7. You shall not steal, and (10) You shall not covet your neighbor's goods.

___Have I seriously entertained temptations to steal?
___Have I stolen anything? What was it worth? Have I returned the stolen item or intend to return it?
___Have I refused to seek the owner of property that I have found?
___Have I damaged or been responsible for the damage of another person's property? What would be the cost of repairing or replacing it?
___Have I caused harm to anyone in business dealings by means of fraud, deception, or coercion?
___Have I been responsible with the money or other means of wealth which God has entrusted to me?
___Have I spent beyond my means?
___Have I deprived others of their needs by spending too little?
___Have I been envious of the wealth or material goods of another person?
___Have I honored my debts?
___Have I been lazy with respect to my employment, household chores, work, or studies?
___Have I been greedy?
___Have I placed too high a value on material goods?
___Have I failed to help those whom I know are truly needy?
___Have I set my heart primarily on earthly pleasures and possessions, and not on the true treasures of Heaven?

8. You shall not lie.

___Have I lied?
___Have I sought to make up for the damage caused by my lies?
___Have I accused or hastily judged others of wrongdoing without sufficient evidence?
___Have I been guilty of detraction (that is, speaking about the faults of others without a good reason for doing so)?
___Have I been guilty of calumny (that is, to falsely accuse someone of sinful conduct)?
___Have I gossiped about another person?
___Have I been excessively critical, negative, and uncharitable in my speech?
___Have I failed to honor the confidences or secrets entrusted to me by another? Have I revealed them to someone else without permission or without due or serious cause?
___Have I failed to defend the good name or honor of others?

Steps to a Good Confession

1. Carefully examine your conscience.
2. Be sincerely sorry for your sins.
3. Make a firm resolution not to sin again and to avoid the near occasion of sin.
4. Tell your sins to the priest, say an Act of Contrition when asked to do so, and receive absolution.
5. Do the penance the priest gives you.

Suggested Dialogue

Priest: May the Lord be on your heart, on your mind, and on your lips so that you may know your sins, and confess them with true repentance and a firm purpose of amendment.

Penitent: Bless me Father, for I have sinned. It has been _____ since my last confession

Here state your sins. Priest gives counsel and penance.

Penitent makes Act of Contrition when asked to do so:

Oh my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they have offended Thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance and to amend my life. Amen.

Receive absolution and then respond "Thanks be to God."

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The Celebration of the Sacrament of Penance and Reconciliation

"To those who have been far away from the Sacrament of Reconciliation and forgiving love I make this appeal: come back to this source of grace; do not be afraid! Christ is waiting for you. He will heal you and you will be at peace with God!"

—John Paul II, September 13, 1987

High School and Adult

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1. You shall not have other gods before Me.

___Have I been slow or reluctant to perform my duties toward God?

___Have I neglected to pray every day?

___Have I prepared myself properly for Holy Communion or received Holy Communion in the state of mortal sin?

___Have I neglected to confess a mortal sin in a previous confession, when I was aware of committing one?

___Have I practiced superstition or engaged in occult practices, such as consulting horoscopes, tarot cards, or ouija boards?

___Have I participated in séances or satanic services and/or prayers?

___Have I refused to accept any teaching of the Church?

___Have I put my soul in danger by reading, viewing, or listening to material that attacks the teachings of the Catholic Church in matters of faith or morals?

___Do I belong to any anti-Catholic organizations or have I attended the meetings or gatherings of any of them?

___Have I worshiped at any non-Catholic services which the Catholic Church does not approve?

2. You shall not take the Name of the Lord Your God in vain.

___Have I taken the Holy Name of God in vain or spoken His Name in anger?

___Have I jokingly or irreverently spoken about God or about any sacred person, place or thing?

___Have I been a baptismal or confirmation sponsor in a non-Catholic ceremony?

___Have I broken any promise(s) in which I invoked God's Name (oaths)?

3. Remember to keep holy the Lord's Day.

___Have I failed to attend Mass on Sundays or holy days of obligation without just cause (for example, serious illness or impassible roads or pathways)?

___Have I arrived at Mass after the Liturgy of the Word or left Mass early, without just cause?

___Have I deliberately failed to pay attention at Mass?

___Have I worn improper attire to Mass, or distracted others from paying attention at Mass?

___Am I generous in helping the Church, contributing some of my allowance or savings at collection time to help the Church in her necessities as much as I can?

___Do I fast and practice abstinence on the days or at the times which are appointed by the Church?

___Have I fulfilled my yearly Easter duty of receiving Holy Communion (and going to Confession, if necessary)?

___Have I performed (or required others to perform) unnecessary labor on Sundays (not including acts of mercy or labor as a public servant, hospital worker, caring for farm animals, etc.)?

4. Honor your father and your mother.

___Have I disobeyed my parents, or have I been disrespectful to them in other ways?

___Have I failed to express my love for my parents?

___Have I failed to help my parents when they were unable to meet their basic needs?

___Do I nurse angry feelings or show resentment when I am corrected by my parents?

___Am I content with the blessings I have received from God in my parents and family, or do I nurture a selfish or an unwholesome desire to leave my parents' home when I am too young to do so?

___Am I a financial burden to my parents when I can take care of my own financial needs?

___Do I faithfully perform, without complaining, the household and outdoor chores my parents give me to do?

5. You shall not kill.

___Have I lost my temper or become unjustly angry at others?

___Have I murdered or otherwise unjustly injured (no matter how slight) anyone?

___Have I been a reckless driver?

___Have I tempted others to sin by my bad example, immodest dress, or sinful conversation?

___Have I encouraged others to read or watch sinful materials or programs or to otherwise do sinful things?

___Have I tried to make up for or repair for any scandal I may have given others?

___Have I tried to commit suicide?

___Have I failed to take proper care of my health?

___Have I mutilated myself or someone else?

___Have I been drunk or intoxicated on alcohol or other substances?

___Have I intentionally overindulged in food or drink (gluttony)?

___Have I participated in gang fights or other illegal gang activities?

___Have I picked fights with or quarreled with anyone, including my brothers and sisters?

___Have I been a bully or maliciously teased or insulted others?

___Have I consented to a sterilization or encouraged others to do so, or actively taken part in someone else's sterilization?

___Have I practiced contraception or encouraged others to do so?

___Have I recommended, consented to, advised, or actively taken part in an abortion? Am I aware of Church teaching that abortion is a mortal sin, and that those who actively take part (for example, doctor, nurse, and mother) in an abortion are excommunicated?

___Have I fulfilled my responsibility as a voting citizen to elect government officials, where possible, who uphold God's law, particularly with respect to the sanctity of human life from conception until natural death?

___Have I harmed anyone by my speech or actions?

___Have I desired to take revenge on anyone who offended me?

___Have I hated or nursed bad feelings (resentment) or refused pardon toward any person?

___Have I sought pardon of those whom I have offended?

6. You shall not commit adultery, and (9) You shall not covet your neighbor's wife.

___Have I deliberately recalled or entertained impure thoughts or desires?

___Have I been involved in acts which arouse lustful desires (such as necking, petting, passionate kissing, and prolonged embraces)?

___Have I had sexual relations with a member of the opposite sex, when neither of us was married (fornication)?

___Have I had sexual relations with a married person who is not my spouse (adultery)?

___Have I engaged in impure conversations?

___Have I placed myself in proximate (close) occasions of sin, such as sensual dances; sexually suggestive movies, plays, or reading material; evil company; houses of prostitution; massage parlors; sharing of a room with a member of the opposite sex; being alone with a person with whom I have continually sinned with, or deliberately taken such a person to a secluded place?

___Have I neglected to dress modestly or to otherwise safeguard purity?

___Have I failed to investigate the sinful potentials of watching a particular show or reading a particular book or magazine?

___Have I willfully looked at immodest pictures?

___Have I displayed immodest looks or glances at myself or others?

___Have I led others to commit the sins of immodesty or impurity? Specifically speaking, what were they?

___Have I committed impure acts with myself (masturbation)?

___Have I committed impure acts with someone else, either of the opposite sex or the same sex (homosexual acts)?

___Do I have evil or immoral friendships? Have I taken steps to break these friendships?

___Have I engaged in immodest conduct or conversation with someone I am seriously thinking of marrying?

___Have I tended to use this person as an object for my pleasure, rather than a person created in God's image and likeness whom God has placed in my life to respect and reverence?