**Examination of Conscience for Young People**

**Parents (or guardians)**

* Do you yell at, curse at, or otherwise speak disrespectfully to your parents? Do you apologize after you have cooled down?
* Are you slow to obey when your parents ask or tell you to do something? Do you force them to tell you several times before you comply?
* Do you ever lie to your parents, or tell them less than the whole truth, or hide information from them?
* Do you ever deliberately hurt your parents’ feelings?
* Do you fail to help with household tasks as much as you should?
* Do you fail to show gratitude for all that your parents have done for you?
* Have you sinned against your parents in any other ways?

**Siblings**

* Do you fight with your siblings (physically or verbally)? What is the main cause of your conflicts?
* Do you tease, call names, or provoke fights with your siblings? Do you notice when you have hurt their feelings? Do you apologize?
* Do you take things from your siblings without permission? Do you ever fail to return them promptly and in good condition?
* Have you failed to be a good role model for a younger sibling? How?
* Have you sinned against your siblings or other family members in any other ways?

**Friends**

* Are you sometimes selfish with your friends, putting your desires ahead of theirs?
* Are you sometimes mean to your friends? Why?
* Are you envious of your friends? Why?
* Have you shared personal information that a friend told you in confidence?
* Do you encourage bad behavior in your friends?
* Do you lie to protect your friends? (This is a sin, not a virtue.)

**Boyfriend or girlfriend**

* Have you engaged in inappropriate sexual behavior with your boyfriend/girlfriend?
* Do you ever pressure him/her into more physical contact than he/she wants?
* Are you jealous of his/her other friendships? Do you try to keep him/her to yourself?
* Do you sometimes treat him/her disrespectfully?

**Other peers**

* Do you bully or make fun of other people, in person or on social media?
* Do you gossip or spread rumors about other people, in person or on social media?
* Are you unwelcoming to people who want to be your friends?

**Teachers**

* Are you disrespectful or disruptive in class? Do you always apologize to the teacher after being reprimanded?
* Have you cheated on any tests or assignments? Have you been dishonest with your teachers in any other way?
* Have you encouraged dishonesty among your classmates?
* Do you say nasty things about your teachers or other authority figures on social media?

**Strangers**

* Have you vandalized another person’s property?
* Have you stolen anything from a retail store?
* Do you look lustfully at other people, by viewing pornography or sexual imagery, or by looking at other people’s bodies as sexual objects?

**Yourself and your body**

* Have you consumed alcohol or used drugs? Do you have an addiction?
* Do you masturbate or otherwise stimulate yourself sexually? Has this behavior become compulsive and hard to stop?
* Do you cut or otherwise harm your body? Have you sought help?
* Do you overeat or starve yourself? Have you sought help for an eating disorder?
* Do you deprive yourself of sleep, perhaps because of excessive use of social media?

**God**

* Do you ever skip Mass on Sundays or holy days? What do you choose to do instead?
* Are you inattentive at Mass?
* Do you devote enough time and attention to personal prayer?
* When you pray, do you seek to deepen your relationship with God, or does it seem that you are just going through the motions?
* Have you repented of your sins and asked for God’s mercy and help?

**Is there anything else you would like to confess?**

**For your assistance in the confessional:**

**Beginning Your Confession**

*(While making the Sign of the Cross*) "Bless me Father, for I have sinned. It's been \_\_\_\_\_\_\_\_\_ (weeks, months, years) since my last confession. *[Then confess your sins.]*

**Act of Contrition**

O my God, I am heartily sorry for having offended You, and I detest all my sins, because of Your just punishments, but most of all because they offend You, my God, Who are all-good and deserving of all my love. I firmly intend, with your help, to sin no more and to avoid whatever leads me to sin.