



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Am I Addicted to My Phone?

10 questions about your screen habits

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist
Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ I have seen people break free from addictions they carried for decades – not through willpower, but through understanding. When we change the story, the habit loses its grip.

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.



Dr. Rangnath Dubey
DHB · MBHCS · AVR

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



Am I Addicted to My Phone?

This assessment helps you understand your current relationship with your digital devices. Answer honestly to get the most accurate insights.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Do you find yourself compulsively checking your phone for notifications, even when you know there's nothing important?
- Do you often experience the Fear of Missing Out (FOMO) when you see others' activities online?
- Does your phone use frequently disrupt your sleep, either by keeping you up late or waking you up during the night?
- Have you ever felt your phone vibrate or ring when it actually didn't (phantom vibration/ring)?
- Do you often use your phone during family meals or conversations, detracting from the present moment?
- Do you feel a sense of anxiety or unease when your phone is unavailable or you cannot access it?
- Do you find yourself comparing your life to others on social media and feeling inadequate as a result?
- Has your phone usage significantly impacted your productivity at work, studies, or in completing daily tasks?
- Do you tend to use your phone as a way to avoid uncomfortable feelings or difficult situations?
- Is checking your phone the very first thing you do upon waking up in the morning?

Score: Count the number of 'Yes' answers. This will give you an indication of your current digital habits.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 0-3

Balanced

Your relationship with digital devices appears healthy. You use technology mindfully and it enhances your life without causing distress.

SCORE: 4-6

Mildly Dependent

You may be developing some habits that lean towards dependency. Consider being more mindful of your usage to maintain a healthy balance.

SCORE: 7-8

Moderately Dependent

Your current digital habits suggest a moderate level of dependency. It might be beneficial to consciously reduce usage and explore offline activities.

SCORE: 9-10

Strongly Dependent

Your usage patterns indicate a strong dependency on digital devices. Seeking guidance from a professional can help you regain control and improve your well-being.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

If your results show a high dependency, start by setting small, achievable goals for reducing screen time, like designating phone-free times or zones.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which of these habits do you find most challenging to change?

2. What are some offline activities you enjoy that you could make more time for?

3. How does your current phone usage affect your real-world relationships and responsibilities?

How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

Continue Your Journey

Recommended resources based on your results:

1

Mindful Living Course

Learn techniques to live more presently and reduce digital distractions.

₹499

2

Digital Detox Guide

A practical guide to reducing your screen time and reclaiming your focus.

₹299

3

Stress Management Workshop

Build resilience and coping strategies for everyday life challenges.

₹799

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment — plus 270+ validated tools — at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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"Freedom is not the absence of temptation. It is the presence of something stronger. You already have that strength inside you."

— Dr. Priya Dubey Sharma

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Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma — Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224