Penitence,

86: With certeyne circumstances, is varray repentance
86: of a man that halthe hymself in sorwe
87: And oother peyne for his giltes. / and for he
87: Shal be verry pentent, he shal first biwaylen
87: The synnes that he hath doon, and stidfastly
87: Purposen in his herte to have shrift of mouthe,
88: And to doon satisfaccioun, / and nevere to doon
88: Thyng for which hym oghte moore to biwayle
88: Or to compleyne, and to continue in goode
89: Werkes, or elles his repentance may nat availle.

And therfore repentant folk, that stynte for to
93: Synne, and forlete synne er that synne forlete
93: Hem, hooly chirche holdeth hem siker of hir
94: Savacioun. / and he that synneth and verryalys
94: Repenteth hym in his laste, hooly chirche yet
94: Hopeth his savacioun, by the grete mercy of
94: Oure lord jhesu crist, for his repentaunce; but
95: Taak the siker wey.

Now shaltow understande what is biholvely
107: And necessarie to verray perfit penitence. And
108: This stant on three thynges:/ contricioun of
108: Herte, confessioun of mouth, and satisfaction.
109: / for which seith seint crisostomz
109: Penitence destreyneth a man to accepte benynge
109: every peyne that hym is enjoyned,
109: With contricioun of herte, and shrift of mouth,
109: With satisfaccioun; and in werkyng of alle
110: Manere humylitee./ And this is fruytyful penitence
110: agayn three thinges in which we
111: Wratthe oure lord jhesu crist:/ this is to
111: Seyn, by delit in thynkyng, by recchelesnesse
111: in spekyng, and by wikked synful werkyng./
112: and agayns thise wikkede giltes is penitence,
113: that may be likned unto a tree.

Five Steps to an Effective Confession

1. Examination of conscience
2. Sincere repentance
3. Confession
4. Resolution to amend one’s life
5. Penance