

EXAMINATION OF CONSCIENCE WORKSHEET

The Seven Deadly Sins are the roots of all sin. All specific sins that you commit are both a unique instance of one (or more) of these seven deadly sins. Mark the checkboxes for the sins that you have committed. Then, bring those sins to confession so that you can receive healing from those sins. If you aren't sure whether something you did was or was not a sin, ask Father about it during confession and he will help you discern that. Remember, Christ is waiting to meet you in your brokenness and to heal and restore you!

PRIDE is the deadliest of the seven deadly sins. Pride allows us to believe that we are God and to put ourselves in God's rightful place in our lives.

- Have I considered my wants, needs, and desires to be more important than my relationship with God?
- Have I failed to give thanks to God for my gifts and talents?
- Do I fail to use my gifts and talents for the good of this world and others?
- Do I take pleasure in another's failure?
- Do I take credit for another's good work?
- Do I lie to make myself look better than others?
- Have I failed to admit my wrongdoings and let others take the blame?
- Have I thought of myself too highly for being better than someone else at something?
- Have I judged other people's sinfulness rashly or improperly?
- Have others suffered due to my arrogance?

ENVY is the sin of sadness at the happiness of another.

- Have I been jealous of other's abilities, ideas, attractiveness, possessions, etc.?
- Do I wish that other people's money, friends, family were mine to enjoy?
- Have I repeated accusations, broken confidences, or exaggerated facts?
- Have I sought to damage another person's reputation?
- Have I failed to defend the reputation of another?
- Have I purposely shared confidential information about another person?

ANGER is the sin of desire for revenge, spite, vengeance, or harm to another.

- Have I harbored resentments or hatred in my thoughts about others?
- Have I imagined hurting another in order to get even?
- Have I harmed others physically, emotionally, spiritually, or psychologically?
- Have I cyberbullied or said mean things about somebody online?
- Do I withhold forgiveness as a way to punish others?
- Do I control others with my temper?
- Do I hold other people in contempt for any reason?
- Do I hold grudges against other people who have wronged me?

HOW TO MAKE A GOOD CONFESSION

1. Make a good examination of conscience
2. Be sincerely sorrowful for your sins
3. Confess your sins to a priest
4. Make certain that you confess any mortal sin
5. Pray the Act of Contrition
6. Do the penance that the priest gives you

SLOTH is the sin of spiritual indifference, laziness, and lack of zeal for God and Christian living. Sloth makes us lethargic so that we want to do nothing.

- Have I made every effort to put God above all else in my life?
- Have I attended Sunday Mass (to the best of my ability) and made daily prayers?
- Have I allowed distractions to come before my relationship with God?
- Have I become indifferent about or apathetic toward my faith in God?
- Have I failed to be a good example to others?

GREED (or **COVETOUSNESS**) is the sin of excessive love of possessing things beyond our needs or an unreasonable desire for riches.

- Have I cheated, stolen, or knowingly failed to return things that I borrowed?
- Did I borrow things without permission or take something that was not mine?
- Have I failed to be generous and cheerful in giving?
- Have I wasted money unnecessarily?
- Do I always want more than what I have?

GLUTTONY is the sin of inordinate desire for pleasure from food, drink, or things.

- Have I eaten or drunk more than I need, with no or little consideration of others?
- Do I fail to practice self-sacrifice to be in solidarity with those who are needy?
- Have I used alcohol or abused drugs?
- Have I hoarded more than I need?

LUST is the sin of disordered desire for momentary physical and sexual pleasures.

- Have I looked at, touched, and done things just because "it feels good"?
- Have I used other people as mere sexual objects for my own gratification?
- Have I failed to view other people as persons to be loved?
- Have I looked at pornography on the internet, TV, books, etc.?
- Have I entertained unholy thoughts, jokes, fantasies, or conversations that diminish the beauty of sexuality within matrimony as God intended?
- Have I touched or allowed someone to touch me in an inappropriate sexual manner?

THE ACT OF CONTRITION

O my God, I am heartily sorry for having offended You, and I detest all my sins because I dread the loss of Heaven and the pains of Hell, but most of all because they offend You, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.