



मनस् - CENTER FOR MENTAL WELLNESS & COUNSELLING

Am I Anxious About Arranged Marriage?

10 questions about the emotional experience of arranged marriage

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist

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



Dr. Priya Dubey Sharma

Founder & Consulting Psychologist | PhD | 18+ Years

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.

“ The quality of our relationships is the quality of our lives. Every relationship skill in this guide is teachable and learnable – at any age, at any stage.

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.

“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.”



Dr. Rangnath Dubey
DHB · MBHCS · AVR

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



Am I Anxious About Arranged Marriage?

Navigating the path to marriage, especially within the context of arranged connections, can bring about a unique set of worries. This short self-assessment can help you understand your current feelings about this significant life transition.

Assessment Questions

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

- Do you feel pressure from family members to get married soon?
- Do you experience significant nervousness before meeting potential partners for marriage?
- Do you worry about making the wrong choice of partner within a limited timeframe?
- Do you find yourself in conflict between your personal preferences and your family's expectations for your marriage?
- Do you frequently compare your marital status to that of your peers who are already settled?
- Do you fear disappointing your parents or elders if you don't proceed with a marriage proposal?
- Do you feel anxious about the prospect of leaving your family home after marriage?
- Do you worry about how your life might be with your in-laws after marriage?
- Do you feel a loss of personal control or autonomy in the marriage decision-making process?
- Do you find moments of hope or openness when thinking about the possibility of marriage?

Score: Count the number of 'Yes' answers. A 'Yes' indicates the presence of that specific concern.



Your Results

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

SCORE: 0-3

Approaching with Confidence

Your responses suggest you are navigating this process with a good degree of ease and optimism. Continue to trust your intuition and communicate openly.

SCORE: 4-6

Mild Anxiety

You may be experiencing some common concerns related to arranged marriage. Consider focusing on self-care and open communication with trusted individuals.

SCORE: 7-8

Moderate Anxiety

These results indicate that you are facing notable challenges and worries. It might be beneficial to explore these feelings further with a supportive friend or family member.

SCORE: 9-10

Significant Anxiety

Your responses suggest a high level of distress regarding the marriage process. Seeking support from a mental wellness professional can provide valuable guidance and coping strategies.

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

DR. PRIYA'S TIP

Remember to prioritize your well-being throughout this journey; your feelings are valid, and seeking support is a sign of strength.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which of these concerns feels most prominent for you right now, and why?

2. What small step can you take this week to address one of your anxieties?

3. How can you communicate your feelings and needs more effectively to your family during this process?

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

Building Resilience

Learn practical strategies to bounce back from life's challenges.

₹199

2

Mindful Communication

Enhance your ability to express yourself and connect with others.

₹99

3

Family Harmony Guide

Navigate family dynamics with greater understanding and peace.

₹199

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.



Stay Connected with Manas

Scan any QR code below to explore more resources, book a session, or reach us on WhatsApp.



Visit Our Website

manas365.com



Free Assessments

270+ free tests



500+ E-Books

[manas365.com/
resources](https://manas365.com/resources)



WhatsApp Us

+91 99818 13224



**Book a Session with
Dr. Priya**

[manas365.com/book-
session](https://manas365.com/book-session)

Book a Session with Dr. Priya

Individual • Couples • Family • Teen • Corporate Wellness

manas365.com/book-session

WhatsApp: +91 99818 13224



**"Every relationship you improve – with others, and with yourself –
ripples outward in ways you cannot fully see."**

– Dr. Priya Dubey Sharma

मनस् – Center for Mental Wellness & Counselling

manas365.com

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