



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Am I Struggling with NRI or Diaspora Identity?

10 questions about navigating two cultures

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 NRI or Diaspora Identity?

This assessment helps you reflect on your experiences as an Indian living abroad or after returning. It offers insights into navigating your unique cultural identity.

Assessment Questions

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

- Do you sometimes feel you are not 'Indian enough' when visiting India?
- Do you sometimes feel you are not 'foreign enough' when you are living abroad?
- Do you feel pressure to demonstrate significant success to your family back in India?
- Do you experience guilt about leaving India and living away from your family?
- Do you find yourself balancing Western-influenced values with traditional Indian family expectations?
- Do you feel misunderstood by people in both your adopted country and in India?
- Do you face pressure from family regarding marriage or settling down, despite living far away?
- Do you notice confusion or conflict regarding cultural identity in your children?
- Do you feel a sense of loss regarding your connection to Indian languages or customs?
- Do you feel moments of pride or comfort in your hybrid or blended cultural identity?

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



Your Results

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

SCORE: 0-3

Confident Hybrid Identity

Your responses suggest a strong sense of comfort and confidence in navigating your dual cultural experiences with ease.

SCORE: 4-6

Mild Tension

You may be experiencing some mild friction as you integrate your different cultural influences and expectations.

SCORE: 7-8

Moderate Identity Conflict

Your answers indicate a moderate level of conflict or confusion in reconciling your Indian roots with your life abroad or post-return.

SCORE: 9-10

Significant Identity Struggle

These responses suggest you are facing significant challenges in integrating your cultural identities; seeking support to navigate these complex feelings may be beneficial.

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

DR. PRIYA'S TIP

Acknowledge the richness of your multicultural experience; consciously celebrate the unique blend of traditions and perspectives you embody, as it is a sign of your adaptability and growth.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What specific aspects of your Indian identity do you most cherish?

2. In what ways do you actively maintain or adapt Indian traditions in your current environment?

3. What does 'success' mean to you, separate from family expectations?

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 Family Expectations

Strategies for managing generational and cultural differences with your family.

₹249

2

Raising Culturally Aware Children

Guidance on fostering a strong sense of identity in children with diverse backgrounds.

₹199

3

Building Your Transnational Network

Connecting with others who share similar cross-cultural experiences.

₹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