



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

# Am I Dependent on Tobacco or Nicotine?

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10 questions about your smoking and tobacco habits

**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.

“ 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.

“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 Dependent on Tobacco or Nicotine?

This short questionnaire helps you understand your current level of dependence on tobacco and nicotine. Answer each question honestly.

### Assessment Questions

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

- How many cigarettes do you smoke per day on average?
- How soon after waking do you have your first cigarette or use tobacco/nicotine?
- Do you smoke even when you are suffering from a physical illness?
- Do you find it difficult to refrain from smoking or using nicotine in places where it is forbidden (e.g., library, cinema)?
- Do you smoke more frequently during the first few hours after waking than during the rest of the day?
- Do you smoke when you are feeling anxious or stressed?
- Have you tried to quit or cut down on smoking/nicotine use in the past year?
- Do you experience physical withdrawal symptoms (like irritability, difficulty concentrating, or cravings) when you try to cut down or quit?
- Do you continue to smoke or use nicotine despite knowing it is causing health problems?
- Do you use tobacco or nicotine as a social crutch or to cope with social situations?

**Score:** Count the number of 'Yes' answers. Each 'Yes' counts as 1 point.



## Your Results

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

**SCORE: 0-3**

### Minimal Dependence

Your current dependence level appears low. You have good control over your use.

**SCORE: 4-6**

### Mild Dependence

You show signs of mild dependence. Consider reflecting on your usage patterns.

**SCORE: 7-8**

### Moderate Dependence

Your dependence level is moderate. It might be beneficial to explore strategies for reducing use.

**SCORE: 9-10**

### High Dependence

Your dependence level is high. Seeking support from a healthcare professional is strongly recommended to help you quit.

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

#### DR. PRIYA'S TIP

After reviewing your results, consider one small step you can take today towards reducing your reliance on tobacco or nicotine, even if it's just delaying your first use.

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



## Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What triggers your desire to use tobacco or nicotine most often?

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2. What are the main challenges you anticipate if you decide to reduce or quit?

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3. What support systems or resources could you utilize if you choose to cut down or quit?

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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 Breathing Guide

Learn simple techniques to calm your mind and manage stress.

₹199

2

### Stress Management Workshop

A practical workshop to build resilience against daily stressors.

₹999

3

### Healthy Habits Tracker

A digital tool to monitor and build positive daily routines.

₹499

### TAKE A FULL ASSESSMENT

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