

# A MIDDLE SCHOOL STUDENT'S EXAMINATION OF CONSCIENCE

## 1) My Relationship with God:

- Do I put God first in my life? Do I curse or misuse God's name when I'm angry or upset?
- Do I pay attention at Mass and join in the prayers and hymns? Do I thank God for his blessings?
- Do I say prayers to God at home during the week?
- Do I put money, popularity or possessions before God?
- Do I abandon my values and faith under the pressure of peers?

## 2) My Relationships with Family:

- Do I listen, obey and respect my parents and their decisions?
- Do I appreciate what my parents do for me and tell them so?
- Do I waste or refuse to eat the food I am given?
- Do I say mean things to my brothers and sisters? Do I do my chores without complaining?
- Do I speak with an attitude to my parents or to brothers and sisters?
- Do I share my things with the family? Do I care for things that belong to the family?
- Do I start fights with my brothers and sisters at home? Do I lie to my parents or others at home?

## 3) My Relationships with Friends:

- Do I hurt other people's feelings by what I say or do to them?
- Do I get other people into trouble, at school or with their parents?
- Do I throw things or break things in anger? Have I physically hurt another?
- Do I cheat or am I unfair when I am playing games or sports?
- Have I placed others or myself in danger by using drugs or alcohol?
- Do I show respect for my own body and that of others? Am I modest/ decent in the way I dress?
- Do I lie or gossip about others behind their back? Have I hurt anyone's reputation?
- Do I envy others for what they have or can do? Do I manipulate or pressure others?
- Am I hard to get along with during school, at a friend's house, or at home?

## 4) My Relationships with Other People:

- Do I pay attention in school? Do I lie to my teachers or others?
- Do I cheat or use others' work in school? Do I do my homework?
- Do I view inappropriate TV shows or materials on the internet?
- Do I forgive people who hurt me? Do I hold a grudge against others?
- Do I take things that don't belong to me? Have I damaged someone else's property?
- Do I blame other people for things I do? Have I fought with or injured another person?
- Am I helpful and polite to people I meet outside my home?

## 5) My Relationship with People in Need:

- Do I offer to help others who are in need?
- Do I share some of the good things I have with others who have less than me?
- Do I pray for those who are sick or less fortunate? For those who have lost a loved one?