



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

How Much Conflict Is in My Family?

A 10-question family dynamics check

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 quality of our relationships is the quality of our lives. Every relationship skill in this guide is teachable and learnable – at any age, at any stage.

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 Much Conflict Is in My Family?

This screener helps you understand the patterns of conflict within your family. Answer the following questions based on your experiences.

Assessment Questions

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

- How often do arguments occur in your family?
- How often do old, unresolved issues resurface during discussions?
- How often do family members avoid discussing sensitive topics or problems?
- How often do you perceive favouritism towards certain family members?
- How often do financial matters lead to disagreements?
- How often does criticism, rather than constructive feedback, dominate conversations?
- How often do you feel emotionally safe and supported within the family?
- How often do family members involve a third person to mediate or discuss issues between two others?
- How often are attempts made to resolve conflicts and make amends?
- Overall, how would you describe the general atmosphere in your family regarding disagreements?

Score: Count the number of 'Often' or 'Very Often' answers for questions 1-9. For question 10, count 'High Tension'. Sum these counts for your total score.



Your Results

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

SCORE: 0-3

Harmonious

Your family environment appears to be largely peaceful with minimal conflict. Communication likely flows well, and issues are generally resolved amicably.

SCORE: 4-6

Occasional Friction

Some disagreements arise in your family, but they are typically manageable and do not dominate the overall atmosphere. Resolution might take some effort but is usually achieved.

SCORE: 7-8

Frequent Conflict

Conflict seems to be a recurring theme in your family, potentially impacting relationships and the general mood. Addressing issues might be challenging and often left unresolved.

SCORE: 9-10

High Tension

There are significant and persistent conflicts in your family, creating a tense atmosphere. It would be beneficial to seek external support to navigate these challenges and improve family dynamics.

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

DR. PRIYA'S TIP

Focus on one area of conflict at a time, practicing active listening and expressing your needs clearly and calmly. Small, consistent efforts can lead to significant positive changes in family dynamics.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which specific question resonated most with your family's situation?

2. What is one small step you could take to improve communication around disagreements?

3. How do unresolved past issues affect current interactions in your family?

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

Effective Communication Workshop

Learn practical strategies for clearer and more empathetic conversations.

₹499

2

Managing Family Finances

A guide to discussing and agreeing on financial matters harmoniously.

₹399

3

Building Emotional Safety

Understand how to create a supportive and secure home environment.

₹499

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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**"Every relationship you improve – with others, and with yourself –
ripples outward in ways you cannot fully see."**

– 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