

# Examination of Conscience: Teens (Sample 2)

## Teen-agers Preparing for Reconciliation

The 10 Commandments have everything you need to take stock of your actions before celebrating the sacrament of reconciliation.

It's not easy for a teen-ager to walk into a confessional.

Harder yet is being honest with oneself enough to walk in prepared to talk about what one's done wrong and how one can make amends.

For teen-agers to thoroughly examine their consciences, here are the 10 Commandments with corresponding questions helpful in preparing for the sacrament of reconciliation.

### An Examination of Conscience for Teens

#### 1. First Commandment

- *Do you worship the false gods of status, consumerism or peer approval?*
- *Do you ignore or avoid old friends in order to be part of the popular crowd? Do you make unreasonable demands on your parents for clothes or money?*
- *Do you give support to your peers when they tell racial or ethnic jokes? Do you show indifference toward the poor and think of them as losers by social standards?*

#### 2. Second Commandment

- *Do you use language that you would never speak in front of your grandmother?*
- *Is your language a reflection of a low opinion of others and insults?*

#### 3. Third Commandment

- *Do you skip mass because few of your friends go to church or because you feel that the gift of God's presence should be as entertaining as the internet?*

#### 4. Fourth Commandment

- *Do you thank your parents for what they do for you?*
- *Do you offer to help around the house?*
- *Do you value your family members as much as you do your friends?*

## **5. Fifth Commandment**

- *Do you value your life and that of others?*
- *Do you drink and drive or travel with those who do?*
- *Do you experiment with drugs and show no regard to their effect on your grades, your self-respect or your relationships?*
- *Have you ever hit your girlfriend or boyfriend?*

## **6. Sixth Commandment**

- *Do you use other people for your own selfish pleasure?*
- *Do you lie to get others to act against their values?*

## **7. Seventh Commandment**

- *Do you cheat on tests or homework?*
- *Do you ever shoplift or take things that don't belong to you?*

## **8. Eighth Commandment**

- *Do you gossip or pass on rumors that hurt other people?*
- *Can you be trusted to keep a confidence?*
- *Do you lie to protect your own ego, even if someone will be hurt?*

## **9. Ninth Commandment**

- *Are you envious of others? Do you resent their popularity or success?*
- *Do you feel you have to put others down in order to feel better about yourself?*

## **10. Tenth Commandment**

- *Do you resent your parents when they tell you they cannot afford to buy the things that you feel you need to keep up with your friends?*
- *Do you ever ask your parents what their financial worries are?*