

EXAMINATION OF CONSCIENCE – Acronym: PALE GAS

Pride is the mother of all sin. It is a craving for excellence beyond what is reasonable. It makes a person hate being equal to others, and hate being less than God.

Have I refused to admit my own weaknesses?

Have I dwelt on the failings of others?

Have I judged others, in my thoughts or words?

Have I ranked myself better than others?

Have I borne hatred for another? Have I refused to learn from others?

Have I been stubborn? Refused to admit I was wrong? Refused to accept that another person had a better idea?

Have I been arrogant? Have I held others in contempt?

Have I neglected to use the talents that God has given me?

Anger is undue desire for vengeance -undue in cause or in amount.

Have I harboured resentment, grudges, and hatred in my thoughts?

Have I nurtured imaginary angry conversations?

Have I been slow to forgive? Have I lost my temper?

Impatience: How have I carried my cross?

Have I been impatient with people, family, events, sufferings, sicknesses?

Lust is disordered desire for sexual pleasure, isolated from its procreative and unitive purpose (CCC 2351).

Custody of the Eyes: "Whoever looks at a woman with lust for her has already committed adultery with her in his heart" (Mt 5:28)

Have I viewed other people as mere sexual objects rather than as persons to be loved?

Pornography: On internet? or TV?

Impure Thoughts: Have I entertained impure thoughts?

Impure Acts: Alone, or with another?

Envy -is sadness at the happiness of another

Jealousy-is coveting what belongs to another

Have I envied or been jealous of the abilities, talents, ideas, good-looks, intelligence, clothes, possessions, money, friends, family, of another?

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 I driven after drinking?

Have I eaten greedily and with little consideration for the presence and needs of 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 always fasted an hour before receiving Holy Communion at Mass?

Avarice is the excessive love of possessing things

Have I been overly concerned about my own comfort and well-being?

Have I been resentful of my lack of money?

Have I been generous in giving? Have I given with a cheerful heart?

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?

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

Have I sought God above all else, or have I put other priorities ahead of him? 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?

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?