

AN EXAMINATION OF CONSCIENCE FOR THE MARRIED

1. Have I said thoughtless or hurtful words, yelled indiscriminately, or in any other way been unkind or uncharitable to my spouse or family members?

2. Have I been angry at my spouse?
3. Have I allowed resentments and bitterness toward my spouse to take root in my mind?
4. Has pride or selfishness caused me to stumble and fall short in my marriage?
5. Do I have an attitude that I'm right and my spouse is always wrong?
6. Have I been hard-hearted or callous?
7. Have I been unfair, causing pain, resentment and hurt in my marriage?
8. Are my priorities misplaced?
9. Am I defensive or critical of my spouse, of my children?
10. Have I been rude or self-seeking?
11. Do I keep a record of wrongs?
12. Have I been unsupportive?
13. Have I spoken sharply or sarcastically to my spouse? Have I spoken in a demeaning or negative way?

26. Have I failed to seek forgiveness?
27. Have I been unforgiving?
28. _____

Act of Contrition

O my God, I am heartily sorry for having offended you. And I detest all my sins because of your just punishment. But most of all because they offend you, my God, who art all-good and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more, and to avoid the near occasion of sin. Amen.



Additional quantity copies of AN EXAMINATION OF CONSCIENCE FOR THE MARRIED are available from www.marriagebuildingusa.org or by contacting Don & Lorrie Gramer at (815) 289-0523.

14. Have I failed to seek God's plan for our marriage?
15. Has infidelity, pornography, overspending occurred?
16. Have I failed to follow the teachings of the Church on Family Planning?
17. Have I failed to turn to God in prayer?
18. Have I been unwilling to work to make our marriage healthy?
19. Have I failed to protect my spouse?
20. Have I been unwilling to make changes in my behavior? In my attitude? If so, what has been the consequences?
21. Have I threatened to leave? Or avoided the problems I create?
22. Have I told little lies, or big ones? Been imprecise in my words?
23. Am I impatient with the ones I love?
24. Have I physically abused my spouse?
25. Have I gossiped about my spouse?