

Examination of Conscience With a Focus on Purity

Have I entertained and delighted in impure thoughts and fantasies?
Have I read impure books, magazines, comics, etc?
Have I viewed suggestive or indecent TV shows, movies, web sites, etc.?
Have I drawn, photographed or written anything obscene?
Do I own indecent reading material, pictures or movies?
Have I shown, lent or sold them to others?
Have I done anything to provoke impure thoughts in other people?
Have I destroyed another person's innocence?
Do I dress immodestly in public?
Have I willfully lusted after someone?
Have I used obscene words, told immodest stories, off-color jokes, etc.?
Have I enjoyed hearing immodest words, songs, stories, jokes, conversations, etc.?
Have I boasted about my sins against purity?
Have I committed acts of self-abuse?
Have I kissed or touched someone in an impure manner?
Have I permitted someone to do that to me?
Have I deliberately caused someone to climax apart from coitus?
Have I committed fornication?
Am I cohabitating with someone apart from marriage?
Have I committed adultery?
Have I used or participated in the use of artificial contraception?
Have I solicited prostitutes?
Have I worked in a sex trade?
Have I committed incest?

Have I committed pedophilia?
Have I engaged in transvestitism?
Have I committed any homosexual activity?
Have I committed any other unnatural acts?

Do I try to control my thoughts and imagination?
Do I immediately seek to banish impure thoughts?
Do I pray immediately to resist temptation?
Do I try to avoid near occasions of sin?
Do I seek to be chaste in my words and actions?
Do I turn away from immodest images or people?
Am I careful to dress modestly myself?
Do I treat other human beings as objects?
Do I respect all members of the opposite sex as person's made in God's image?
Do I have a reverent attitude toward love, marriage, family, motherhood and fatherhood?

For the Married:

Have I been faithful to my marriage vows in both thought and deed?
Have I engaged in sexual activity outside of marriage?
Have I used artificial contraception in or outside of marriage?
Have I denied my spouse his or her marriage rights?
Did we cohabit prior to marriage?
Have we viewed indecent images together?
Have we engaged in "swinging" or spouse swapping?
Do we have an "open marriage?"

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