Examination of Conscience for my online life

Pauline Center for Media Studies

How do I practice balance in my online life?

Is my Internet use put at the service of the common good? If so, how? If not, what do I need to change? Do I respect other people and their opinions?

Does my online activity move toward the integral development of personals, both myself and others?

Do I need to integrate more silence into my daily routine? How can I accomplish this?

Does my online presence reflect my authentic self or do I try to hide behind a false persona?

What are some of my current online behaviors that I need to re-evaluate at this time? Do I engage in pornography?

Are there other challenges I face in my online life? How might I practically address them?

Might I benefit from talking about my online challenges with someone, a trusted friend, family member, or confessor?
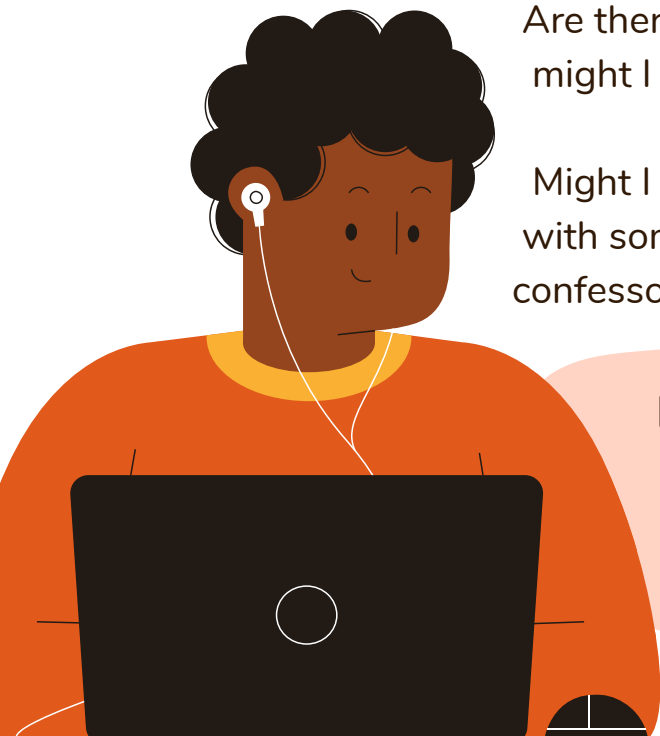
Lord, forgive me for my failings and help me to be a kind, respectful, and loving human being in my online presence.