

## **An Examination of Root Sin based on the Seven Deadly Sins**

**Anagram:** PLACES-G (the seven deadly sins):

Pride, Lust, Anger, Covetousness, Envy, Sloth, Gluttony

### **Pride (ST II-II q162)**

*Pride is the mother of **all** sin*

Do I refuse or resist admitting my weaknesses?

Do I dwell on the failings of others?

Do I judge/condemn others, in my thoughts or words?

Do I rank myself better than others or demand certain treatment because of my "status"?

Do I harbour hatred for another?

Do I refuse to learn from others or reject their opinions, especially when they disagree with me?

Am I stubborn?

Do I Refused to admit I am wrong or to accept that another person has a better idea?

Am I arrogant?

Do I hold others in contempt?

Do I assume I am right and others are wrong without ensuring I actually understand them or their ideas?

### **Vanity (ST II-II q132)**

*Vanity is excessive concern about what others think of me –not just what they think of my appearance.*

Am I overly concerned about what others think of me? Have I allowed this to influence my actions?

Do I lie or exaggerate to make myself look good?

Have I wasted undue time and money on clothes and appearance?

Am I discontent with my lowly position, or have I resented the role that Christ asks of me?

Do I experience frequent anxiety regarding how I am perceived? Do I allow this to influence my actions?

Am I cowardly in when confronted with doing or saying something that should be said or done because of my concern for the perception of others?

Do I cling to my own perception of myself instead of allowing others to help me understand how I really am?

### **Lust (ST II-II q.153; CCC 2351)**

*Lust is disordered desire for sexual pleasure, isolated from its procreative and unitive purpose (CCC 2351).*

Custody of the Eyes: "Whoever looks at a woman with lust for her has already committed adultery with her in his heart" (Mt 5:28)

Do I view others as mere sexual objects rather than as persons to be loved and honored?

Do I depersonalize others and express lack of concern for their slavery within pornography to enable my own pleasure?

Pornography: On internet? or TV?

Impure Thoughts:

Do I entertain impure thoughts?

Impure Acts:

Alone, or with another?

## **Anger/Wrath** (ST II-II q158)

*Anger is undue desire for vengeance  
-undue in cause or in amount.*

Do I harbour resentment, grudges, and hatred in my thoughts?  
Do I nurture imaginary angry conversations?  
Am I slow to forgive?  
Do I lose my temper?  
Do I easily get frustrated with people?  
Do people easily get on my nerves?

Impatience:

How do I carry my cross?  
Am I impatient or frustrated with people, family, events, sufferings, sicknesses?

## **Covetousness/Avarice** (ST II-II q118)

*Avarice is the excessive love of possessing things*

Am I overly concerned about my own comfort and well-being?  
Am I resentful of my lack of money or resources?  
Am I generous in giving? Do I give with a cheerful heart?  
Do I cheat, steal, fudge, or fail to pay my bills on time?  
Do I use people for my own ends and advantage?  
Do I waste money?

## **Envy/Jealousy** (ST II-II q36)

*Envy –is sadness at the happiness of another*

Do I envy or experience jealousy regarding the abilities, talents, ideas, good-looks, intelligence, clothes, possessions, money, friends, family, of others?  
Am I saddened or frustrated at the success of others?

Gossip:

Do I judge others in my thoughts?  
Do I damage the reputation of others by my words, attitude, or looks?  
Do I repeat accusations that might not be true? Do I exaggerate?  
Do I fail to defend the reputation of others?  
Do I fail to keep secrets?  
Do I despise others of different race, class or culture?

Lies: Do I lie or exaggerate?

## **Sloth/Apathy** (ST II-II q35)

*Laziness, especially in the things of God. Sloth is a sorrow in the face of spiritual good -it makes you lethargic and want to do nothing.*

Do I seek God above all else, or have I put other priorities ahead of him? (e.g. friendships, ambition, comfort and ease)  
Do I get so caught up in the things of this world that I've forgotten God?  
Do I risk losing my faith/piety by bad company, bad reading, cowardice, or pride?  
Do I trust God, especially in times of difficulty?  
Do I attend Mass each and every Sunday?  
Do I neglect to say my daily prayers?

Do I entertain distractions in prayer, or fail to give God due concentration in prayer or in the Mass? (Note: Not giving God the **effort** he deserves in prayer is a sin, but it is not the same thing as *involuntary* weakness in mental distractions.)

Do I make a prayerful preparation before Mass and a good thanksgiving after Mass?

Do I receive Holy Communion while in a state of serious sin?

Do I neglect to seek Confession before Holy Communion?

Do I take the Lord's name in vain or use other foul language?

My Neighbour:

Am I lazy and slow to help others?

Do I only serve others when it is convenient, pleasurable, or when I am forced to do so?

Have I been attentive to the needs of my neighbour, the needs of my family?

Is my conversation focussed on my own pleasure, or on others?

Is my humour insensitive to others?

My Family:

Do I focus more on myself than on the needs of others?

Do I spend time with my family? Do I manifest my care and concern for them? Am I forgiving and tolerant of them? Do I scandalize them by a bad or lazy example?

Punctuality and Discipline:

Do I waste other people's time by being late?

Do I sin against God and the congregation by being late for Mass?

Do I neglect to go to sleep on time and allow my curiosity, gaming or other entertainment to determine my schedule?

Do I make good use of my time in service to others, or do I waste time needlessly? E.g. TV or internet?

Do I fail to plan good use of relaxation and recreation, knowing that I need to rest well in order to pray and serve others?

## **Gluttony (ST II-II q148)**

*Gluttony is the inordinate desire for food.*

Am I overweight?

Do I eat more than I need?

To how serious an extent?

Do I spend excessive money on food?

Do I drink alcohol excessively?

Do I drive after drinking?

Do I eat greedily and with little consideration for those at table with me?

Do I fail to give money to help the hungry?

Do I fail to regularly practice fasting and self-denial, especially on Fridays?

Do I abstain from meat on Fridays?

Do I regularly fast an hour before receiving Holy Communion at Mass?