Each capital sin manifests in different ways in the modern context, and this list reflects how they may appear today. Confessing these sins is a step toward self-awareness, repentance, and spiritual growth within Catholicism.

1. **Pride**

- Believing oneself to be morally or spiritually superior to others, especially to non-believers or those who think differently.
- Refusing to admit mistakes and acting arrogantly or dismissively toward others.
- Rejecting correction from others or the Church, believing oneself to be more knowledgeable or “better” than others.
- Constantly criticizing others for their appearance, lifestyle, or decisions.
- Posting on social media to present oneself as the “perfect” example of faith in order to receive praise.

2. **Greed**

- Hoarding wealth or possessions without sharing with those in need, even when able to do so.
- Obsessing over financial success or social status, prioritizing it over family and faith.
- Failing to pay employees a fair wage or exploiting people in vulnerable situations.
- Refusing to contribute to the support of the Church or charitable causes.
- Taking financial opportunities unethically, such as in fraudulent or speculative investments.

3. **Lust**

- Consuming pornographic content and justifying it as “normal” or “harmless.”
- Engaging in sexual relationships outside of marriage, or using apps and social networks for casual encounters.
- Maintaining an affair and systematically hiding it.
- Obsessing over one’s own or others’ physical appearance in a lustful way.
- Fantasizing about others or entertaining impure thoughts, even within marriage.

4. **Wrath**

- Responding aggressively on social media to people with differing opinions, especially on matters of faith and morals.
- Holding grudges against someone who has committed an offense or who thinks

differently.
- Reacting with physical or verbal violence toward family members, coworkers, or strangers.
- Wishing ill upon someone who has succeeded or obtained something one desired.
- Being unable to forgive, even after many years, harboring resentment or desires for revenge.

5. **Gluttony**

- Regularly eating or drinking in excess to the point of harming one's health.
- Using food or drink as a way to fill an emotional void, without control or moderation.
- Spending excessively on luxurious meals or expensive drinks solely for personal gratification.
- Wasting food without consideration for the needy or the environment.
- Drinking alcohol or consuming drugs to the point of losing self-control and doing things one regrets.

6. **Envy**

- Desiring someone else's position, achievements, or material possessions and feeling bad about others' success.
- Obsessively comparing oneself to others on social media, developing a sense of inferiority or resentment.
- Secretly wishing for someone's downfall or for them to lose what they have.
- Criticizing or discrediting others simply because they have something one desires.
- Being unable to genuinely rejoice in the successes of friends or family.

7. **Sloth**

- Neglecting to attend Mass or avoiding the sacraments out of laziness or lack of interest.
- Ignoring family, work, or spiritual responsibilities, putting them off for "later."
- Avoiding prayer or personal reflection, preferring to spend time on superficial activities.
- Spending excessive time on social media, video games, or entertainment without any edifying purpose.
- Postponing repentance or personal conversion indefinitely, thinking "there will be time later."