

An Examination of Conscience for Teens

Relationship with God

- ✦ Have I developed ways to make God's presence active in my life?
- ✦ Do I take time for God by participating in Sunday Eucharist and setting aside moments to pray or read the Scriptures?
- ✦ Do I bring Jesus' perspective to bear on my decisions about my relationships with others, my use of money and other materials, and my view of myself?
- ✦ Do I speak of God and my faith with reverence?

Relationships with Others

- ✦ Do I love and respect my parents and other family members and try to resolve my difference with them peacefully/
- ✦ Do I treat other people with respect, not with abuse, prejudice, or manipulation?
- ✦ Do I share what I have with those in need and reach out to suffering persons with support?
- ✦ Do I reverence all human life, do whatever I can to help life thrive, and avoid actions that harm life?
- ✦ Am I truthful, fair, and genuine in my dealings with others?
- ✦ Do I work honestly at my job or studies?
- ✦ Have I hurt others' reputation by speaking falsely about them or spreading gossip?
- ✦ Do I try to become informed on issues affecting society and the whole world?
- ✦ Do I treat all of creation with respect and justice?
- ✦ Have I honored the sacredness of sexuality by not using another person sexually and by reserving full sexual expression for marriage?
- ✦ Am I a faithful friend?
- ✦ Do I deal with conflict in a constructive way?
- ✦ Do I drive with care and safety?
- ✦ Do I waste resources?

Relationship with Self

- ✦ Do I try to develop myself as a person, making full use of my strengths and talents?
- ✦ Do I explore my own motivations and attitudes about things to become more honest with myself?
- ✦ Do I put myself down?
- ✦ Do I try to put destructive attitudes into perspective so they do not control me?
- ✦ Do I let fear stand in the way of doing what I think is right?
- ✦ Do I take care of my health—eat well, exercise, and get enough rest and relaxation?
- ✦ Have I been respectful of my own sexuality and not mistreated who I am as a sexual person?
- ✦ Do I seek the help of other, wiser persons when emotions or problems are causing me a lot of distress?
- ✦ Do I abuse alcohol, other drugs, or leisure activities such as watching television?