



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Am I Going Through a Midlife Crisis?

10 questions about identity, meaning, and direction in midlife

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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.

“ Understanding yourself is the most courageous thing you can do. Simply pausing to ask how you are, and actually answering honestly, is an act of profound self-respect.

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 Going Through a Midlife Crisis?

This is a short self-assessment to help you explore your feelings about your identity and life's meaning during your midlife years. Please answer honestly.

Assessment Questions

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

- Do you often question if the life choices you've made so far were the right ones?
- Do you feel a sense of urgency, as if time is running out to achieve your goals?
- Do you find yourself comparing your current reality unfavorably with the dreams you had in your youth?
- Despite outward signs of success, do you experience a persistent restlessness or dissatisfaction?
- Have you recently questioned the stability or satisfaction derived from your marriage or career?
- Do you have a strong desire to make a significant, perhaps dramatic, change in your life?
- Do you sometimes feel overlooked, invisible, or undervalued by others?
- Are you more acutely aware of the physical signs of aging than before?
- Do you feel resentment towards the obligations and responsibilities that fill your life?
- Are you actively searching for a deeper purpose or meaning in your life beyond daily routines?

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



Your Results

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

SCORE: 0-3

Grounded

Your responses suggest a strong sense of self and satisfaction with your current life path. You are likely navigating midlife with a sense of stability and purpose.

SCORE: 4-6

Mildly Questioning

You may be experiencing some common midlife reflections and questioning. This is a normal phase for many, prompting gentle self-exploration.

SCORE: 7-8

Midlife Reflection

Your answers indicate a significant period of reflection and potential unease about your life direction. It may be beneficial to explore these feelings more deeply.

SCORE: 9-10

Midlife Crisis

Your responses suggest a high level of questioning and potential distress regarding your identity and life's meaning. Seeking support from a trusted friend, family member, or professional can be very helpful during this time.

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

DR. PRIYA'S TIP

Remember, this phase is an opportunity for growth. Focus on self-compassion and explore what truly brings you joy and fulfillment, even in small ways.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What is one small step you can take this week to reconnect with a youthful passion or interest?

2. How can you reframe a current obligation to feel more like a chosen commitment or source of meaning?

3. Who is one person you can talk to about these feelings, and what would you hope to gain from that conversation?

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

Navigating Career Transitions

A guide to making purposeful changes in your professional life.

₹249

2

Finding Joy in Relationships

Strengthen your connections and deepen intimacy.

₹199

3

Mindfulness for Inner Peace

Learn techniques to manage stress and cultivate calm.

₹299

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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"Thank you for taking this first step. Whether your score was low or high, knowing where you stand is where all real change begins."

– 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