



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Are My In-Laws Stressing Me Out?

10 questions about in-law relationship pressure

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.

“ The quality of our relationships is the quality of our lives. Every relationship skill in this guide is teachable and learnable – at any age, at any stage.

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



Are My In-Laws Stressing Me Out?

This assessment helps you understand the stress you might experience in your relationship with your in-laws. Answer honestly to get a clearer picture.

Assessment Questions

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

- Do you often feel judged by your in-laws for your choices or actions?
- Do your in-laws frequently interfere in decisions related to your marriage or household management?
- Do you feel pressure from your in-laws regarding having children or raising them?
- Do your in-laws try to control finances or major financial decisions?
- Do you feel a lack of personal privacy in your home due to your in-laws' presence or involvement?
- Are you often compared unfavourably to other daughters-in-law or your spouse's siblings?
- Do your in-laws undermine your authority or decisions regarding your own children?
- Does your partner adequately support you when dealing with in-law related issues?
- Do you feel respected and valued within your household, especially by your in-laws?
- Overall, how would you describe the quality of your relationship with your in-laws?

Score: Count the number of 'Yes' answers. For question 10, count 'Poor' as 2, 'Fair' as 1, and 'Good'/'Excellent' as 0.



Your Results

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

SCORE: 0-2

Low Stress

It seems your relationship with your in-laws is generally harmonious and causes minimal stress.

SCORE: 3-5

Mild Stress

You might be experiencing some tension with your in-laws, but it appears manageable.

SCORE: 6-7

Moderate Stress

There are noticeable areas of conflict or concern regarding your in-laws that are causing significant stress.

SCORE: 8-10

High Stress

The stress from your in-laws is quite high and may be impacting your well-being; seeking support is recommended.

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

DR. PRIYA'S TIP

Focus on clear, calm communication and setting gentle boundaries where needed. Remember, your peace of mind is important.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which specific situations with your in-laws caused you the most stress?

2. What is one small change you could make to improve communication or set boundaries?

3. How does this stress affect your relationship with your partner and your children?

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

Effective Communication Strategies

Learn to express yourself clearly and listen effectively.

₹199

2

Setting Healthy Boundaries

Discover how to establish personal limits respectfully.

₹99

3

Managing Family Conflicts

Build skills for navigating disagreements constructively.

₹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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**"Every relationship you improve – with others, and with yourself –
ripples outward in ways you cannot fully see."**

– 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