



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Am I Stuck in Grief?

10 questions about loss and the grieving process

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.



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 Stuck in Grief?

This assessment helps you understand your feelings after a loss. Please answer honestly.

Assessment Questions

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

- I find it hard to accept that the person is no longer alive.
- I experience intense longing for the person who has passed away.
- I feel bitterness or anger related to the death.
- My life feels meaningless without the person.
- I have difficulty imagining a future for myself.
- I avoid things that remind me of the person.
- I feel a part of me has died with them.
- I find it difficult to trust others since the loss.
- I feel my grief is not improving over time.
- I have withdrawn from relationships and social activities.

Score: Count the number of 'Yes' answers.



Your Results

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

SCORE: 0-3

Normal Grief

Your feelings are a natural part of the grieving process. Allow yourself time and space to heal.

SCORE: 4-6

Prolonged Grief

Your grief seems to be lasting longer than expected. Consider talking to someone about your feelings.

SCORE: 7-8

Complicated Grief

Your grief reactions are significantly impacting your life. Seeking support may be very helpful.

SCORE: 9-10

Severe Complicated Grief

Your grief is intensely affecting your daily life. Reaching out for professional support is strongly encouraged.

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

DR. PRIYA'S TIP

Remember to be gentle with yourself during this difficult time. Consider connecting with a support group or a trusted friend to share your journey.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What is one thing you miss most about the person?

2. How has your daily routine changed since the loss?

3. What is one small step you can take towards healing today?

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

Mindfulness for Stress Relief

Learn techniques to calm your mind and reduce daily stress.

₹199

2

Building Resilience

Develop inner strength to navigate life's challenges.

₹99

3

Understanding Relationships

Improve your connections with loved ones through better communication.

₹199

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