

absence from divine services because
of laziness or carelessness
absent-mindedness at prayer both in
church and at home
accusation
acquisitiveness (eager to acquire)
adultery
aggressiveness
ambition
anger
animosity
attachment (to this life or this world)
avarice (love of money)

bitterness
blaspheming Name of Holy Spirit
blaming
blasphemy
boasting
boredom
breaking fasts

carelessness in pleasing God
cleverness
complaining
concealing sins at confession
condemnation of others
contradiction
contrariness
cowardice
curiosity

depraved thoughts
despising or neglecting a beggar
despair
despondency
detraction
detracting from another through anger
dishonesty
disobedience
disorderliness
dissolute madness (loose morals)
distraction from prayer by glamor of
this world
dozing and sleeping in church

eating and drinking to excess
entertaining unclean thoughts
envy
evil speech
evil thoughts
excess
excessive labor
excessive love of order

faith in one's intellect
familiarity
fault-finding
flattery
flirtation
folly (foolishness)
forgetfulness
frivolous laughter
FEAR
gluttony
gossiping
greed or greediness
grieving another
grudges
grumbling

hard-heartedness
hatred
hoarding
hypocrisy

idle talking
idleness
idolatry
impassionedness
impatience (with other people and with God)
impertinence (rude)
impure glances
inattention at prayer
indifference
insubordination
irritability

jealousy
joking or jesting
judging others

lack of faith
laziness or indolence
light-mindedness
listlessness
love of glory
love of honor
love of popularity
love of power
love of praise
love of sensual pleasure
lust
lying

MAN PLEASING

making fun of a brother's sin (when my own faults are countless)

meanness

malice (ill will)

meddling

mercinariness

mockery (to ridicule)

murmuring (muttered complaining or grumbling)

negative thoughts

negligence concerning my salvation

neglect of prayer

overbearingness

pride

proud ways

being puffed up

quarreling with or troubling a brother

rancour (intense ill will)

remembering wrongs (resentment, malice, rancour, spite)

rendering evil for evil

reproaching others (reprimanding others)

resentment

sarcasm

saying indecent things

saying unseemly things (not in good taste)

scorn (contempt)

secret eating

self-esteem

self-indulgence

self-justification

self-love

self-praise

self-reliance

self-satisfaction

self-trust

self-will

showing off

silliness

slander

sleeping unnecessarily

stealing

stony insensibility

stubbornness

swearing by the Holy Spirit

SUSPICIONS

talkativeness

tempting the Lord

tempting others (to sin)

vainglory (drawing attention to oneself)

vain talk

vanity

a wounded heart through attraction to another
wrath

compiled from:

Confession, Metropolitan Anthony Krapovitsky, p. 108

Prayer Book, Jordanville, "Prayers before sleep"

"A Brief Confession before Father Confessors", St. Demetrius of Rostov

Art of Prayer, Igumen Chariton, Faber & Faber

Way of the Ascetics, Tito Coliander, Harper & Row

"Texts on Commandments and Dogmas," St. Gregory of Sinai

My Life in Christ, St. John of Kronstadt

Unseen Warfare, Theophan the Recluse

"Recognizing Misfortune or Trouble Leads One to Seek Deliverance", St. Tikhon of Zadonsk
Philokalia, Vol. III, St. Peter of Damaskos