



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Am I Struggling with a Life Change?

10 questions about navigating major transitions

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.

“ 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.



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 Struggling with a Life Change?

Life transitions can be challenging. This self-assessment helps you understand how you are adjusting to significant changes.

Assessment Questions

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

- Do you feel overwhelmed by the recent major life change?
- Have you experienced a loss of your familiar identity or role due to this change?
- Do you frequently feel anxious about the unknown aspects of your current situation?
- Are you finding it difficult to make decisions, big or small?
- Do you feel isolated from your usual support networks?
- Do you find yourself questioning past choices related to this transition?
- Have you noticed new physical stress symptoms, like fatigue or sleep disturbances?
- Is it hard to imagine a positive future for yourself right now?
- Has the change disrupted your established routines and daily structure?
- Do you experience moments of excitement or hope mixed with fear about this transition?

Score: Count the number of 'Yes' answers. This indicates your current level of adjustment.



Your Results

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

SCORE: 0-3

Adapting Well

You are navigating this transition with resilience and relative ease. Your coping strategies appear effective.

SCORE: 4-6

Mild Adjustment Difficulty

You are experiencing some challenges with this adjustment. Focusing on self-care and seeking gentle support can be beneficial.

SCORE: 7-8

Moderate Difficulty

This transition is presenting significant hurdles. Consider exploring additional coping mechanisms and seeking understanding from loved ones.

SCORE: 9-10

Significant Adjustment Difficulty

You seem to be finding this transition very difficult. Reaching out for professional guidance and support is highly recommended at this stage.

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

DR. PRIYA'S TIP

Acknowledge that adjusting to change takes time and self-compassion. Celebrate small wins as you navigate this new phase.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What specific aspect of this transition feels most challenging right now?

2. What is one small step you can take to reconnect with your support system?

3. How can you reintroduce a sense of structure or routine into your daily life?

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

Building Resilience Toolkit

Develop inner strength to face life's challenges.

₹299

2

Mindfulness for Stress Reduction

Learn techniques to calm your mind during stressful times.

₹199

3

Navigating Relationship Changes

Strategies for adapting to shifts in personal connections.

₹249

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.



Stay Connected with Manas

Scan any QR code below to explore more resources, book a session, or reach us on WhatsApp.



Visit Our Website

manas365.com



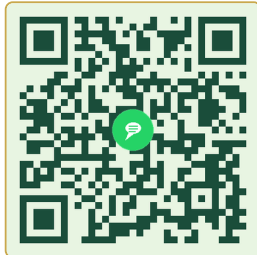
Free Assessments

270+ free tests



500+ E-Books

[manas365.com/
resources](https://manas365.com/resources)



WhatsApp Us

+91 99818 13224



**Book a Session with
Dr. Priya**

[manas365.com/book-
session](https://manas365.com/book-session)

Book a Session with Dr. Priya

Individual • Couples • Family • Teen • Corporate Wellness

manas365.com/book-session

WhatsApp: +91 99818 13224



"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

मनस् – Center for Mental Wellness & Counselling

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