



मनस् - CENTER FOR MENTAL WELLNESS & COUNSELLING

# How Is Infertility Affecting Me Emotionally?

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10 questions about the psychological toll of fertility challenges

**Dr. Priya Dubey Sharma**

Founder & Consulting Psychologist

Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



## Dr. Priya Dubey Sharma

Founder & Consulting Psychologist | PhD | 18+ Years

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 Is Infertility Affecting Me Emotionally?

This assessment is designed to help you understand your current emotional state related to your fertility journey. Please answer the following questions honestly.

### Assessment Questions

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

- Have you experienced a sense of grief after each unsuccessful fertility cycle?
- Do you feel isolated when friends or family members share news of their pregnancies?
- Have you felt anger or frustration about the perceived unfairness of your situation?
- Do you experience anxiety during fertility treatments or waiting periods?
- Has your relationship with your partner faced strain due to fertility challenges?
- Do you feel pressure from family or society regarding having children?
- Have you felt shame or guilt related to your body or fertility struggles?
- Has there been a loss of hope over time regarding your fertility journey?
- Do you experience financial anxiety due to the costs associated with fertility treatments?
- Have you been able to find meaning or purpose in your life beyond the outcome of your fertility journey?

**Score:** Count the number of 'Yes' answers to the questions above.



## Your Results

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

**SCORE: 0-3**

### Coping Well

You are currently navigating these challenges with resilience. Focus on self-care practices that support your well-being.

**SCORE: 4-6**

### Struggling

You are experiencing some difficulties. Consider exploring support systems or gentle coping strategies.

**SCORE: 7-8**

### Significantly Struggling

You are facing considerable emotional challenges. Seeking professional guidance could provide valuable support and tools.

**SCORE: 9-10**

### Acute Distress

You are experiencing significant distress. It is highly recommended to connect with a mental wellness professional for comprehensive support.

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

#### DR. PRIYA'S TIP

Remember, it's okay to feel a range of emotions. Be gentle with yourself and reach out for support when you need it.

[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?

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2. How can you communicate your needs to your support system?

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3. What activities bring you a sense of peace or joy, even amidst challenges?

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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 presence and peace.

₹499

2

### Navigating Relationships Guide

Tips for strengthening bonds during difficult times.

₹399

3

### Emotional Resilience Workshop

Learn practical tools to manage stress and build inner strength.

₹1499

### TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment – plus 270+ validated tools – at [manas365.com/assessments](https://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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