

Pride

Have I a superior attitude in thinking, or speaking or acting? Am I snobbish?

Have I offensive, haughty ways of acting or carrying myself?

Do I hold myself above others? Do I demand recognition?

Do I desire to be always first? Do I seek advice?

Am I ready to accept advice? Am I in any sense a "bully"?

Am I inclined to be "bossy"?

Am I prone to belittle persons, or places, or things?

Am I prone to be critical of persons, places, things?

Do I speak ill of others?

Have I lied about others?

Do I make known the faults of others?

Am I ready to speak about the faults of others? Do I find fault easily?

Do I seek to place the blame on others, excusing myself?

Am I quick to see the faults of others? Do I ridicule others?

Is there anyone to whom I refuse to speak? Is there anyone to whom I have not spoken for a long time?

Am I prone to argue? Am I positive and offensive in my arguments? Have I a superior, "a know-it-all attitude" in arguments?

Am I self-conscious?

Does human respect enter into my daily life?

Am I sensitive? Am I easily wounded?

Envy

Have I envied or been jealous of the abilities, talents, ideas, good-looks, intelligence, clothes, possessions, money, friends, family, of another?

Do I feel sad at the prosperity of others? At their success in games? In athletics?

Do I rejoice at their failures?

Do I envy the riches of others?

Anger

Am I prone to anger?

Does practically any little thing arouse me to temper?

Am I what is generally termed "a sore-head"? Do I repress the first signs of anger? Do I strive to get along well with everybody? Do I ponder over slights or injuries and even presume them?

Do I rejoice at the misfortunes of others? Do I think of means of revenge? Of "getting even"?

Am I of an argumentative disposition? Have I a spirit of contradiction?

Am I given to ridicule of persons, places, or things?

Am I hard to get along with?

Do I carry grudges, remain "on the outs" with anyone?

Do I talk about the faults of others?

Do I reveal the faults or defects of others?

Do I reveal the faults of others from the wrong motive?

Sloth

Have I an inordinate love of rest, neglecting my duties?

Do I act lazily?

Am I too fond of rest?

Do I take lazy positions in answering prayers? Do I kneel in a lounging way?

Do I delight in idle conversation?

Am I fervent in the service of God?

Have I neglected to say my daily prayers?

Have I entertained distractions in prayer, or failed to give God due concentration in prayer or in the Mass?

Have I made a prayerful preparation before Mass and a good thanksgiving after Mass?

Have I received Holy Communion while in a state of serious sin?

Have I neglected to seek Confession before Holy Communion?

Covetousness

Do I dispose of my money properly or selfishly?

Do I discharge my duties in justice to my fellow man?

Do I discharge my duties in justice to the Church?

Have I been overly concerned about my own comfort and well-being?

Have I been resentful of my lack of money?

Have I been generous in giving? Have I given with a cheerful heart?

Have I cheated, stolen, or failed to pay my bills on time?

Have I used people for my own ends and advantage?

Have I wasted money?

Gluttony

Do I eat to live or live to eat?

Do I drink to excess? Do I get drunk?

Do I misuse prescription drugs?

Do I use illegal drugs?

Have I allowed myself to become addicted to alcohol and/or drugs?

Lust

Have I viewed other people as mere sexual objects rather than as persons to be loved?

Pornography: On internet? TV?, etc.

Impure Thoughts: Have I entertained impure thoughts?

Impure Acts: Alone, or with another?