

Have I cheated, stolen, or failed to pay my bills on time?
Have I used people for my own ends and advantage?
Have I wasted money?

Envy/Jealousy (ST II-II q36)

Envy –is sadness at the happiness of another
Have I envied or been jealous of the abilities, talents, ideas, good-looks, intelligence, clothes, possessions, money, friends, family, of others?

Gossip:

Have I judged others in my thoughts?
Have I damaged the reputation of another person by my words, attitude, or looks?
Have I repeated accusations that might not be true? Have I exaggerated?
Have I failed to defend the reputation of others?
Have I failed to keep secrets?
Do I despise others of different race, class or culture?

Lies: Have I lied or exaggerated?

Sloth/Apathy (ST II-II q35)

Laziness, especially in the things of God. Sloth is a sorrow in the face of spiritual good -it makes you lethargic and want to do nothing.

Have I sought God above all else, or have I put other priorities ahead of him? (e.g. friendships, ambition, comfort and ease)
Have I got so caught up in the things of this world that I've forgotten God?
Have I risked losing my faith/piety by bad company, bad reading, cowardice, or pride?
Have I trusted God, especially in times of difficulty?
Have I attended Mass each and every Sunday?
Have I neglected to say my daily prayers?
Have I entertained distractions in prayer, or failed to give God due concentration in prayer or in the Mass? (Note: Not giving God the effort he deserves in prayer is a sin, but it is not the same thing as involuntary weakness in mental distractions.)
Have I made a prayerful preparation before Mass and a good thanksgiving after Mass?
Have I received Holy Communion while in a state of serious sin?
Have I neglected to seek Confession before Holy Communion?
Have I taken the Lord's name in vain? Or used other foul language?

My Neighbour:

Have I been lazy in helping others?
Have I been attentive to the needs of my neighbour, the needs of my family?
Has my conversation been focussed on my own pleasure, or on others?
Has my humour been insensitive to others?

My Family:

Have I been more focussed on myself than on the needs of others?
Have I spent time with my family? How have I manifested my concern for them? Have I been forgiving and tolerant of them? Have I scandalized them by a bad or lazy example?

Punctuality and Discipline:

Have I wasted other people's time by being late?
Have I sinned against God and the congregation by being late for Mass?
Have I gone to sleep on time?
Have I made good use of my time, or have I wasted time needlessly? E.g. TV or internet?
Have I planned good use of relaxation and recreation, knowing that I need to rest well?

Gluttony (ST II-II q148)

Gluttony is the inordinate desire for food.

Have I eaten more than I need?
 To how serious an extent?
Have I spent excessive money on food?
Have I drunk alcohol excessively?
 Have driven after drinking?
Have I eaten greedily and with little consideration for those at table with me?
Have I given money to help the hungry?
Have I regularly practiced fasting and self-denial, especially on Fridays?
Have I abstained from meat on Fridays?
Have I always fasted an hour before receiving Holy Communion at Mass?

The Ten Commandments:

- (1) I, the Lord, am your God. You shall not have other gods besides me.
- (2) You shall not take the name of the Lord in vain.
- (3) Remember to keep holy the Lord's Day.
- (4) Honour your father and your mother.
- (5) You shall not kill.
- (6) You shall not commit adultery.
- (7) You shall not steal.
- (8) You shall not bear false witness.
- (9) You shall not covet your neighbour's wife.
- (10) You shall not covet your neighbour's goods.