"My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You whom I should love above all things.

I firmly intend,
with Your help, to do penance,
to sin no more, and to avoid
whatever leads me to sin. Our
Savior Jesus Christ suffered
and died for us. In His name,
my God, have mercy.
Amen."