

## Examination of Conscience for Marriage

- Did I pray today with my spouse?
- Do I seek to love my spouse with all of my heart?
- Do I seek to surrender myself to my spouse?
- Are there things of importance that I have placed over my spouse?
- Have I been angry with my spouse?
- Have I wished evil upon my spouse?
- Have I been involved in conversations that degrade my spouse?
- Have I insulted my spouse (even in a joking manner)?
- Have I deliberately missed entering into conversation with my spouse?
- Have I failed to think about my spouse today and communicated to him/her via email or a phone call?
- Did I fail to treat my spouse with honor and respect?
- Have I neglected my duties to my spouse?
- Have I given my spouse a loving, Christian example?
- Do I try to bring peace into the life of my spouse?
- Do I care for my spouse in actions?
- Have I physically harmed my spouse?
- Did I lead my spouse into sin?
- Have I been angry or resentful toward my spouse?
- Have I harbored hatred in my heart for my spouse?
- Have I been faithful to my marriage vows in thought and action?
- Have I engaged in any sexual activity outside of marriage?
- Have I entered into an emotional relationship with the opposite sex?
- Have I lied to my spouse?
- Was I sincere in my dealings with my spouse?
- Am I critical, negative or uncharitable in my thoughts of my spouse?
- Do I share with others (family, friends, co-workers) what should be kept confidential in our marriage?
- Have I consented to impure thoughts about another person?
- Have I engaged in impure reading, movies, television, conversation or curiosity?
- Have I behaved in an inappropriate way with members of the opposite sex: flirting, being superficial, etc.?
- Have I been jealous of my spouse?
- Was I greedy or selfish toward my spouse?
- Did I build up my spouse or edify him/her?
- Do I purposefully reject or avoid my spouse (silent treatment)?
- Have I defended my spouse or stood up for him/her?
- Have I purposefully offended my spouse in any way?
- Have I lived out my vocation the way that God would ask of me?
- Do I respect my spouse in front of the children?
- Have I truly respected the gift that God has given me in my spouse?