

SPIRITUAL & MORAL SELF-DIAGNOSIS

A Novel Way of Self Examination

Introductory Note;

- ✓ *This novel type of examination of conscience based on the healing aspect of the Sacrament of Penance was prepared for a penitential service for youth*
- ✓ *It can be used also, with small adaptations, for other groups.*
- ✓ *Sin is not only breaking away from God, but also a true spiritual and moral illness.*
- ✓ *Christ has the power to heal. His spiritual healing is mainly active and operative in and through the sacrament of penance.*
- ✓ *Consequently at Confession we expose our spiritual and moral sicknesses to Christ's healing power.*
- ✓ *But for this, first of all, we have to know our spiritual and moral illnesses.*

Purposes of this Spiritual and Moral Self-diagnosis

This diagnoses method of our spiritual and moral sicknesses can be used at retreats, recollections, penitential services, self-discovery events, guidance, counseling, etc.

- If it is intended for **an honest personal self-search, and for a depth examination of conscience.** .
- Any one using this Self-Diagnose form would do well to check, with any person of his choice – a spiritual guide, a confessor, a counselor or a trustworthy friend – the findings of his search
- If could be used ideally as a **preparation for a meaningful dialogued confession.**
- If can be held at **the end of a retreat as a preparation for taking fruitful resolutions.** The proposed resolutions should put down in writing and checked with the Retreat Director.
- If could be used for a **group sharing on personal problems and on how to tackle them.** In this case the presence of a good moderator is a must/
- Note that such open and honest sharing on basic common spiritual, moral and human problems like, anger, lust, pride, selfishness, unconcern for others, human relations, family tensions, etc, may help the participants to know and accept themselves and others and learn ways to cope with them.

Instructions for the Moderator:

- Hand over to the participants a copy of the form “**Be Your Own Doctor – Spiritual & Moral Self-Diagnosis**”
- Explain to them the purpose of the form and how to fill it. (*Instructions are given in the form itself*)
- Give them ample time to complete their work

Be Your Own Doctor

Spiritual and Moral Self – Diagnosis Form

Background to this Self-Diagnosis Exercise.

- In sickness, there is a basic difference between symptoms and disease, Symptoms are not illnesses. They are only signs that there is something wrong with us. V. G. Headache, fever, vomiting, stomachache, diarrhea, etc, are not sicknesses in themselves, but signs or symptoms of a disease like, cholera, typhoid or their likes.
- It's not enough to tackle the symptoms to cure a person. We have to tackle the real sickness whatever may be, for instance: T. B., Cancer, Cholera, etc.
- In the spiritual and moral order, the same thing obtains. For instance: Lies, disobedience, criticism, rebelliousness and anger may be symptoms of a deep spiritual or moral malady, like, pride! It will be foolish and useless to tackle the symptoms only. In a case like that, pride is what has to be cured. We have to go to the root of our troubles.
- To find out our true spiritual maladies, first we have to search for the symptoms affecting us; only then, we shall be able to make a proper diagnose of our true spiritual or moral sickness..
- Once we know our true sickness, we shall be able to tackle it.

Instructions on how to use this form

- This form is confidential and only for your personal use.
- In this form you will find a long list of items – not necessarily sins or sinful actions – which, however, may be symptoms of some spiritual or moral sickness
- Go over the list and encircle the number found against any particular item **that describes something that affects you or happens to you often**. If it affects you rarely, do not encircle it
- Do your work in silence and attentively
- Finally, when you finished working on the items of the list, move to THE KEY at the end of the form.
- Now, in the KEY TICK OFF ONLY the numbers you encircled in the list above.
- **Then, by looking at the headings of the key that carry more ticks, you may likely discover which are your spiritual and moral weaknesses or sicknesses**

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|-----------------------------------|---------------------------------------|
| 1. Fighting | 16. Gambling |
| 2. Pretending. Shamming. | 17. Neglecting my studies and duties |
| 3. Excessive drinking | 18. Giving bad and abusive words. |
| 4. Distrust in God | 19. Entertaining bad obscene thoughts |
| 5. Bad temper | 20. Back answering elders |
| 6. Reading porno books | 21. Neglecting my daily prayers. |
| 7. I grab the best things for me. | 22. Smoking |
| 8. Acting stubborn | 23. Dirty and vulgar talks |

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| 9. Stealing | 24. Hardly ever thinking of God |
| 10. Taking revenge | 25. Speaking of the faults of others |
| 11. Talking against others | 26. Shirking work at home |
| 12. Cheating in exams | 27. Impure actions |
| 13. Looking at indecent things | 28. Not forgiving wrongs |
| 14. Missing Sunday Mass | 29. Acting fresh with opposite sex |
| 15. Not bothering about others. | 30. Blaming God when things go wrong |
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31. Sharing my things with others only when forced to.
 32. Watching porno films on Videos and Inter-net.
 33. Telling lies to cover up my mistakes.
 34. Ill-treating servants, inferiors and subordinates.
 35. Finding it very hard to apologize.
 36. Holding to my opinion about everybody and everything.
 37. Wasting a lot of time reading novels, magazines and newspapers.
 38. Finding it hard to praise others.
 39. Choosing the best things for myself forgetting others.
 40. Hardly ever denying myself anything.
 41. Stop talking to those who hurt me.
 42. Not helping others in their needs.
 43. Being sluggish and avoiding physical exertion.
 44. Demanding too much money from my parents.
 45. Wasting a lot of time chatting and loitering with my friends.
 46. Talking and listening about sex just for kicks.
 47. Making money by unfair means.
 48. Usually getting up late in the mornings.
 49. Disliking hearing good things said about others.
 50. Not feeling sorry for those who are in trouble.
 51. Being unkind to those who are not kind to me.
 52. Not owning up my mistakes.
 53. Often speaking against others.
 54. Praying only when I am in need.
 55. Acting crooked and sly in my dealings with people.
 56. Neglecting my work and, then asking others to help me.
 57. Wasting a lot of time watching movies, T.V. & Internet.
 58. Refusing to praise others.
 59. Taking a secret pleasure in teasing, and irritating others.
 60. Striking others, especially those weaker or inferior to me.
 61. Wanting to be better than others in everything.
 62. Trying to secure the best seats at parties and celebrations.
 63. Not praying for those who wronged me.
 64. Neglecting to go for confession and if I go, I do it without preparation..
 65. I dislike those who do better than me.,
 66. Demanding gadgets and luxuries which my people cannot afford.
 67. Disobeying and disrespecting my Superiors, Parents and elders.
 68. Not sharing my things with others. I am very possessive.
 69. Not accepting excuses from others.
 70. Looking for comfort and ease in everything I do.
 71. Eating too much, especially when I like the food.

72. Even small wrongs done to me, keep upsetting me for quite a long time.
73. Hating correction..
74. Getting and collecting things I never use.
75. Finding it very hard to say 'thank you' to others, especially inferiors.
76. Criticizing the Church, my religion in an irresponsible way.
77. Not helping others when easily I could.
78. Wasting money on useless things when I can't afford it.
79. Brooding over injuries and offences done to me.
80. Cursing those who upset me.
81. Feeling a secret joy about others' failures.
82. Feeling upset when others are being congratulated or praised.
83. Not bothering about the sick, the old and the suffering
84. Eating at home and at parties without consideration for others.
85. At games, parties and elsewhere, trying to win by unfair means
86. Arguing a lot.
87. Not owning up my mistakes, yet blaming others for them.
88. Procrastinating. Putting off for tomorrow what can be done do today.
89. Belittling the good things I see and hear about others.
90. Spending very little time at home and failing to help my parents & family
91. Enjoying making others feel small, especially those I feel to be better than me.
92. Craving for better and better clothes and apparel.
93. Grumbling when I do not get what I want.
94. Shirking problems rather than facing them
95. Complaining about the food served to me at home.
96. Small annoyances make me feel angry.

THE KEY...To discover your likely moral and spiritual sicknesses.

Likely Sicknesses.	S y m p t o m s								Score
ANGER	1	5	18	20	60	80	86	96	
LAZINESS	17	26	45	48	56	77	88	94	
GREEDINESS	44	66	71	74	78	84	92	95	
SELFISHNESS	7	15	31	39	62	68	90	93	
DISHONESTY	2	9	12	33	47	55	85	87	
PRIDE	8	35	36	52	61	67	73	75	
LUST	6	13	19	23	27	29	32	46	
PLEASURE SEEKING	3	16	22	37	40	43	57	70	
UNKINDNES	11	25	34	42	50	53	59	83	
GOD - LESSNESS	4	14	21	24	30	54	64	76	
JEALOUSY	38	49	58	65	81	82	89	91	
UNFORGIVNESS	10	28	41	51	63	69	72	79	

