



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

How Am I Coping with a Cancer Diagnosis?

10 questions about the emotional impact of cancer

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 a Cancer Diagnosis?

This screener helps you reflect on your emotional journey after a cancer diagnosis. It's a gentle way to understand your feelings and needs during this challenging time.

Assessment Questions

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

- Do you find yourself frequently worrying about the future and what the doctors say might happen?
- Do you often miss or grieve the life you had before the diagnosis and treatment began?
- Does the process of treatment bring about significant feelings of worry or unease for you?
- Do you often feel alone in your experience, even when surrounded by others?
- Do you experience moments of strong frustration or anger related to the illness?
- Do you sometimes feel like you are a burden to your family or friends?
- Do you find yourself questioning the meaning of life or your purpose now?
- Has the diagnosis and treatment significantly impacted your close relationships or feelings of intimacy?
- Can you identify moments, however small, where you feel a sense of hope or connection with others?
- Do you feel a need for support in processing your thoughts and emotions related to cancer?

Score: Count the number of 'Yes' answers. This will give you an indication of your current emotional experience.



Your Results

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

SCORE: 0-3

Adjusting

Your responses suggest you are navigating this period with resilience. Focus on self-care and continue engaging in activities that bring you comfort.

SCORE: 4-6

Some Distress

It's understandable to experience some difficult feelings. Consider exploring these emotions further, perhaps by talking to a trusted friend or family member.

SCORE: 7-8

Significant Distress

You seem to be carrying a heavy emotional load right now. Reaching out for support from loved ones or a professional can provide valuable assistance.

SCORE: 9-10

Acute Distress

Your responses indicate a high level of emotional challenge. Please consider seeking compassionate support from mental wellness professionals to navigate these feelings.

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

DR. PRIYA'S TIP

Remember, it is okay to not be okay. Acknowledging your feelings is the first step towards finding peace and strength. Be gentle with yourself.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What is one small thing that brought you comfort today?

2. Who is one person you feel you can talk to about your worries?

3. What is one hope you hold for yourself for the coming week?

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 Journal

A guided journal to cultivate daily moments of peace.

₹499

2

Navigating Relationships with Cancer

Guidance on maintaining connections during difficult times.

₹699

3

Finding Hope: A Cancer Survivor's Guide

Inspiring stories and practical strategies for resilience.

₹599

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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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