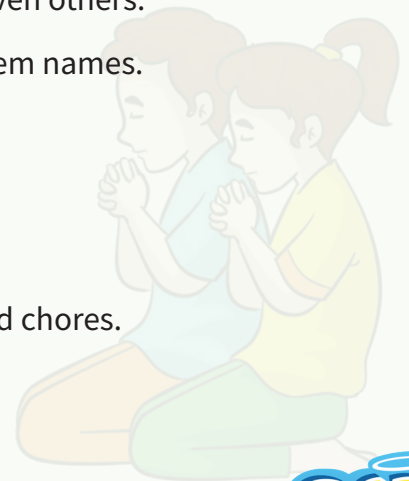


# A Guide for Children in the Examination of Conscience

**Instructions:** Rate your own spiritual performance from 1 to 10. This will serve as your guide in your examination of conscience. Share to your confessor your weakest items.

- I pray every day.
- I pray with my parents and family.
- I continue to pray even when it is boring, and I feel tired.
- I have been moody and rebellious about celebrating the Holy Mass with my family.
- I ask the help of the Holy Spirit whenever I am tempted to sin.
- I ask the Holy Spirit to help me do what is right.
- I seek counsel from the Blessed Mother and all the saints.
- I am obedient and respectful to my parents.
- I lie or have been deceitful to my parents or to others.
- I have been arrogant, stubborn or rebellious.
- I talk back to my parents, teachers or other adults.
- I pout and fret and I have been acting up.
- I have been selfish toward my parents, brothers, and sisters, teachers, or my friends & schoolmates.
- I feel so angry inside my heart.
- I hit someone in my anger.
- I hold grudges and bitterness in my heart and/or have not forgiven others.
- I treat others disrespectfully or made fun of them and called them names.
- I bully others.
- I use bad language and curse.
- I have stolen something and have not returned it.
- I perform my responsibilities, such as homework and household chores.
- I am helpful and affectionate toward my family.
- I am kind and generous with my friends.



NAME