



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

# How Is My Relationship with My Body?

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10 questions about body image and self-perception

**Dr. Priya Dubey Sharma**

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



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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.

“ Self-care is not selfish. You cannot pour from an empty vessel. Taking care of yourself IS taking care of everyone you love.

### 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 Is My Relationship with My Body?

This assessment helps you understand your feelings about your physical appearance. Answer honestly to get a clearer picture.

### Assessment Questions

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

- How satisfied are you with your physical appearance overall?
- Do you find yourself avoiding mirrors or photographs of yourself?
- Do your clothing choices primarily focus on hiding parts of your body you are unhappy with?
- How often do you compare your body to others, leading to negative feelings?
- Do you frequently engage in negative self-talk about your body shape or size?
- Has your body image negatively impacted your intimacy or relationships?
- Is your exercise routine driven more by punishing your body than by a desire for health?
- Do you experience significant guilt or restrict food after eating?
- Do you avoid social situations because of how you feel about your body?
- Can you recall any recent moments of appreciating your body for what it can do or how it looks?

**Score:** Count the number of 'Yes' answers for questions 1–9, and the number of 'No' answers for question 10. This is your total score.



## Your Results

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

### SCORE: 0-3

#### Positive Body Image

You generally feel good about your body. Continue nurturing this positive connection.

### SCORE: 4-6

#### Mild Concern

You experience some discomfort with your body image. Gentle self-reflection can be helpful.

### SCORE: 7-8

#### Moderate Body Image Distress

Your body image causes noticeable distress. Exploring these feelings with a professional could offer significant relief.

### SCORE: 9-10

#### Significant Body Image Distress

Your body image is causing considerable difficulty in your life. Seeking support from a mental wellness professional is highly recommended.

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

### DR. PRIYA'S TIP

Remember, your worth is not tied to your appearance. Focus on self-compassion and engage in activities that make you feel good from the inside out.

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



## Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What specific societal or family pressures might be influencing your body image?

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2. What are three things you appreciate about your body, regardless of its appearance?

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3. How can you challenge negative self-talk when it arises?

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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 Eating Guide

Learn to build a healthier relationship with food and eating.

₹199

2

### Self-Compassion Journal

Cultivate kindness and understanding towards yourself.

₹99

3

### Body Positivity Workshop

Explore and embrace your unique body with confidence.

₹199

### 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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**"Taking this step – reading this, reflecting, beginning – this IS self-care. You are already doing it."**

– Dr. Priya Dubey Sharma

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