



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Do I Have Social Anxiety?

10 questions about fear of social situations

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.

“ Anxiety is not a character flaw. It is your nervous system doing exactly what it was designed to do – protect you. What we work on together is teaching it when to stand down.

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

Do I Have Social Anxiety?

This screener helps you understand your feelings about social situations. 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 worry about being judged or criticised by others in social settings?
- Do you tend to avoid social gatherings like parties or family functions?
- Do you feel a strong dread or nervousness when you have to speak in front of a group, like in an office meeting or a wedding speech?
- Do you feel uncomfortable or anxious when eating, drinking, or working in front of other people?
- Do you find it difficult or anxiety-provoking to meet new people or strike up conversations with strangers?
- Do you frequently experience physical signs of anxiety in social situations, such as blushing, sweating, trembling, or a racing heart?
- Do you often spend time before social events rehearsing what you will say or how you will act?
- After a social event, do you often replay conversations or interactions in your mind, worrying about what you said or did?
- Do you feel a lack of confidence when you are in group settings, especially with people you don't know well?
- Do you find yourself avoiding situations where relatives might ask personal questions, such as about your career or marriage?

Score: Count the number of 'Yes' answers. This gives you a total score.



Your Results

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

SCORE: 0-3

Minimal Social Anxiety

Your responses suggest low social anxiety. You likely feel comfortable in most social situations.

SCORE: 4-6

Mild Social Anxiety

Your responses indicate mild social anxiety. You might experience some nervousness in certain social settings.

SCORE: 7-8

Moderate Social Anxiety

Your responses suggest moderate social anxiety. Social situations may cause you significant discomfort and avoidance.

SCORE: 9-10

High Social Anxiety

Your responses point to high social anxiety. It is advisable to seek support from a mental wellness professional to manage these feelings.

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

DR. PRIYA'S TIP

Remember that acknowledging your feelings is the first step. Consider exploring gentle strategies to build your confidence in social interactions, one small step at a time.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which social situations cause you the most discomfort?

2. What are some small steps you could take to face a feared social situation?

3. How do your social anxiety feelings impact your relationships or career?

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 Moments: A Guide to Daily Calm

Learn simple techniques to reduce stress and find peace.

₹199

2

Building Confident Connections

Develop skills for stronger social interactions.

₹99

3

The Art of Positive Self-Talk

Transform your inner dialogue for greater well-being.

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



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manas365.com



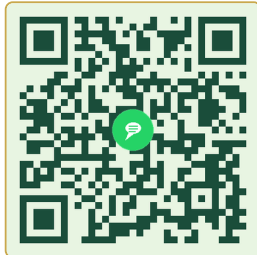
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"You are not your anxiety. Anxiety is just a very loud roommate who has overstayed their welcome. You have the tools to ask them to quiet down."

— Dr. Priya Dubey Sharma

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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