



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Am I Controlled by Log Kya Kahenge?

10 questions about social judgment fear in Indian culture

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 Controlled by Log Kya Kahenge?

This assessment helps understand how much fear of social judgment influences your decisions. Answer honestly for the most accurate results.

Assessment Questions

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

- Do you often worry about what others, especially relatives, will think before making a decision?
- Do you avoid making choices that might be seen as unconventional by your community, even if they are authentic to you?
- Do you feel shame or embarrassment when family members behave in ways that might attract negative attention?
- Do you often pretend that everything is normal to outsiders, even when facing personal difficulties?
- Are you afraid that your personal choices might harm your family's reputation in the eyes of the community?
- Do you often censor your true opinions or feelings in family gatherings to avoid conflict or judgment?
- Do you avoid discussing personal or family problems with anyone outside your immediate circle?
- Do you sometimes feel resentful about constantly performing happiness or contentment for others?
- Do you hesitate to seek support for mental well-being concerns due to fear of social stigma or judgment?
- Do you find yourself unable to live authentically because of the constant pressure of societal expectations?

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



Your Results

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

SCORE: 0-3

Free

Your decisions are largely your own, showing a healthy independence from social pressures. Continue to nurture this authentic self-expression.

SCORE: 4-6

Mildly Influenced

Social opinions have some influence, but you generally make choices that align with your true self. Consider small steps towards greater authenticity.

SCORE: 7-8

Significantly Influenced

Fear of judgment plays a noticeable role in your decision-making, sometimes overriding your personal desires. Explore where these fears stem from.

SCORE: 9-10

Highly Controlled

Societal expectations heavily dictate your choices, leading to significant personal compromise. Seeking guidance from a professional can offer valuable support in navigating these pressures.

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

DR. PRIYA'S TIP

Remember, your well-being matters most. Gently explore the roots of these pressures and consider small, brave steps towards choices that honor your true self.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which question resonated most with you, and why?

2. What is one small step you can take this week to make a decision more aligned with your authentic self?

3. How might your relationships change if you felt freer to express your true thoughts and feelings?

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

Finding Your Voice: Assertiveness Workshop

Learn to express yourself
confidently and set healthy
boundaries.

₹199

2

Building Resilience Toolkit

Develop coping strategies for life's
challenges.

₹99

3

Authentic Living Guide

Discover practical steps to live a
more genuine life.

₹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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"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