

AN EXAMINATION OF CONSCIENCE

WITH THE

SEVEN DEADLY SINS

The seven deadly sins are deadly because they destroy our relationship with God. They are vices, meaning that they are habits of doing what is wrong (the opposite of virtue). Vices in our lives make us more “vicious” – immoral, cold, and hard-hearted, less human.

Wrath: The neutral emotion of anger turns into wrath when it is directed against an innocent person, when it's unduly strong or long-lasting, or when it desires excessive punishment.

Do I respect my body with how I treat it? Do I starve myself?

Do I express my anger through using curse words, or other profanity? Do I use God's name with love? Do I take His name in vain?

Do I allow myself to get overly upset? Do I lash out in disagreements with other people?

Do I take my anger out on myself through self-harm in any form?

Do I criticize people unnecessarily and try to tear them down?

Do I bully others, verbally, emotionally, or physically?

Lust: Lust is deliberately inflaming a sexual desire or temptation that naturally comes to you.

Have I allowed myself to watch pornography or other sexually explicit shows, sites, or videos?

Have I looked at someone else's body lustfully?

Do I use social media to post, view, or share immodest pictures of other people or myself?

Have I intentionally tried to inflame sexual desire with my boyfriend or girlfriend?

Do I practice the virtue of chastity and establish boundaries with my boyfriend or girlfriend? Have I touched them inappropriately or have we given in to sexual temptation?

Have I touched myself inappropriately?

Have I hurt other people's dignity by speaking about them and their bodies inappropriately?

Gluttony: Inordinate desire for the pleasure connected with food, drink or other material goods, and indulging in them excessively.

Do I eat or drink much more than I should?

Have I consumed any alcohol, which is illegal for anyone under the age of 21?

Have I hurt my body by abusing alcohol or drugs?

Do I waste my food by throwing in the garbage most of what's on my plate?

Am I wasteful with other resources in my home, like electricity or water?

Am I too attached to my phone or video games? Do I use them to avoid everyday tasks or people?

Sloth: The desire for ease, even at the expense of doing what we know is right; the slothful person is unwilling to do what God (or our parents, our boss, etc.) wants because of the effort it takes to do it.

Do I allow myself to spend too much time on a particular activity, which then keeps me from God, family, or real friendships?

Did I ignore someone when they needed me to help them with something?

Have I intentionally skipped the opportunity to come to someone's aid, show friendship, or be kind?

Do I disobey my parents outright?

Am I lazy or in the habit of procrastinating with my chores, my homework, or with exercise?

Do I let people down when they are relying on me to do something? Do I follow through on my commitments?

Did I miss Mass, skip coming to youth ministry, forget to pray at home, avoid praying in front of others, or not take time for God, all because I didn't want to make the effort or time?

Pride: When we take full credit for our achievements without gratitude to God or others, and judge the weaknesses of others by criticizing them openly or interiorly.

Have I been disrespectful to my parents? Am I rude or spiteful to my family, friends, or teachers?

Do I speak down to others, or use sarcasm excessively?

Do I give attitude or sass to strangers, those in authority, my parents, siblings, or teachers?

Do I allow my desire to be liked or popular to guide my decisions or give in to peer pressure?

Have I denied that I am Catholic because I put myself first rather than remain faithful to God?

Do I regularly put myself before others or God?

Do I compare myself to others all the time, and think badly about them so as to feel good about myself?

Greed: A disordered love of wealth; the desire to acquire or possess more than one needs, especially with respect to material wealth; putting material objects or money before God or people.

Do I desire to own the latest and greatest thing (phone, clothes, game, etc.), just so I can have it?

Have I bought too many of the same thing (clothes, shoes, video games, books, etc.) so that I have more than I actually need?

Am I wasteful with my money, buying things just to be selfish?

Have I altered the truth, tell lies, or try to manipulate situations when I want to get something?

Have I sought relationships in hopes of getting something out of it, rather than for their own sake?

Have I used people for my own gain?

Have I NOT given, donated or shared things with those in need?

Envy: Sadness or discontent at the excellence, good fortune, or success of another person.

Have I been jealous of other people's success or good fortune?

Have I coveted other people's money, things, fame, or success?

Have I stolen anything? I have taken something with the intent to hurt someone else?

Have I gossiped about others? Have I hurt someone's reputation by what I say or don't say?

Do I tell lies or assumptions about people to make myself feel good? Do I talk about people behind their back?

Have I judged someone unfairly? Do I label people based on what I see or hear about them?

Have I insulted a person's lifestyle or identity (religion, sexual identity, race, color, beliefs, etc.)?