



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Am I Struggling with Emotional Regulation?

10 questions about intense emotions and impulse control

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.

“ 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 Struggling with Emotional Regulation?

This short assessment helps you understand how often you experience intense emotions and urges that feel hard to manage. Please answer honestly based on your typical experiences.

Assessment Questions

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

- Do you often feel that your emotions are overwhelming and uncontrollable?
- Do you frequently act impulsively when you are distressed, without thinking about the consequences?
- Are your relationships often affected by your intense emotional reactions?
- Have you engaged in self-destructive behavior when feeling overwhelmed by emotions?
- Do you tend to see things in black-and-white terms, especially during conflicts?
- Do you find it difficult to tolerate uncertainty or situations that cause distress?
- Do you feel your emotional sensitivity is higher than most people you know?
- Do you take a long time to recover after an emotional upset?
- Do you often feel shame or regret after an emotional outburst?
- Do you experience periods where your emotions feel stable and under control?

Score: Count the number of 'Yes' answers. The last question is reverse-scored (a 'Yes' counts as 0, a 'No' counts as 1).



Your Results

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

SCORE: 0-3

Emotionally Regulated

Your emotional responses appear well-managed most of the time. You navigate challenges with a sense of balance.

SCORE: 4-6

Mild Emotional Dysregulation

You experience some challenges with managing intense emotions. Seeking small changes can be helpful.

SCORE: 7-8

Moderate Emotional Dysregulation

Managing strong emotions can be quite difficult for you at times. Exploring support might be beneficial.

SCORE: 9-10

Significant Emotional Dysregulation

Intense emotions frequently feel overwhelming and hard to control. Consider reaching out for professional guidance to develop coping strategies.

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

DR. PRIYA'S TIP

If your results indicate challenges with emotional intensity, remember that learning to manage emotions is a skill that can be developed with practice and support. Be patient with yourself.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which questions were most difficult to answer, and why?

2. What is one small step you can take this week to better manage an intense emotion?

3. How do your emotional reactions impact your daily life and 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

Mindful Moments Journal

A guided journal to cultivate present moment awareness.

₹299

2

Stress Reduction Techniques E-book

Practical strategies to manage daily stress.

₹199

3

Building Healthy Relationships Guide

Learn to navigate interpersonal connections with greater ease.

₹399

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