



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

How Healthy Is Our Co-Parenting?

10 questions for separated or divorced parents

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 teenage years are not a problem to be managed – they are a transformation to be witnessed. Parents who stay curious, who listen before they advise, never lose their children.

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 Healthy Is Our Co-Parenting?

This assessment helps you reflect on your co-parenting communication and practices. It offers insights into how your interactions might be impacting your children.

Assessment Questions

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

- How often do you discuss children's needs calmly?
- Are rules consistent between both homes?
- Do you use children as messengers?
- Do you speak negatively about your ex to children?
- How flexible are you with the schedule?
- Do you prioritise children's needs over conflict?
- Have you noticed visible distress in your children?
- Do you attend school events together when possible?
- How financially cooperative are you with your ex?
- How would you rate your overall co-parenting relationship?

Score: Count the number of 'Yes' answers for questions 1-4, 6, 8, 9. Count the number of 'No' answers for questions 5 and 7. Then sum these counts.



Your Results

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

SCORE: 0-3

Positive Co-Parenting

Your co-parenting approach appears largely supportive of your children's well-being. Focus on maintaining these strengths.

SCORE: 4-6

Areas for Growth

There are opportunities to enhance your co-parenting dynamic. Consider small, consistent adjustments to improve communication and collaboration.

SCORE: 7-8

Significant Concerns

Your current co-parenting practices may be causing notable stress for your children. Seeking guidance to navigate challenges is recommended.

SCORE: 9-10

High Concern

Your co-parenting approach is likely causing significant distress. Professional support is strongly advised to help rebuild a healthier dynamic for everyone involved.

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

DR. PRIYA'S TIP

After reviewing your responses, identify one small, actionable step you can take towards more constructive communication with your co-parent. Consistency is key for your child's peace of mind.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What is one specific co-parenting behaviour you want to change?

2. How might your children describe your co-parenting communication?

3. What is one step you can take this week to improve cooperation?

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

Child's Emotional Well-being Guide

Understand and support your child's feelings.

₹199

2

Effective Communication Strategies

Learn to communicate clearly and respectfully.

₹99

3

Managing Parental Conflict

Navigate disagreements constructively for your child's sake.

₹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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"You are showing up. That is the most important thing any parent or young person can do."

– 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