

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 MTV?

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?
- * Do you see sex as a way to be popular or to rebel against your parents?

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?

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