मनस्

मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Do I Have Performance Anxiety at Work?

10 questions about fear of failure and evaluation

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.

> " Burnout is not a badge of honour. Your wellbeing is not optional. It is the foundation everything else stands on.

THE STORY

Manas was not built in a boardroom.

Dr. Rangnath Dubey
DHB · MBHCS · AVR

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."

18+	5,000+	5	UN · SBI
Years of practice	Lives touched	Intl memberships	Institutional roles

Do I Have Performance Anxiety at Work?

This self-assessment helps you understand your current level of performance anxiety. Answer honestly based on your typical experiences over the last few months.

Assessment Questions

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

- ○ Do you often feel a sense of dread or unease before presentations, meetings, or performance reviews?
- ○ Do you experience physical symptoms like sweating, trembling, or a blank mind when anticipating an evaluation?
- ○ Do you find yourself procrastinating on important tasks that have high stakes or are related to your performance?
- ○ Do you tend to avoid situations at work where your performance might be closely scrutinised?
- ○ Do you frequently worry about making mistakes and imagine the worst possible outcomes?
- ○ Does a strong desire for perfectionism often prevent you from completing tasks or projects on time?
- ○ Do you often compare your performance unfavourably with that of your colleagues?
- ○ Do you find it difficult to delegate tasks, preferring to do everything yourself to ensure it's done 'right'?
- ○ Do you often ruminate or replay past performance situations, focusing on perceived shortcomings?
- ○ Are you consistently afraid of receiving negative feedback, even for minor issues?

Score: Count the total number of 'Yes' answers. This will help you understand your current score.

Your Results

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

SCORE: 0-3

Motivated

Your responses suggest you handle performance situations well. You likely feel challenged but not overwhelmed, using the pressure constructively.

SCORE: 4-6

Mildly Anxious

You may experience some unease before performance-related events. These feelings are manageable, but paying attention to them can help prevent them from growing.

SCORE: 7-8

Moderately Anxious

Performance situations seem to cause you significant worry and some physical discomfort. It might be helpful to explore strategies to manage these feelings more effectively.

SCORE: 9-10

Significantly Anxious

Your responses indicate that performance anxiety is a major concern, likely impacting your well-being and work. Seeking support from a mental wellness professional is strongly recommended.

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

DR. PRIYA'S TIP

If your score indicates significant anxiety, remember that seeking guidance is a sign of strength. Talking to a trusted mentor or a wellness professional can offer valuable perspectives and coping tools.

Book a Session with Dr. Priya

Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which of these situations do you find most challenging, and why?

2. What are some small, manageable steps you could take to address one of the patterns identified?

3. How does this level of anxiety affect your daily work life and overall happiness?

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 Productivity Workshop

Learn techniques to enhance focus and manage workplace stress effectively.

₹199

2

Stress Management Toolkit

A practical guide to identifying and reducing everyday stress.

₹99

3

Confident Communication Course

Build skills to express yourself clearly and confidently in professional settings.

₹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.

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

WhatsApp Us

+91 99818 13224

Book a Session with Dr. Priya

manas365.com/book-session

Book a Session with Dr. Priya

Individual • Couples • Family • Teen • Corporate Wellness

manas365.com/book-session

WhatsApp: +91 99818 13224

मनस्

"You deserve a life that exists beyond your work performance. I hope this guide helps you begin to build it."

— 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