

**Adult Examination of Conscience:**  
**Consider the 10 Commandments before you go to confession.**

**1. I AM THE LORD YOUR GOD: YOU SHALL NOT HAVE STRANGE GODS BEFORE ME.** Did I fail to love God, to make God first in my life, to thank Him, trust Him, love Him as He deserves? Did I fail to pray? Have I doubted or denied my faith? Was I careless in saying my prayers? Do I give God time every day in prayer? Have I been involved in magic, horoscopes, fortune telling, dreams, or good luck charms?

**2. YOU SHALL NOT TAKE THE NAME OF THE LORD YOUR GOD IN VAIN.** Did I swear or use dirty language or jokes? Did I use God's name in vain, lightly, carelessly?

**3. REMEMBER TO KEEP HOLY THE SABBATH.** Have I deliberately missed Mass on Sundays or Holy Days of Obligation? Did I receive Holy Communion in the state of serious sin? Am I always reverent in the presence of Jesus in the most Blessed Sacrament?

**4. HONOR YOUR FATHER AND YOUR MOTHER.** Did I honor and obey my parents? Respect my brothers and sisters? Respect others with authority?

**5. YOU SHALL NOT KILL.** Did I keep hatred in my heart? Did I fight to cause bodily harm. Have I had or in any way permitted or encouraged abortion? Have I thought about suicide?

**6. YOU SHALL NOT COMMIT ADULTERY.** Was I immodest in dress or behavior? Did I look at pornography? Am I guilty of masturbation, premarital sex, adultery, or contraception?

**7. YOU SHALL NOT STEAL.** Have I stolen or cheated others? Did I waste time at work?

**8. YOU SHALL NOT BEAR FALSE WITNESS AGAINST YOUR NEIGHBOR.** Have I lied or gossiped? Am I critical, negative or uncharitable in my thoughts of others?

**9. YOU SHALL NOT COVET YOUR NEIGHBOR'S WIFE.** Have I consented to impure thoughts? Did I neglect to control my imagination or desire for other people?

**10. YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS.** Is my heart greedy? Am I jealous of what another has? Is my heart set on earthly possessions rather than on the treasures in Heaven?