



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

How Am I Coping with Widowhood?

10 questions for those who have lost a spouse

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



How Am I Coping with Widowhood?

Losing a spouse is a profound experience. This short self-assessment can help you understand how you are navigating this difficult time. Please answer honestly.

Assessment Questions

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

- Do you often feel an overwhelming sense of loneliness since your spouse passed away?
- Do you find it difficult to sleep in the same room or bed where you shared with your spouse?
- Are you experiencing significant anxiety about managing finances and household responsibilities alone?
- Do you feel a loss of your social identity as part of a couple?
- Are you finding it challenging to navigate relationships with your in-laws or extended family after the loss?
- Are you concerned about or struggling with your children's grief while also dealing with your own?
- Do you find it difficult to make important decisions without your spouse's input?
- Do you sometimes feel anger or resentment towards your spouse for leaving you alone?
- Do you frequently worry about your future and facing it without your partner?
- Have you experienced moments of peace or acceptance regarding your loss?

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



Your Results

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

SCORE: 0-3

Adjusting

It's understandable to have moments of difficulty. These responses suggest you are finding ways to cope and are beginning to adjust to your new reality. Focus on self-care and lean on your support system.

SCORE: 4-6

Struggling

These responses indicate you are facing significant challenges in adjusting. It is okay to feel this way. Consider reaching out to trusted friends or family for more support.

SCORE: 7-8

Significantly Struggling

This level of response suggests you are experiencing considerable distress and difficulty in adapting. It may be beneficial to seek guidance from a support group or a counselor.

SCORE: 9-10

Acute Distress

These responses point to intense emotional pain and difficulty coping. Please reach out for professional support; a mental wellness professional can offer guidance and coping strategies during this very challenging time.

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

DR. PRIYA'S TIP

Remember, grief is a journey, not a race. Be patient with yourself, allow for both sadness and moments of peace, and seek connection with those who understand.

[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 honor your feelings while also moving forward?

2. Which relationships in your life currently provide you with the most comfort and support?

3. Are there any specific traditions or rituals that bring you a sense of peace or connection?

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

Navigating Financial Independence

A guide to managing finances after loss.

₹199

2

Mindful Sleep Strategies

Techniques to improve sleep quality.

₹99

3

Finding Your New Social Identity

Rebuilding your sense of self and community.

₹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