



UNITED STATES CONFERENCE OF CATHOLIC BISHOPS

Examination of Conscience in Light of Catholic Social Teaching

<http://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/examination-conscience-in-light-of-catholic-social-teaching.cfm>

Life and Dignity of the Human Person

- Do I respect the life and dignity of every human person from conception through natural death?
- Do I recognize the face of Christ reflected in all others around me whatever their race, class, age, or abilities?
- Do I work to protect the dignity of others when it is being threatened?
- Am I committed to both protecting human life and to ensuring that every human being is able to live in dignity?

Call to Family, Community, and Participation

- Do I try to make positive contributions in my family and in my community?
- Are my beliefs, attitudes, and choices such that they strengthen or undermine the institution of the family?
- Am I aware of problems facing my local community and involved in efforts to find solutions? Do I stay informed and make my voice heard when needed?
- Do I support the efforts of poor persons to work for change in their neighborhoods and communities? Do my attitudes and interactions empower or disempower others?

Rights and Responsibilities

- Do I recognize and respect the economic, social, political, and cultural rights of others?
- Do I live in material comfort and excess while remaining insensitive to the needs of others whose rights are unfulfilled?
- Do I take seriously my responsibility to ensure that the rights of persons in need are realized?
- Do I urge those in power to implement programs and policies that give priority to the human dignity and rights of all, especially the vulnerable?

Option for the Poor and Vulnerable

- Do I give special attention to the needs of the poor and vulnerable in my community and in the world?
- Am I disproportionately concerned for my own good at the expense of others?
- Do I engage in service and advocacy work that protects the dignity of poor and vulnerable persons?

The Dignity of Work and the Rights of Workers

- As a worker, do I give my employer a fair day's work for my wages? As an owner, do I treat workers fairly?
- Do I treat all workers with whom I interact with respect, no matter their position or class?
- Do I support the rights of all workers to adequate wages, health insurance, vacation and sick leave? Do I affirm their right to form or join unions or worker associations?
- Do my purchasing choices take into account the hands involved in the production of what I buy? When possible, do I buy products produced by workers whose rights and dignity were respected?

Solidarity

- Does the way I spend my time reflect a genuine concern for others?
- Is solidarity incorporated into my prayer and spirituality? Do I lift up vulnerable people throughout the world in my prayer, or is it reserved for only my personal concerns?
- Am I attentive only to my local neighbors or also those across the globe?
- Do I see all members of the human family as my brothers and sisters?

Care for God's Creation

- Do I live out my responsibility to care for God's creation?
- Do I see my care for creation as connected to my concern for poor persons, who are most at risk from environmental problems?
- Do I litter? Live wastefully? Use energy too freely? Are there ways I could reduce consumption in my life?
- Are there ways I could change my daily practices and those of my family, school, workplace, or community to better conserve the earth's resources for future generations?