

Do the children ask to be excused, if they *must* leave early?

Do I model good etiquette at table?

### My Work

Do I care about doing a good job? Are my wife and children proud of my work ethic?

Do I begin work promptly?

Do I waste my employer's time?

Do I conduct myself at work as a Catholic gentleman in my words and actions?

Do I realize that non-Catholics and bad Catholics are watching me and that my example may bring them into the Church or keep them out of it?

Do I seek to convert my coworkers?

Do I treat the women with whom I work as I would have men treat my daughter?

Am I guarded around other women? Do I spend unnecessary time alone with any woman?

If I work in a worldly environment, do I prepare myself beforehand through prayer?

Do I take time after work to reorient myself, especially through prayer—or do I bring my work home with me?

### Myself Physically

Am I neat and clean?

Is my hair simple and well-maintained, or is it effeminate?

Do I shave or trim my beard regularly?

Do I dress up for Mass and other important occasions?

Are my wife and children proud of my appearance and comportment, or embarrassed by me?

Do I lounge around the house in clothes which are a source of annoyance or embarrassment to my wife, or a bad example to my children?

Am I dressed appropriately for dinner?

Have I let myself become overweight through bad diet and lack of exercise?

Do I pamper myself, or am I an example of discipline and self-denial?

### Myself Intellectually and Spiritually

Do I keep my mind sharp through continued study, or do I let it waste away on mindless entertainment?

Do I follow the news as much as I need to shepherd my family through this world? Do I follow the news excessively?

Is my family on time for Mass on Sundays and Holy Days of Obligation?

Do I pray and pay attention at Mass, or give in to voluntary distractions?

How often do I go to Confession?

Do I model good preparation for receiving Holy Communion?

Do I examine my conscience every day, every week, or almost never?

Do I say my morning and evening prayers?

Do I say grace before and after meals?

Do I lead my family in prayer every day?

Do I protect them spiritually, for example, by: blessing my wife and children? praying for them daily? doing penances for them?

Do I set the time and order for family prayers, and am I faithful in my own observance of them?

Have I let myself remain in mortal sin for weeks? months?

Do I know my faith as well as my wife and children?

Do I read a catechism or some apologetical texts to make sure I know and can defend my faith?

Am I active in my parish, to the degree that my other obligations allow? Do I belong to any holy associations?

### Technology

How do I use my phone or the computer?

- Am I 'on my phone' when around my wife and children?

- Do I bring work home with me without a real necessity?

- Do I isolate myself with any screen?

- Do I stay on the computer late into the night, after my wife has gone to bed?

- Do I set a good example of how to use technology for my children?

- Do I engage in pointless debates online?

- Do I let the internet provoke me to anger which I then take out on my family, or stew over, making myself unpleasant to be around?

- Have I ever let the demons of pornography or impure movies invade my house?

- Am I as vigilant to avoid any impure content on a screen as I would be to avoid an immodest woman in person?

Do I have protective filters on all the devices used in my house, so that they cannot be used for impure purposes?

Am I on social media? Do I expose myself to unnecessary dangers?

Do I share things that should be private?

Do I have unnecessary text conversations with women not my wife or relatives?

Do I monitor my children's technology use?

Do I let my children have their own devices, or use devices in private, before they have proven themselves to be responsible teens?

Do I monitor periodically the older teens' texts, social media, etc.?

Do I let my children text with strangers online, or play any game with a chat function?

Remembering that the average child's first exposure to impure images is age 12, do I make sure none of my children's friends bring over unsecured devices?

Do I make sure my children do not visit any house (including relatives) that has unsecured devices?

### What Kind of Husband Am I?

Do I still love my wife?

Do I make sure that she knows it, by showing her those signs of affection which I showed when we were courting and first married?

Do I remember our wedding anniversary? Her birthday?

Do I occasionally surprise her with little gifts?

Do I ever tell her that I love her?

Do I still kiss her when I leave in the morning and when I return at night?

Do I ever thank her for all she has done and does:

- Given me children?
- Cares for our children?
- Keeps house and makes our home?

- Does the buying?

- Does the cooking?

- Does the sewing?

- Does the washing?

Do I notice and comment on what she does to make our home pretty?

Do I ever tell her how attractive she looks?

Do I compliment her cooking?

Do I consult with her before making any decisions that impact the family?

Do I get angry or sullen if she prefers a course of action different from mine?

Do I take time to consider her counsel thoroughly before making a decision?

Do we regularly discuss our budget?

Am I stingy with her and what she needs to care for the family, while indulgent with spending on me and my interests?

Have I provided for her in case of my illness or death?

Do I see to it that she has the time she needs to pray by herself?

Do I see to it that she gets some recreation and relaxation away from the home?

Do I speak to her in a way that shows love and respect?

Do I praise her before others, or do I belittle her?

Do I discuss her faults with others?

Do I help her out around the house when I can, even if it is usually one of her tasks?

Am I selfish and inconsiderate in the intimacies of married life, thinking only of my personal satisfaction? Have I tried to consider her perspective?

Have I pursued intimacy when the marital act was unlikely or imprudent?

Have I pursued or consented to any unnatural relations?

Have I refused to forgive, meditated on her faults, held onto petty resentments, grudges, etc.? Have I let this show in my words and actions?

Have I used any hateful, insulting language against my wife, or threatened to leave or divorce her?

Have I hurt her physically?

Do I get my own way by disrupting the peace of the home, arguing, pouting?

Do I treat her relatives and friends kindly and graciously?

When differences arise, do I discuss them with her calmly and honestly?

Do I help her to lead a good Catholic life? Or am I an obstacle to her faith?

Have I persuaded or commanded her to work outside the home without true necessity?

When moral problems or major disagreements arise, do I seek the advice of a competent priest?

Am I willing to submit to what a competent priest tells us, and thus show an example of the submission I expect from my wife? Or do I expect her and the children to obey me, while I obey no one?

Do I show respect for proper authorities (priests, bishops, civil authorities)?

Am I really trying to model myself on the love and sacrifice of Christ for the Church?

### What Kind of Father Am I?

Do I realize the nobility of fatherhood as God sees it?

Have I accepted willingly and cheerfully the sacrifices connected with fatherhood?

Have I avoided having children without a very good reason? Do I trust my own judgment, or have I consulted an expert priest?

Have I done, or consented to, anything to render the marital act infertile?

Do I work to become a better father by:

- Reading?
- Talking things over with my wife?
- Seeking advice from good fathers?

Do my wife and I discuss our differences and the children's problems in private and after the children have gone to bed?

Do I ever countermand the orders of my wife to the children and thus weaken her God-given authority?

Do I ensure that my children have a Catholic education by:

- Sending them to a truly Catholic school?
- Making sure to supplement any deficiencies their Catholic school may have?

- Only sending them to a non-Catholic school if absolutely necessary, after consultation with a competent priest, and working diligently to fully counter-act all the bad influences and errors they will be exposed to there? [Pius IX, *Divini illius Magistri* 79]

- If we homeschool, do I take an active role teaching or make my wife do it all?

Do I discuss teachers, priests, etc., in the presence of the children?

Am I interested in my children's schoolwork? Do I help them with homework?

Am I interested in their other pursuits?

Do I encourage their efforts and praise them when they succeed?

Do I know their teachers? Do I attend their school functions or other activities?

Do I ever take my children out for some recreation?

Do I play with them at home?

Have I encouraged their questions and answered them honestly?

Have I prepared my sons for the age of puberty, especially for the dangers to purity in today's world?

Do I encourage my children to consider a religious vocation by:

- Speaking highly of vocations?
- Sharing stories about saints?
- Making sure they have some real-life contact with priests and religious?

Am I developing in my sons the skills necessary to support a family?

Am I preparing them to be capable husbands and fathers?

Have I made my home a happy place the children want to be, or have I driven them away by my bad attitude?

Have I encouraged my children to bring their friends home?

Do I know my children's companions?

Do I let them have close friends of the opposite sex before the late teens?

Do I let them spend much time, and become friends, with non-Catholics?

Do I encourage visits with other Catholic families so that my children can make good Catholic friends?

Do I prohibit my children from dating non-Catholics?

Have I attended any invalid wedding, or treated anyone invalidly married as if they were husband and wife, even if these are my own children?

Do I discipline the children myself, or leave it all to my wife (including while at Mass)? Do I come to her defense, or take the children's side?

Have I been overly harsh in disciplining them, especially the younger ones?

Have I been overly indulgent, trying to win their friendship rather than doing my job to correct them, even if it makes them dislike me momentarily?

Do my children see in me a real Catholic man?

Are my children proud of their father or ashamed of him?

Do they ever see me intoxicated?

Have they ever heard me use improper language?

Do I give them the idea that religion and devotion are only for women and children?

Do I criticize or question Church laws or teaching in their presence?

Do I demonstrate good masculinity? Or do I let myself be bullied into effeminacy?

Do I make sure that my children wear gender-appropriate attire (that they have different forms of attire by which boys and girls can easily be told apart)?

Do I make sure that no immodest attire is permitted in our house, whether by my wife, children, or guests?

Have I encouraged my girls to act in a masculine way, to pursue masculine things, dress in masculine ways? Do I make sure they have good girls to associate with?

Have I let my boys become effeminate and soft? Have I let them wear effeminate hair? Do I make sure to spend time with them doing manly things? Do I make sure they have good boys to associate with?

## EXAMINATION OF CONSCIENCE FOR HUSBANDS

Husbands, love your wives, as Christ also loved the church, and delivered himself up for it.

He that loveth his wife, loveth himself.

Eph 5:25,28

### My Home

Do I take good care of my house by:

- Cutting the grass?
- Cleaning the garage?
- Keeping the basement or shed organized?
- Fixing things when they break?

Are my cars well-maintained?

Have I made a budget with my wife?

Do I stick to it as closely as I expect her to? Do I hide any expenditures?

Do I save money every month/pay down debt—or spend everything I make?

Do I show my love of home by spending time there?

What is my reaction when things need to be repaired?

Do I do my household tasks with the promptness and diligence I wish my wife and children to do theirs?

Do I care excessively about minor things:

- Do I have unrealistic expectations about how clean I expect my wife and children to keep the house?
- Do I devote time and money to things only I like, regardless of my family's preferences?
- Do I have any quasi-religious attachment to improper objects like sports teams, politicians, video games or board games?

Am I present physically and mentally (no cell phone) at the family meal unless there is a real necessity?

What is my contribution to the spirit of the main family meal: Glum silence? Anger? Impatience? Continual nagging? Cheerfulness? Good conversation? Interest in everyone and everything?

Does the entire family remain at table until the last person has finished eating?

Do I lead the prayers before and after meals?