

Examination of Conscience
Based on the Seven Deadly Sins
Acronym: PALE GAS

	7 Deadly Sins	Daughters / Sub-sins	Virtue
P	Pride (<i>deep pleasure or satisfaction derived from one's own achievements, the achievements of those with whom one is closely associated, or from qualities or possessions that are widely admired</i>)	Disobedience (<i>failure/refusal to obey authority</i>) Boastfulness (<i>showing excessive pride</i>) Hypocrisy (<i>not conforming to one's own standards</i>) Contention (<i>heated disagreement</i>) Obstinacy (<i>stubbornness</i>) Discord (<i>lack of harmony</i>) Love of Novelties to Excess (<i>overly concerned with fashion, technology - stuff</i>)	Humility (<i>modest view of one's own importance</i>)
A	Anger (<i>strong feeling of annoyance, displeasure or hostility</i>)	Indignation (<i>annoyance provoked by what is perceived to be unfair</i>) Swelling of the Mind (<i>gradual building of strong feelings of annoyance, displeasure, hostility</i>) Clamor (<i>raising the voice</i>) Blasphemy (<i>profane talk</i>) Name Calling (<i>abusive language / insults</i>) Quarrels (<i>arguments / disagreements</i>)	Forgiveness (<i>action or process of forgiving others</i>)
L	Lust (<i>very strong sexual desire; or a strong passionate desire for something</i>)	Blindness of Mind (<i>turning a blind-eye and acting on temptations</i>) Thoughtlessness (<i>no consideration for others</i>) Inconstancy (<i>not faithful or dependable, constantly changing</i>) Impulsiveness (<i>acting without thinking/forethought</i>) Self-love (<i>tending to be smug and superior</i>) Hatred of God Love of the World Contempt for Heaven (<i>beneath consideration</i>)	Chastity (<i>purity; freedom from immorality, especially of a sexual nature</i>)
E	Envy (<i>a feeling of discontented or resentful longing aroused by someone else's possessions, qualities, or blessings</i>)	Hatred (<i>intense dislike / ill-will</i>) Tale-bearing (<i>malicious gossip/revealing secrets</i>) Detraction (<i>reduce or take away worth or value of a person or thing</i>) Joy at Our Neighbor's Misfortune Grief of Others Prosperity	Admiration (<i>respect, warm approval</i>)
G	Gluttony (<i>an excess of food, drink, or pleasure</i>)	Unseemly Joy (<i>Improper / Inappropriate</i>) Vulgarity (<i>lacking sophistication or good taste</i>) Uncleanness (<i>impure / unfit</i>) Loquaciousness (<i>Talking Way to Much</i>) Dullness of Mind as it Regards Understanding	Asceticism (<i>Self-discipline; avoidance of all forms of indulgence</i>)
A	Avarice (<i>Obsession with Money or Covetousness: wanting what other people have</i>)	Treachery (<i>deceptive / betrayal of trust</i>) Fraud (<i>wrongful or criminal deception</i>) Falsehood (<i>lie, untruth</i>) Perjury (<i>willingly telling a lie after taking an oath</i>) Restlessness (<i>anxiety</i>) Violence (<i>behavior involving physical force intended to hurt, damage, or kill someone or something</i>) Insensibility for Mercy (<i>lack of concern or compassion for the plight of others</i>)	Generosity (<i>quality of being kind and generous</i>)
S	Sloth (<i>aversion to seeking the spiritual disciplines: prayer, bible study, church attendance, etc.</i>)	Malice (<i>intention or desire to do evil</i>) Spite (<i>desire to hurt, annoy or offend</i>) Faintheartedness (<i>timid, lacking courage</i>) Sluggishness with regard to living the 10 Commandments Wandering of the Mind After Unlawful Things	Zeal (<i>great energy or enthusiasm</i>)

Nightly Examen: *Almighty and Eternal God, show me where I have failed to respond to Your promptings and invitation to change my life this day, so that I may be free to become the best-version-of-myself. . .* (then run through this list).

Going to Confession
(see other side of this document)

Going to Confession

After examining your conscience and telling God of your sorrow, go into the confessional. You may kneel at the screen or sit to talk face-to-face with the priest.

1. Begin your confession with the sign of the cross, "*In the name of the Father, and of the Son, and of the Holy Spirit. My last confession was _____ weeks (months, years) ago.*"
2. We are in constant sin and thus in constant need for mercy and forgiveness. Say the sins that you remember. Start with the one that is most difficult to say.

Remember, the confessional is not a mental health exercise, a time to confess others sins, nor a counseling session. Priests are available by appointment for those things.

In order to make a good confession the faithful must confess all *mortal sins*, according to kind and number. One needs to sum up with specific wording, not details, so as to protect the innocence of the Priest. God already knows the story.

After confessing all of the sins you can remember since your last good confession, you may conclude by saying, "*I am sorry for all my sins, the ones I can remember and the ones I cannot remember.*"

3. Listen to the words of the priest. He will assign you some penance. Doing the penance will diminish the temporal punishment due to sins already forgiven. When invited, express some prayer of sorrow or Act of Contrition such as:

O my God, I am heartily sorry for having offended you and I detest all my sins, because I dread the loss of heaven and the pains of hell. But most of all because I have offended you, my God, who art all good and deserving of all my love. I firmly resolve with the help of your grace, to confess my sins, to do penance and to amend my life. Amen.

At the End of Confession

Listen to the words of absolution, the sacramental forgiveness of the Church through the ordained priest. As you listen to the words of forgiveness you may make the sign of the cross with the priest.

After Confession

- Give thanks to God for forgiving you again. If you recall some serious sin you forgot to tell, rest assured that it has been forgiven with the others, but be sure to confess it in your next Confession.
- Perform the assigned Penance with sincerity and gratitude.
- Resolve to return to the Sacrament of Reconciliation often. As Catholics we are fortunate to have the Sacrament of Reconciliation. It is the ordinary way for us to have our sins forgiven. This sacrament is a powerful help to get rid of our weaknesses, grow in holiness, and lead a balanced and virtuous life!