

Is the table conversation enjoyable, or do I rehearse all the unpleasant events of the day?

Do I use my cell phone at the table, or let the children use theirs?

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

Is grace said before and after meals?

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

Is the table conversation such that the children can participate in it?

Am I teaching my children the rules of good etiquette: By my good example? By an occasional gentle reminder?

Myself Physically

Am I careful about my personal cleanliness?

- Clothes?
- Hair?
- Fingernails?

Are all my clothes modest? Do I own anything:

- Sleeveless?
- Cut lower than two fingers below the collarbone?
- Which exposes my knees when sitting?

Do I wear feminine clothes (like skirts and dresses), or do I wear clothes more appropriate for men?

Am I a good model of femininity for my girls to embrace, for my boys to admire?

Do I dress in a stylish and attractive way, within my budget?

Do I spend too much money on clothing?

Do I try to keep my body healthy and attractive by eating well and exercise?

Do I obsess over my diet or my body? Have I distorted my body through plastic surgery?

In general, am I as careful about my personal appearance as I was before my marriage?

Is my husband proud to be seen with me?

Are my children proud of their mother?

Do I try to look my best when my husband comes home?

Do I dress according to the dignity of my age, or do I make frantic attempts to look younger than I am?

Do I use excessive dyes and heavy make-up in an attempt to hide my age, fooling no one, making me look more like a clown than a dignified matron?

Myself Intellectually and Spiritually

Am I intellectually stagnant, or do I improve my mind by reading *good* and *trustworthy* material?

Have I read any indecent or immodest romantic novels?

Do I develop my talent as a conversationalist? Do I speak grammatically?

Am I only feminine at Sunday Mass, and play the part of a man the rest of the time? Do I take on masculine characteristics to ‘get things done’ on the road, or at the store, or in other dealings I have outside the house?

How often do I go to Confession?

Do I model good preparation for receiving Holy Communion?

Am I on time for Mass on Sundays and Holy Days of Obligation? Do I make sure the children are ready on time as well?

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

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

Do I say my morning and evening prayers?

Do I encourage my husband to lead the family in prayer? Do I lead in his place when he is absent?

Do I avoid: blasphemy, cursing, obscenity, vulgarity, in my language? Do I tolerate such language in my children or guests?

Is a spirit of charity manifest in my words and actions:

- Toward my family?
- Toward my relatives?
- Toward my friends?
- Toward my neighbors?
- Toward my enemies?

Am I petty? Do I let myself complain or be disturbed by small things?

Do I lose my temper easily and frequently?

Do I keep confidences that are given me?

Am I generous to the poor, the Church, the missions?

Do I have good Catholic women friends?

Do I try to convert any non-Catholic acquaintances?

Do I use my free time well, by joining holy associations if my duties permit?

Am I really trying to model my life on Our Lady?

Technology

Do I use the internet to improve my life and my home?

Do I waste time online when I should be attending to my home, children, or husband?

Do I let the internet provoke me into:

- *Envy*—letting other people’s lives make me feel bad and discouraged about my own?
- *Anger*—engaging in pointless arguments online?
- *Lust*—revisiting past friendships; reading indecent material; idealizing indecent pictures, etc.?
- *Useless worry* about things I cannot change, which leaves me anxious and agitated, unable to make my home the place of refuge and peace it should be?

Am I a gossip online?

Do I share details online about my life that only my family and close friends should know?

Do I ever share anything negative about my husband online or in a text, even as a joke?

Do I have any unnecessary text conversations with men not my husband or relatives?

Are there protective filters on all family devices?

Do I let my little children have personal devices?

Do I monitor the children’s use of technology by:

- Setting firm time limits?
- Denying use for bad behavior?
- Watching for any changes in behavior after use?
- Making sure that screen time is not the only form of entertainment?

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

Do I let my children text with strangers online, or play any game that has 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 Wife Am I?

Do I still love my husband?

Have I made it a point to do those little things for my husband which keep the fires of love alive in the human heart?

Am I really interested in my husband’s progress and success?

Do I encourage him?

Do I accept cheerfully the sacrifices that are demanded of him and of me by his business?

Have I done my best to help him in his business?

Am I kind and gracious to his friends and relatives?

Am I jealous of him?

Do I overlook his faults, or do I highlight them?

Do I ever mention his faults or shortcomings with my relatives, children, or friends, except in cases of real necessity?

Do I belittle him before others, even in a joking way? Do I let others joke or insinuate that he should be obedient to me?

Do I ever give him commands, as if I were the man, he the woman?

Do I demand a strict accounting of everything he does?

Do I nag him, pester him, remind him of things as if he were a child?

Have I given him good example?

Do I complain about:

- Housework?
- The care of the children?
- Other household chores?

Do I, without a serious reason, deny my husband the privileges of married life?

Do I grant my husband these privileges only reluctantly?

Do I try to avoid granting these privileges? Do I try to keep him from seeking them by my attitude or demeanor?

Am I happy about sharing this intimacy with my husband?

Have I engaged in any intimacies when the marital act was unlikely or imprudent?

Have I pursued or consented to any unnatural relations?

When differences arise between us, am I willing to discuss them calmly and honestly?

In disagreements with my husband have I: Yelled, insulted, or called him hateful names? Threatened to leave or divorce him? Hit him?

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

Have I given him ‘the silent treatment,’ to punish or manipulate him?

When moral problems or major disagreements arise, do I consult an expert priest, or amateurs on the internet?

Have I neglected the care of my husband for that of my children? Does he have reason to think I love them more than him?

Am I really trying to model the reverence and obedience the Church has for Christ?

What Kind of Mother Am I?

Do I realize the beauty of motherhood as God sees it?

Have I accepted sacrifices willingly and cheerfully, without complaining?

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 which would render the marital act infertile?

Have I tried to become a better mother by:

- Reading?
- Asking trustworthy opinions?
- Talking things over with my husband?

Do I discuss our differences and the children’s problems only in private and after the children have gone to bed?

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 make sure they are held to objective standards?

Do I discuss teachers, priests, nuns, etc., in the children’s presence?

Do I take the children’s part against the teacher (or worse, their father) in their presence?

Am I interested in my children’s schoolwork?

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

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

Have I always answered their questions honestly? Have I made it easy for my children to approach me with their problems?

Have I prepared my daughters for the age of puberty, especially how to guard their purity, how to dress and behave modestly?

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 preparing my daughters to be loving and obedient wives?

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 them 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?

Are my children being reared in an atmosphere of genuine Catholicity, or is our life virtually indistinguishable from the worldlings, except that we go to Mass?

Can my children see in me at least a shadow of Our Lady by:

- My attitude toward life?
- My language?
- My actions?
- My submission to my husband and God’s will?

Do I make empty threats? Do I use nagging or yelling as a substitution for good discipline?

Do I punish sufficiently, in a reasonable way?

Have I spoiled my children by being too indulgent with them, thus making others, possibly the police, correct them when they’re older?

Do I play favorites?

Do my children ever hear me: Use improper language? Tell questionable stories? Talk about others?

Am I teaching my children the virtues and skills necessary for their success in life:

- The values of hard work?
- The value of money?
- Cooking?
- Sewing?

Am I ever immodest in my children’s presence?

Do I wear masculine clothing or act in a masculine way around them?

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)?

Have I encouraged my girls to act in a masculine way, pursue masculine things, dress in masculine ways? Do I do feminine things with them? 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 they have good boys to associate with?

Do I work outside the house? If I do, is that work necessary? Is my work outside the house depriving my children of their proper care and protection?

Have I taken any position of civil authority outside the house without my husband’s permission?

EXAMINATION OF CONSCIENCE FOR WIVES

May she strengthen her weakness by firm discipline, be serious in her modesty, honored for her chastity, learned in the truths of Heaven.

Nuptial Blessing

My Home

Is my home neat and clean?

Is my home attractive (well decorated, good use of color, etc.)?

Is my home comfortable?

Do I look for ways to improve my home?

Is my housework done promptly, or do I delay certain tasks, like laundry, dishes?

Is my work done systematically, in an orderly way; or haphazard, whenever I feel like it?

Does my family enjoy being at home?

Are my husband and children proud to bring their friends home? Do I welcome their friends?

Is there a genuine religious atmosphere in my home? For example: Pictures of Jesus, Mary, our favorite saints? Crucifixes in every room?

Do I have any quasi-religious attachment to sports teams, politicians, celebrities, internet trends?

Do I stick to our family budget as approved by my husband? Am I honest with him about all my expenditures?

Do I help save money (or pay down debt)?

Is the table set completely and the meals served on time?

Do the meals have good nutritional value?

Is there variety in the menu, or do I make the same things day after day?

Do I look for new and appetizing recipes?

Are my meals appealing to look at?

Do I make my table as attractive as possible, even when there are no guests? For example, do I use: candles, flowers, tablecloth, napkins?

Is the main family meal a real family affair?

Is there a spirit of happiness and lightheartedness at the table?