



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Am I Being Affected by Peer Pressure?

10 questions about social influence and conformity

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.

“ Anxiety is not a character flaw. It is your nervous system doing exactly what it was designed to do – protect you. What we work on together is teaching it when to stand down.

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 Being Affected by Peer Pressure?

This assessment helps you understand how peer pressure might be influencing your choices and feelings. It's a gentle way to reflect on your social experiences.

Assessment Questions

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

- Do you sometimes do things just to fit in, even if they don't feel right for you?
- Do you worry about being left out or excluded if you express opinions different from your friends?
- Have you changed your behaviour or opinions to match your friends, even when you secretly disagreed?
- Have you ever engaged in risky behaviour because your friends pressured you into it?
- Do you find it difficult to say 'no' to your friends when they want you to do something?
- Do you often regret things you do after giving in to peer pressure?
- Do you feel anxious about your social standing or popularity within your friend group?
- Do you find yourself constantly comparing your lifestyle, possessions, or achievements with your peers?
- Do you feel you can be your true, authentic self around your friends, or do you often feel the need to put on an act?
- Do you find it challenging to make decisions independently, or do you often seek your friends' approval first?

Score: Count the number of 'Yes' answers to get your total score.



Your Results

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

SCORE: 0-3

Confident and Grounded

Your responses suggest you are largely comfortable with your choices and feel confident in your individuality among friends. You likely maintain a strong sense of self.

SCORE: 4-6

Mild Influence

It seems peer influence plays a minor role in your decisions. You might occasionally adjust your behaviour to fit in, but it doesn't fundamentally shape your core self.

SCORE: 7-8

Moderate Influence

Your answers indicate that peer pressure has a noticeable effect on your choices and feelings. You may find yourself compromising your own preferences more often than you'd like.

SCORE: 9-10

Significant Peer Pressure Impact

This score suggests that peer pressure significantly impacts your decisions and sense of self. It might be helpful to explore strategies for strengthening your personal boundaries and decision-making.

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

DR. PRIYA'S TIP

Reflect on your results and identify one area where you'd like to feel more confident in your choices. Consider talking to a trusted adult about your experiences.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Think about a time you felt pressured by friends. What was the situation, and how did you feel afterwards?

2. What are your core values, and how do they align with the behaviours you exhibit around your friends?

3. Consider one small step you can take this week to be more authentic in your social interactions.

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 Self-Esteem

Learn practical strategies to boost your confidence and self-worth.

₹199

2

Navigating Friendships

Understand healthy friendship dynamics and set better boundaries.

₹99

3

Making Confident Decisions

Develop skills to make independent choices that align with your values.

₹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.



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WhatsApp Us

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"You are not your anxiety. Anxiety is just a very loud roommate who has overstayed their welcome. You have the tools to ask them to quiet down."

— Dr. Priya Dubey Sharma

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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