

Sins that are objectively serious are placed in italics.  
The others are serious or minor depending on the circumstances.

**First Commandment**  
**You shall love God above all things**

What place does God have in my life? Do I pray every day? Do I pray attentively and respectfully? Have I sought God's will in my life? *Do I believe in all the truths of our faith or have I willfully doubted or denied any of them? Have I taught things contrary to the faith?* Have I read books or watched programs that speak ill of God and the Church? Do I care to know my faith better through catechesis, reading appropriate books, etc.? Have I doubted God's help? Have I complained about God? Have I believed in superstitious things (horoscopes, magicians, fortune tellers...)? Have I done spiritualism or acts of magic and witchcraft? *Have I committed any sacrilege?* (Ex: keeping silent about a grave sin in confession, receiving Communion while in grave sin...) Have I been ashamed to show myself to others as a believer?

**Second Commandment**  
**You shall not take God's name in vain**

*Have I sworn falsely?* Have I ridiculed or mocked holy things? Have I named God's name for foolishness? *Have I blasphemed God, the Virgin or the saints?* Have I made any vows or promises to the Lord that I have not fulfilled? Do I keep the days of fasting?

**Third Commandment**  
**Keep Holy the Lord's Day**

*Have I missed Holy Mass on Sunday or a day of obligation without sufficient cause?* Have I kept the appropriate rest these days? Do I attend Mass with attention and respect?

**Fourth Commandment**  
**Honour your father and your mother**

**Parental Duties:** *Do you educate your children correctly?* Do you correct them gently? Do you discreetly monitor their friendships, the environment in which they move, etc.? Do you encourage and help them? Do you set a good example for them? Do you have them pampered and spoiled? Do you help them to carve out a future? *Do you educate them in the faith, with your words and your example, or have you neglected their Christian education?* Do they see in you a Christian father?

**Duties of children:** Do you love your parents? Do you obey them? *Do you insult them? Do you mistreat them?* Do you help them in their needs? Do you help them in their old age? Do you make good use of your study time? Do you make an effort in your homework and exams?

Have I respected and obeyed what the legitimately constituted authorities (governments, mayors, judges, security forces...) have commanded and does not oppose God? Do I treat those who have authority over me with respect? (bosses, teachers...)

### **Fifth Commandment** **You shall not kill**

*Have I killed any innocent people? Have I hurt, beaten, or physically or psychologically abused anyone? Have I insulted? Have I performed, counseled, or facilitated any abortions? Have I attempted suicide? Have I taken abortion pills? Do I take or give to others drugs or other harmful substances? Do I abuse food to the detriment of my health? Have I been drunk? Am I cautious in driving my vehicle?*

### **Sixth Commandment** **You shall not commit adultery**

*Do I delight in watching pornographic scenes in magazines, mobile phones, computers...? Do I distribute pornography? Do I have modesty? Have I had or consented to obscene touching of myself or others (masturbation)? Have I had sex before marriage? Do I live with or have I lived with a person having sex without being married in the Church? Have I committed homosexual acts?*

### **Seventh Commandment** **You shall not steal**

Have I stolen or cooperated in any theft? Have I cheated in my sales or in my purchases with deception in prices, product quality, etc.? Do I make good use of my money or spend unnecessarily (on luxuries, whims, silliness...)? Have I dishonestly acquired money? Have I let myself be carried away by the game? Do I help others with alms? Do I do my job honestly and professionally? Do I exploit my employees? Have I taken advantage of my position of authority to grant favors to my friends and acquaintances, forgetting those who justly deserved it?

**Eighth Commandment**  
**You shall not bear false witness or lie**

Have I told lies, have I caused harm to others with my lies? Have I slandered? Have I criticized or spoken badly without any need? Have I sown gossip? Have I judged others without sufficient grounds? Have I revealed secrets of others? Have I browsed other people's private things (letters, diaries, mobile phones, computers...) without their owners knowing it? Have I used rude language or swore?

**Ninth Commandment**  
**You shall not covet your neighbour's wife**

*Do I delight in obscene thoughts?* Have I looked dishonestly at a woman or a man? Have I provoked others to impurity by my way of dressing, speaking, or my attitude?

**Tenth Commandment**  
**You shall not covet your neighbour's possessions**

Have I disorderly desired the goods of others? Have I been envious, grieved for the spiritual or bodily good of my neighbor? Have I lost my peace for reasons of money, inheritances, etc.?

**Charity to one's neighbor**

Do I love my neighbor? *Do I hate anyone? Do I refuse to forgive my enemy? Do I want revenge? Do I hold a grudge? Do I wish anyone harm? Have I covered up some wrongdoing?*

**Duties of spouses**

Do you do your best to foster love for your partner? Do you treat her with affection, dedication, dedication? *Is there mistreatment? Is there transparency in the family economy? Do you use immoral contraception to avoid having more children? Have you been unfaithful in your thoughts, desires, or actions? Have you had children through artificial fertilization?*

**SEVEN CAPITAL SINS**

**PRIDE**

Am I stubborn? Do I think I'm better than others? Do I always want to have the last word? Do I want to be in the limelight? Do I have a spirit of complaint, of pessimism? Do I have a spirit of rebellion, of disobedience, of non-constructive criticism? ¿Am

disagreeable? Do I can't stand the shortcomings of others? Do I not listen or let others speak because I believe that I am always right and should be listened to? Do I seek to please the powerful, my superiors, not out of love for God but so that they will consider me and esteem me? Do I manipulate people to do what I want? Do I do things of God seeking to be applauded, to be recognized, to be esteemed, and not purely for the Lord's sake?

### **AVARICE**

Do I trust too much in material things? Do I live with poverty and austerity? Do I have love for the poor?

### **LUST**

Do I have a sexual pleasure-seeking disorder? Am I a sensual person? Do I provoke affective misunderstandings with my words, my gestures, my attitudes...? Do I flirt affectionately in situations that displease God?

### **ENVY**

Do I grieve for the good of others? Do I rejoice inwardly in the failure of others? Do I find it difficult to recognize the good qualities of others? Do I really desire the good of others?

### **GLUTTONY**

Do I have a disordered appetite for eating and drinking? Am I picky eaters? Do I look only for what I like?

### **WRATH**

Do I get angry about anything? Do I control my temper? Do I lack patience? Do I try to treat people with gentleness? Do I scream, raise my voice, swear...?

### **LAZINESS**

Did he avoid the things of God if they involve effort in me? Am I looking for the easy and comfortable way? Do I have a weak character and try to please everyone even if it is offending God? Am I steadfast in my holy purposes? Do I really seek holiness or am I content to throw away a Christian life half-heartedly?