



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

# How Satisfied Am I in My Marriage?

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10 questions about the health of your marriage

**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.



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 Satisfied Am I in My Marriage?

This screener helps you reflect on key aspects of your marriage. Answer honestly to get a better understanding.

### Assessment Questions

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

- Do you feel truly known and understood by your spouse?
- Do you communicate openly and effectively with your spouse, even about difficult topics?
- Are you satisfied with the level of physical intimacy in your marriage?
- Do you and your spouse generally agree on financial priorities and spending habits?
- Do you feel respected and treated with dignity by your spouse, especially during disagreements?
- Do you and your spouse share a common vision for your future together?
- How much do you feel external family interference negatively impacts your marital relationship?
- Do you feel you can maintain your individual identity and interests within the marriage?
- Do you feel emotionally safe to be completely honest with your spouse, without fear of judgment or ridicule?
- Overall, how happy do you feel in your current marriage?

**Score:** Count the number of 'Yes' answers for questions 1-8 and 9. For question 10, count 'Very Happy' as 2 points, 'Happy' as 1 point, and 'Neutral'/'Unhappy'/'Very Unhappy' as 0 points.



## Your Results

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

### SCORE: 0-3

#### Significantly Dissatisfied

This score suggests significant challenges in your marriage. Consider seeking professional guidance to explore these concerns further.

### SCORE: 4-6

#### Needs Attention

This score indicates areas in your marriage that require focused attention. Open communication with your spouse about these aspects could be beneficial.

### SCORE: 7-8

#### Mostly Content

This score reflects a generally positive marital experience with some room for growth. Continuing to nurture your connection will be valuable.

### SCORE: 9-10

#### Deeply Satisfied

This score shows a strong and fulfilling marital connection. Keep nurturing the positive dynamics that contribute to your happiness.

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

### DR. PRIYA'S TIP

After reviewing your results, identify one specific area for improvement and discuss it gently with your spouse. Even small, consistent efforts can make a big difference.

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



## Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which question resonated most with you, and why?

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2. What is one small step you can take this week to improve communication with your spouse?

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3. Reflect on a recent disagreement: how was respect maintained or compromised?

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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

### Effective Communication Workshop

Learn practical tools to enhance dialogue with your spouse.

₹199

2

### Understanding Financial Harmony

Navigate money matters with your partner effectively.

₹99

3

### Building Emotional Safety

Create a secure and trusting space in your relationship.

₹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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"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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