



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

How Am I Coping with My Separation?

10 questions about life after divorce or separation

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.

“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.”



Dr. Rangnath Dubey
DHB · MBHCS · AVR

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



How Am I Coping with My Separation?

Navigating the end of a significant relationship can be challenging. This assessment helps you reflect on your adjustment process.

Assessment Questions

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

- Do you find yourself frequently replaying thoughts about the relationship or your ex-partner?
- Do you experience strong feelings of anger or bitterness towards your ex-partner?
- Do you feel a sense of grief or loss regarding the future you had envisioned with your partner?
- Do you sometimes feel unsure about who you are outside of the relationship?
- Do you experience significant fear or anxiety about facing life alone?
- Are you experiencing substantial financial worries related to the separation or divorce?
- Are you concerned about the impact of the separation on your children?
- Do you feel societal judgment or shame about your relationship status?
- Do you find it difficult to trust others in new relationships?
- Do you experience moments of unexpected relief or peace amidst the difficulties?

Score: Count the number of 'Yes' answers. Each 'Yes' indicates an area you might be finding challenging.



Your Results

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

SCORE: 0-3

Adjusting Well

You are showing resilience and navigating this transition effectively. Focus on self-care and maintaining your support systems.

SCORE: 4-6

Struggling

You are facing some difficulties in adjusting. Consider seeking support from friends, family, or a professional to help manage these feelings.

SCORE: 7-8

Significantly Struggling

You are experiencing considerable distress. It may be beneficial to reach out for professional guidance to develop coping strategies.

SCORE: 9-10

Crisis Level

You are facing overwhelming challenges. Seeking immediate professional support is strongly recommended to navigate this difficult period.

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

DR. PRIYA'S TIP

Remember, healing is a journey, not a race. Be patient with yourself and celebrate small victories along the way as you rebuild.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What is one small step you can take today to nurture yourself?

2. How can you lean on your support system during this time?

3. What are you learning about your own strength through this experience?

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

Rediscovering Your Identity Workbook

A guided journal to help you reconnect with yourself after a major life change.

₹299

2

Mindful Communication Skills

Learn techniques to express yourself clearly and assertively in difficult conversations.

₹499

3

Financial Planning for Single Parents

Practical advice to manage finances and ensure stability for your family.

₹399

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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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