

## Being honest with God about my choices:

### 1. *I am the Lord, your God; you shall not worship other gods.*

- Is there anything or anyone more important for me than God or have I put other things money, clothes, sports, TV, music pleasure, peer approval or famous celebrities before God?
- Do I pray every single day? Do I start and finish the day with prayer? Do I only pray when I need something or do I also seek to praise and thank Him too?
- Have I made a serious effort to get to know my faith well?

### 2. *You shall not take the name of the Lord in vain.*

- Have I spoken about God, or used the name of God or Jesus or Mary, carelessly or without thinking?
- Have I made fun of or mocked God, Jesus, Mary or the Church?
- Do I use bad language?

### 3. *Keep holy the Lord's Day.*

- Have I asked my parents to take me to Mass on Sundays and Holy Days?
- Have I made a fuss about going to Mass? Have I refused to go the Mass?
- Have I tried to pay attention to what is going on when I am at Mass or do I just go through the motions?
- Do I participate at Mass by singing and praying the responses or am I just a spectator wanting to be entertained (I'm bored!)?
- Do I arrive at Mass late due to carelessness or have I left early without serious reason? Do I hang out in the back of the church or outside?
- Do I talk and joke with others, or look at my phone, when I am at Mass?
- Have I kept the Eucharistic Fast? Do I chew gum or eat at Mass?
- Am I careful to kneel, sit or stand at the right times?
- Have I made time to pray and to read the Bible daily; and especially on Sundays and Holy Days?
- Have I received Holy Communion in a state of *Mortal Sin*?

### 4. *Honor your father and your mother.*

- Do I always obey my parents or those in authority (teachers, coaches, principal, police, etc.) and do what they tell me to do? Do I obey right away?
- Do I follow my parents' rules or talk back to them? Do I yell at them? Do I say mean things to them?
- Do I hide things from my parents? Do I lie to my parents?
- Do I tell them *'thank you'*? Do I show them love, affection, and respect?
- Do I go places my parents tell me not to go? Do I watch things my parents tell me not to watch?
- Do I read or watch things that I know are not appropriate?
- Have I disrespected my family members or treated them poorly, by insulting or yelling at them?
- Do I try to bring happiness and peace to my family, or tension and division (also known as *"Drama"*)?
- Have I fought or argued with my brothers or sisters? Do I offer to help out around the house?
- Do I complete my homework and chores to the best of my ability?

### 5. *You shall not kill*

- Have I been mean to others? Do I bully others? Do I say mean and nasty things to others?
- Do I insult or make fun of others or try to hurt others by my words or actions?
- Do I say things in 'fun' or trying to be funny or cool, that instead usually hurt others?
- Do I hit others in order to hurt them?
- Do I refuse to forgive someone or hold a grudge against anyone? Do I hate anyone?

- Do I lead others to not be friends with someone whom I do not like?
- Do I lose my temper and get mad? Do I yell out of anger?
- Have I done any bodily injury to another person? Do I cause bodily harm to myself?
- Have I experimented with or use drugs or alcohol? Have I sold or distributed drugs?

**6. You shall not commit adultery.**

- Do I take good care of my body? Do I eat the right foods?
- Do I dress in a modest and self-respecting way? Do I like to show off my body?
- Have I not respected my own body by acting or dressing immodestly?
- Do I respect my friends? Have I treated others, in my words, thoughts or actions, as objects?
- (Boys) Do I show proper respect for girls? (Girls) Do I show proper respect for boys?
- Do I treat everyone as though they are a Child of God, treating them as I would want to be treated?

**7. You shall not steal.**

- Have I taken anything that did not belong to me without asking permission?
- Did I return what I took? Was it at least in the same condition as when I borrowed it?
- Have I taken something that should have gone to someone else? Have I taken anything of value?
- Have I cheated on a test or homework?
- Have I cheated on a game or changed the rules in the middle to give me an advantage?
- Have I wasted food, my time, or other things I own?

**8. You shall not bear false witness against your neighbor.**

- Have I told lies? Have I told lies to hide what I have done wrong?
- Have I said things to make myself look better to others? Have I told lies to hurt others?
- Have I broken promises? Have I betrayed secrets?
- Have I talked behind someone's back (gossip)? Have I joined in when others are talking negatively about someone? Have I spread rumors?
- Have I lied about someone? Have I hurt others by revealing true hidden faults about them?
- Have I used any form of social media or apps in ways that are hurtful or damaging to others?

**9. You shall not covet your neighbor's wife.**

- Am I jealous or envious of my friends?
- Do I continue to do things even after I have been told "No"?
- Do I respect other people's privacy?
- Am I careful about sharing information about myself and about my family?
- Do I give into curiosity about things that are forbidden to me?
- Do I look at or listen to impure things? Have I viewed pornography?
- Have I thought about or looked at someone with impure or lustful desires?

**10. You shall not covet your neighbor's property?**

- Do I want to have the things others have? Am I jealous of people who have lots of things?
- Is it hard for me to share my things?
- Do I constantly ask my parents for new things? Am I content with what I have or do I always want more?
- Am I grateful for the things that I do have?
- Do I judge people by the clothes they wear or the condition of the things they have?
- Do I use the money that I have responsibly?
- Do I give willingly, my time, talents and treasure to God and the Church?