
*Do I play fairly or do I ever cheat at school or games?  
Have I been honest or have I lied?  
Have I hurt someone by what I have said or done?  
Have I copied someone else's homework?*
- 9. You shall not covet your neighbor's wife.**  
*Have I been jealous of the friends that someone else has?  
Have I tried to be kind to others?*
- 10. You shall not covet your neighbor's goods.**  
*Have I been jealous of the things that my friends have?  
Have I nagged my parents into buying things because my friends have them?  
Have I helped others when they needed help?*