

From Conscience to Contrition

Directions: Listen to the Examination of Conscience. Write a sin in the box at the top, then write or draw the causes and the contrition you feel in your heart.

My Sin

I am sorry for this sin with all my heart. I chose this wrong and failed to do good. I have sinned against you, whom I should love above all things, by . . .

The Causes of My Sin

I firmly intend to avoid the following things that lead me to this sin . . .

Contrition

I am sorry for this sin with all my heart. I firmly intend to do penance and to sin no more by . . .