

**A CHILD'S EXAMINATION OF CONSCIENCE  
USING THE FIVE FINGER METHOD**

**1) My Relationship with God:**

- Do I pay attention at Mass and join in the prayers and hymns?
- Do I fool around or bother others during Mass?
- Do I say prayers to God at home during the week? Do I thank God for his blessings?
- Do I use God's name as a curse when I am angry or upset?

**2) My Relationships with Family:**

- Do I say mean things to my mom or dad? To my brothers and sisters?
- Do I speak with an attitude to my parents or to brothers and sisters?
- Do I do what my mom and dad tell me to do? Am I lazy around the house?
- Do I start fights with my brothers and sisters at home?
- Do I care for things that belong to the family? Do I share my things with the family?
- Do I lie to my parents or others at home? Do I waste or refuse to eat the food I am given?

**3) My Relationships with Friends:**

- Do I hurt other people's feelings by calling them bad names?
- Do I get other people into trouble, at school or with their parents?
- Do I hit people when I get mad? Do I throw things or break things in anger?
- Do I cheat or am I unfair when I am playing games?
- Do I refuse or avoid playing with another boy or girl for no good reason?
- Do I lie to my friends? Do I talk about them to others when they are not there?
- Am I hard to get along with during school, at a friend's house, or at home?

**4) My Relationships with Other People:**

- Do I do what my teachers tell me to do? Do I pay attention in school?
- Do I cheat or use others' work in school? Do I lie to my teachers or others?
- Am I lazy about my schoolwork? Do I do my homework?
- Do I forgive people who hurt me? Do I hold a grudge against others?
- Do I take things that don't belong to me at school or in a store?
- Do I blame other people for things I do?
- Am I helpful and polite to people I meet outside my home?

**5) My Relationship with People in Need:**

- Do I offer to help others who need a helping hand?
- Do I share some of the good things I have with others who have less than me?
- Do I pray for those who are sick? For those who have lost a loved one?